



*Mitzi  
Beach*  
LIFESIZING® FOR THE 50+

# Top Ten Reasons To *Downsize Now*

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## 1. Life will change, *be ready!*

When my husband and I totally restored a 1930's home in 2004 as our aging in place forever home, we never ever expected his major cancer diagnosis to alter our well laid out plans. Even though we had downsized from our family home of over 30 years, oh boy, did we still have way too much stuff to deal with for our next major relocation move.

## 2. Your children will *kiss your feet after your passing.*

Well, maybe not, but will they ever be grateful you thought of them with such high regard as to spare them from going through all your myriad of possessions. You will be giving them a huge gift of a loving consideration that spares them this daunting task after you are gone.




## 3. For most of us, your home's downsizing is like *a body cleanse in eliminating your home of the toxins (your excess stuff).*

Just like a body cleanse, you will likely experience more energy. This is due to your home visually look better to you. Do you realize there is actually visual clutter? Excess of anything, even clutter causes stress and robs precious energy from us.

## 4. Do not avoid doing *a complete downsizing by renting a storage unit.* This is cheating unless you are in transition.

We learned this the hard way. We lived in an apartment while our former 1930's home was going through a major restoration. Renting several storage units, the agony of going through so much stuff after we moved in was one of the most depressing times I can remember.

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## 5. To live a more *fulfilling happier life, give your excess or unused things away to those who really need them.*

Another absolute truth, more joy is realized from giving than by receiving, always. Some downsizers have garage or estate sales, or sell online. I do not judge this endeavor in any way but for me, I gave, gave, and gave to my friends, to my family, to the DAV, and to a dear friend supporting an orphanage in Africa. And you know what I learned? That these truly amazing women in charge of these orphaned children, pray for me regularly. I am humbled by this fact.

## 6. Accept the fact that your adult children *do not want your furniture or possessions.*

Without a doubt, this is a tough realization for most of us. However, if you listen to most downsizers who have already experienced the lessons of trying to convince their adult children the value of their china, etc., save yourself and them from this major potential conflict. The majority of adult children do not value what we value. Have a plan ahead of time and save yourself and your kids this no win scenario. And no guilt is allowed!

## 7. To live a less stressful life, *possess less.*

My own example is when my clothes closet has not been weeded out getting dressed goes like this: “No, not that, hmmm, maybe, and finally, yes, this will work.” I then have this self-talk, “seriously Mitzi, get busy and get organized downsizing your own closet!” So every time I am getting ready for whatever, if my closet is not organized and downsized with my own clothes, shoes, jewelry, scarfs, purses, whether it is unconscious or an unconscious reality, I experience a daily stress that could be avoided.

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## 8. Acknowledge that every single thing you own takes up real estate regardless if it is *behind closed doors or is on display.*

If on display, your items will need maintenance like cleaning or arranging. If behind all those closed cabinet doors or closet doors, even if not seen, someday you or your loved ones will have to pay the price of going through it all. Ask yourself for any given item you own, is it worth all this effort?

## 9. To become a role model for your family or friends of an organized peaceful home that everyone today is *trying to accomplish.*

One of my favorite compliments that I ever receive is when someone came into our former home and said, “oh your home is so peaceful”. To me this translates to a home that has order in having accomplished distinct space planning that dictates the purpose of each space, contains accessories that are displayed with a calculated plan, along with creating a soothing background without too much going on for most people’s visual consumption. But definitely for this downsizing article, the obvious reason I would often receive my favorite comment lies in the fact that I have carefully avoided that little stuff disease. Hopefully none of you are afflicted with this “disease” of having too many small pieces of furniture or an endless amount of accessories. This in itself is a huge reason to downsize!





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10. Lastly, but perhaps my most important reasoning for making a complete downsize to my new home is that *I desperately want to experience more of life.*

I am adamant about not being weighed down by my possessions. When I was doing research for one of my CEUs, (Continuing Education Units), "Marketing and Designing to Milleniells to Boomers" I was struck by an astonishing fact. I learned that both of these demographics actually have tons in common. For example, the majority of milleniells by their spending behaviors are into experiencing life by spending their money on travel, concerts, and being with their friends as a huge priority. Likewise, the Boomers, or the O50s (what I call the over 50) are into the very same behaviors.

This last reason to me for downsizing that will enable me to experience life versus the collecting of more things has me willing to do whatever it takes to keep what I own to a pleasant personal minimum.

Am I there yet? Oh no, not by a long shot but I have made huge progress. I absolutely will reach my ultimate goal of living with less as I give my own personal downsizing my best effort. There is however one little thing though that I only admit to my inner circle. Here it is, I am a shoe alcoholic! So do not be surprised if you should notice what I am wearing at any given event. Why? This is because you will probably notice my shoes for sure. Please give me this one little blemish on my downsizing score card and if I should ever go to shoe rehab, I will let you know!