

# What is right-sizing?

Sarah Parry from Testament Interiors offers tips for moving to a new space.

PHOTO **GISELLE BROSNAHAN**



As with nature's seasons, a person's life follows cyclical patterns. Each life stage has its beauty and challenges, and each one prepares us for the next. Right-sizing is about embracing change and finding value in every one of those stages.

Most people know what downsizing is, but the term right-sizing is less familiar. Downsizing can cause feelings of loss due to changing circumstances, but the process of right-sizing is quite the opposite. It's about being mindful of what you require in your new home and what items are most suitable for you, your current situation, and the future. Right-sizing means adapting to a new living environment that better suits your stage in life. It empowers you to take control of your life so it feels right, and you can enjoy this new chapter.

There are many reasons why people want to right-size, whether they're newlyweds, relocating, having children, breaking up, blending families, dealing with the passing of a loved one, becoming empty nesters or retiring. People can undergo the process of right-sizing multiple times as they journey through life. As we all know, life is full of ups and downs and crossroads.

When you realise the home you are currently in is no longer right for you and it is time to move, it's important to have a plan in place that ensures your new home and décor are the right fit for your new lifestyle. You'll have to decide what items to let go of, what to keep, and what new items you may require.

At the later end of life, it's important to include family members in this process so that everyone knows what's happening and your wishes are known and documented. I always recommend making a living will of possessions to sit with the main will so that unwanted items are offered to family or friends first and everything taken to your new place is clearly listed

as to who gets what. This saves your loved ones from heartache and disagreements about family heirlooms after you have passed and will help ensure your legacy lives on and can continue to tell a new story.

## Right-sizing tips and tricks

- 1. Declutter** – Go through your house and eliminate items that are no longer required. This helps you decide which items are important.
- 2. Plan** – List items that will go to the new space. This will help you see what's left to rehome. A layout plan enables the clients to visualise the new place with their furniture inside and decide if they require anything new.
- 3. Prepare** – Have a container of essential items, including scissors, can opener, jug, mugs, water glasses, pens, tape, notepad, rubbish bags and some snacks. This saves you having to unpack boxes to find the basics.
- 4. Systemise** – Labelling and colour coding your boxes and containers help you to place items in the correct spaces and avoids double handling.
- 5. Use a right-sizing expert** – Save yourself and loved ones the stress of moving by using an expert who can help guide you through the process. If the thought of moving and unpacking fills you with dread, an expert can even set up the place so all you have to do is walk in and start enjoying your new chapter of life. **U**

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