



# Downsizing Your Belongings



communities of



*Lutheran*  
**Social Ministries**  
OF MARYLAND

Moving to a smaller home means parting ways with some of your current belongings. The process can seem daunting at first, especially if you've acquired a larger collection of items over the years. We've found it helpful to sort belongings into five categories:

- Take with you
- Give to someone you know
- Donate
- Sell
- Throw away

Finding "good homes" for items that are significant to you can be difficult. You may learn family members are reluctant to take special heirlooms, antiques may not fetch the price you expected, or agencies may not accept donations of certain objects. This process can take a lot of emotional as well as physical energy, so it's wise to start sorting as soon as possible, even before you've decided to move.

Community sales counselors can often recommend companies to help you downsize. Skilled professionals can help you with the practicalities and emotions of downsizing your belongings. If you decide to take on the task on yourself, this worksheet will help guide you through the sorting process.

## FURNITURE

TAKE	GIVE AWAY	DONATE	SELL	THROW AWAY

Carroll Lutheran Village: 877-848-0095  
Lutheran Village at Miller's Grant: 410-465-2005  
[lsmmmd.org](http://lsmmmd.org)

## LARGE ITEMS

TAKE	GIVE AWAY	DONATE	SELL	THROW AWAY

## SMALL ITEMS

TAKE	GIVE AWAY	DONATE	SELL	THROW AWAY