

The Truth About Downsizing Part 1: The Psychology Behind Letting Go

Moderator: Shannon Stiger CSHP, CSDC

Expert Panelists

- Nikki Buckelew, PhD - CSHP, CSDC
- Catherine Warren - Owner Bee Organized
- Dian Bower, PhD - Clinical Psychologist (*Happily Retired*)

*You don't have to
do everything today
—but every step
forward is a win*

Guided Worksheet for Personal Reflection & Next Steps

Key Takeaways:

What ideas or insights from today's panel 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?
