

ROOM-BY-ROOM DOWNSIZING IN 30 DAYS CHECK LIST

Week 1: Start Where It's Easy – Bathrooms & Linen Closets

- ☐ Day 1: Master Bathroom – Toss expired medications, products, & duplicates
- ☐ Day 2: Guest/Hall Bathroom – Streamline essentials & store duplicates neatly
- ☐ Day 3: Linen Closet – Donate unused towels, old bedding, random sets
- ☐ Day 4: Medicine Cabinet – Safely discard expired items
- ☐ Day 5: Under-Sink Cabinets – Organize cleaners & toss unused gadgets
- ☐ Day 6: Bathroom Drawers – Keep daily-use only
- ☐ Day 7: Reflect & Reset – Celebrate your progress!

Week 2: Tackle the Core – Kitchen & Pantry

- ☐ Day 8: Pantry – Check dates & group like items
- ☐ Day 9: Refrigerator & Freezer – Purge, wipe down, reorganize
- ☐ Day 10: Upper Cabinets – Donate unused mugs, vases, excess dishes
- ☐ Day 11: Lower Cabinets – Sort pots, pans, storage
- ☐ Day 12: Drawers – Organize utensils, toss duplicates
- ☐ Day 13: Small Appliances – Keep only what you actually use
- ☐ Day 14: Junk Drawer – Be ruthless

Week 3: The Big Zones – Living Areas & Bedrooms

- ☐ Day 15: Living Room – Remove decorative clutter, DVDs, extra cords
- ☐ Day 16: Coffee & Side Tables – Clear surfaces & drawers
- ☐ Day 17: Bookshelves – Keep only meaningful or current reads
- ☐ Day 18: Primary Bedroom – Clothing: Keep what fits, flatters and feels good
- ☐ Day 19: Dressers & Nightstands – One drawer at a time
- ☐ Day 20: Guest Room – Convert to usable space or pack away for move
- ☐ Day 21: Closet Check – Do a second pass of your main closet

JASMINE KENDIG
REAL ESTATE BROKER ASSOCIATE
MB DELAHANTY AND ASSOCIATES



ROOM-BY-ROOM DOWNSIZING IN 30 DAYS CHECK LIST

Week 4: The Catch-Alls – Garage, Office, Storage

- ☐ Day 22: Garage – Pick one zone (tools, gardening, etc.)
- ☐ Day 23: Garage – Continue (sports gear, seasonal items)
- ☐ Day 24: Office – Shred old paperwork, scan what you need
- ☐ Day 25: Office – Books, supplies, cords, tech
- ☐ Day 26: Closets – Utility, coat, or “misc” closets
- ☐ Day 27: Storage Bins – Label, reduce, rehome
- ☐ Day 28: Sentimental Items – Set aside a “keep” box; take photos of the rest
- ☐ Day 29: Final Sweep – Quick run-through of each area
- ☐ Day 30: Donation & Dump Day — Load the car or schedule a pickup!

Tips for Success:

- **Use 4 bins: Keep, Donate, Trash, Undecided**
- **Keep a “Maybe” box – revisit at the end of the 30 days**
- **Take before/after photos to see your progress**
- **Ask for help with heavy lifting or sentimental sorting**

Whether you’ve lived in your home for 5 years or 50, moving on can stir up emotions.

That’s completely normal.

You don’t have to do it all today—and you definitely don’t have to do it alone.

If you or someone you love is thinking about downsizing, I’m here to help—without pressure.

Let’s talk, and I’ll share my favorite tools and resources to help you feel supported every step of the way.

Please let me know if you have any questions or would like more information on how I can help you

JASMINEKENDIG.COM
303-506-6362

