

The following steps are based on the assumption you have selected your new residence and are ready to proceed with the relocation process. If you're still unsure about the specifics of your next residence (i.e. location, size, timing), our Certified Senior Downsizing Coaches can assist you in working out these details, so be sure to discuss this during Step 1.

Step 1: Initial consultation and paperwork

By hiring Seda Real Estate Group Senior Living Division early in the process, the downsizing steps that follow will feel like a breeze.

As soon as the paperwork is completed, both teams will get to work on ensuring each step of the process is completed smoothly. As always, you are the final decision-maker and we serve as guides, facilitators, consultants, and liaisons between the various additional services that may be involved.

Step 2: Begin selecting items to be packed and/or moved.

Your move coordinator will help you to first focus **ONLY** on those items you wish to **KEEP** and move to your new place. It is easy to get distracted by the extraneous "stuff," but trust the process — focusing on the things you want will reduce stress and simplify the overall process. The items you wish to keep and take to your new home will be marked, organized, and prepared for Step 4.

IMPORTANT: If planning to have a professional estate sale following the move, refrain from donating, giving away, or selling any items during this step. This can be done following the move, otherwise it could result in not qualifying for a professional sale.

Step 3: Get estimates and secure a professional moving company.

This often happens behind the scenes, but depending on the scope of your move, your team will work together with you to ensure the best option. Because moving companies are not all created equal, Seda Real Estate Group has a select group of specific vendors. They are familiar with our processes and work to ensure that your move is smooth, efficient, and ideally, without incident.

Step 4: Pack, move, and settle-in at your new residence.

Your move coordinator and additional team members (if needed) will be on-site at your home on both packing and moving days. Depending on the quantity of items to be packed, packing and moving may occur on the same day, however, most clients prefer packing to take place in advance. Your move management team will begin unpacking and organizing your belongings as soon as they are unloaded so you can enjoy your first night comfortably, with all your essentials available and accessible.

Step 5: Finalize the resettling process.

The final unpacking and resettling process will take place right away — usually either the day following the move or within 72 hours afterward (depending on your preferences). Boxes will be unpacked and removed from the premises, key decorative items hung, and quickly it will begin to feel like “home.”

Step 6: Liquidate remaining items and empty your previous residence.

Once you have made FINAL decisions about items you may want to keep, distribute, or return to the previous residence, your move coordinator will assess the remaining items and provide guidance as to the best means for emptying the previous residence. This may be a professional sale, charitable donations, disposal, or a combination. With the ultimate disposition of the remaining items decided, your move manager will facilitate completion of the liquidation process.

Step 7: Have the previous residence cleaned and any needed repairs made.

Most homes require some level of cleaning after a move. Minor repairs may also be necessary. Your professional support teams at Seda Real Estate Group are happy to coordinate these things with their team of trusted approved vendors.

Step 8: Begin marketing the previous residence (if applicable).

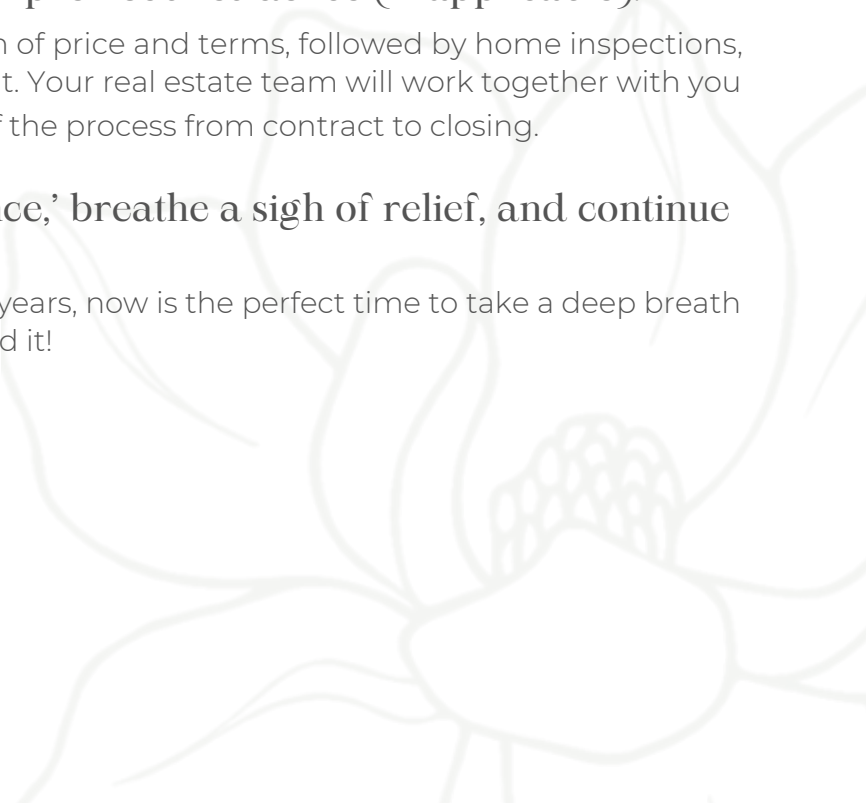
Your previous residence will become available to potential purchasers once it is emptied and cleaned. Your real estate team at Seda Real Estate Group will organize professional photographs and create an appealing and accurate description of the property and position it for maximum exposure. You will receive regular updates on specific marketing efforts.

Step 9: Negotiate and finalize sale of previous residence (if applicable).

The home sale process includes negotiation of price and terms, followed by home inspections, appraisals, and bringing the abstract current. Your real estate team will work together with you on all negotiations and oversee each step of the process from contract to closing.

Step 10: Celebrate! Do a ‘happy dance,’ breathe a sigh of relief, and continue on to your new normal lifestyle!

Whether the process took days, months, or years, now is the perfect time to take a deep breath and celebrate your accomplishment. You did it!



Guided Worksheet for Personal Reflection & Next Steps

Key Takeaways:

What ideas or insights from today's talk resonated most with you?

What is Holding Me Back?

Take a moment to name the emotional or practical roadblocks you're experiencing.

I'm afraid of losing: _____

I feel overwhelmed by: _____

I'm unsure how to talk to: _____

First Steps I Can Take:

I could start by letting go of: _____

I might explore: _____

I could talk to _____ about my thoughts.

A Note to My Future Self:

When you come back to this worksheet later, what would you want to remind yourself?

Downsizing isn't about letting go of the past.
It's about making room for what's next.



The Truth About Letting Go Of The “Stuff”: Planning, Simplifying & Moving Forward

Moderator: Becky Seda - CSHP, Seda Real Estate Group

Guest Experts: Jo Perryman, Magnolia Move Coordinator
Liz Donnelly, Owner of Milestone Estate Sale
Catherine Warren, Owner of BeeOrganized

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