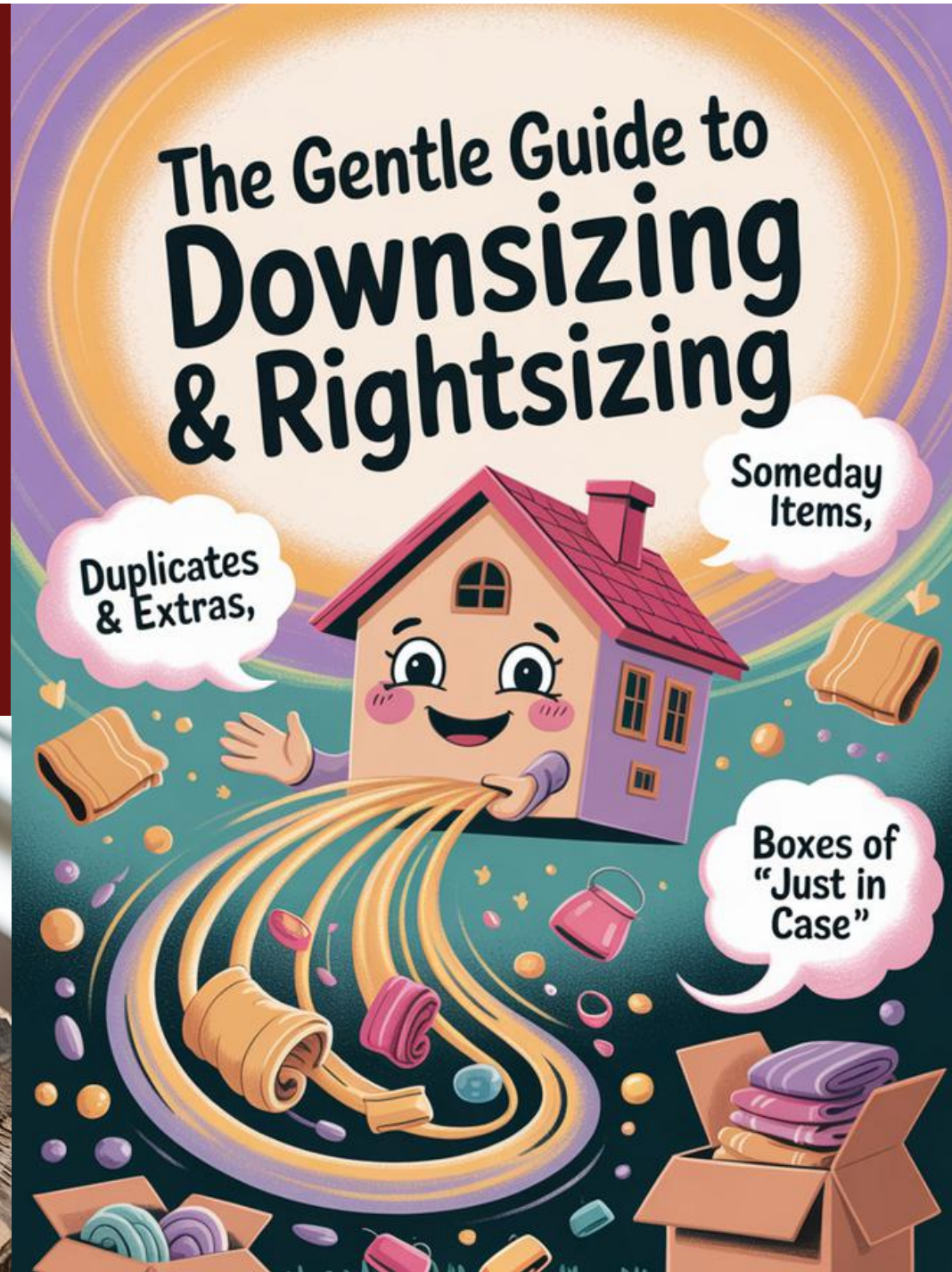


WHAT DOES A NEW LIFE CHAPTER LOOK LIKE TO YOU?

A.H.O.M™ Realty

Presents

The Gentle Guide to
Rightsizing





Owning a home for a long period can be both a source of pride and, at times, a lot of work.

SUPPORTING LIFE TRANSITIONS WITH CARE, NOT PRESSURE

Dear Reader,

If you've picked up this guide, chances are you're thinking about a change — maybe not a big, dramatic one, but a gentle shift. A quieter chapter. A fresh start that feels more like you.

Not every move is about more.

Some are about less noise, less weight, less rush.

Some are about honoring what was while stepping gently into what comes next.

This guide was born from real conversations with real people navigating deeply personal transitions: empty nests, aging parents, new beginnings after loss, or the simple desire to live more intentionally.

Rightsizing is not about giving things up.

It's about choosing what to carry forward—on your terms.

With love and Grace

Lola

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A GENTLE GUIDE TO RIGHTSIZING (OR DOWNSIZING)

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Downsizing never felt so good

What Is Downsizing/ Rightsizing?

"Rightsizing is the process of making space for the life you want now."

It might mean:

Selling the large family home to reduce upkeep

Moving closer to grandchildren, healthcare, or a support network

Letting go of a home filled with memories (and things)

Choosing a home that supports aging-in-place

Rightsizing is not about loss. It's about alignment

What to Keep:

These are items that add meaning, ease, or beauty to your next chapter.

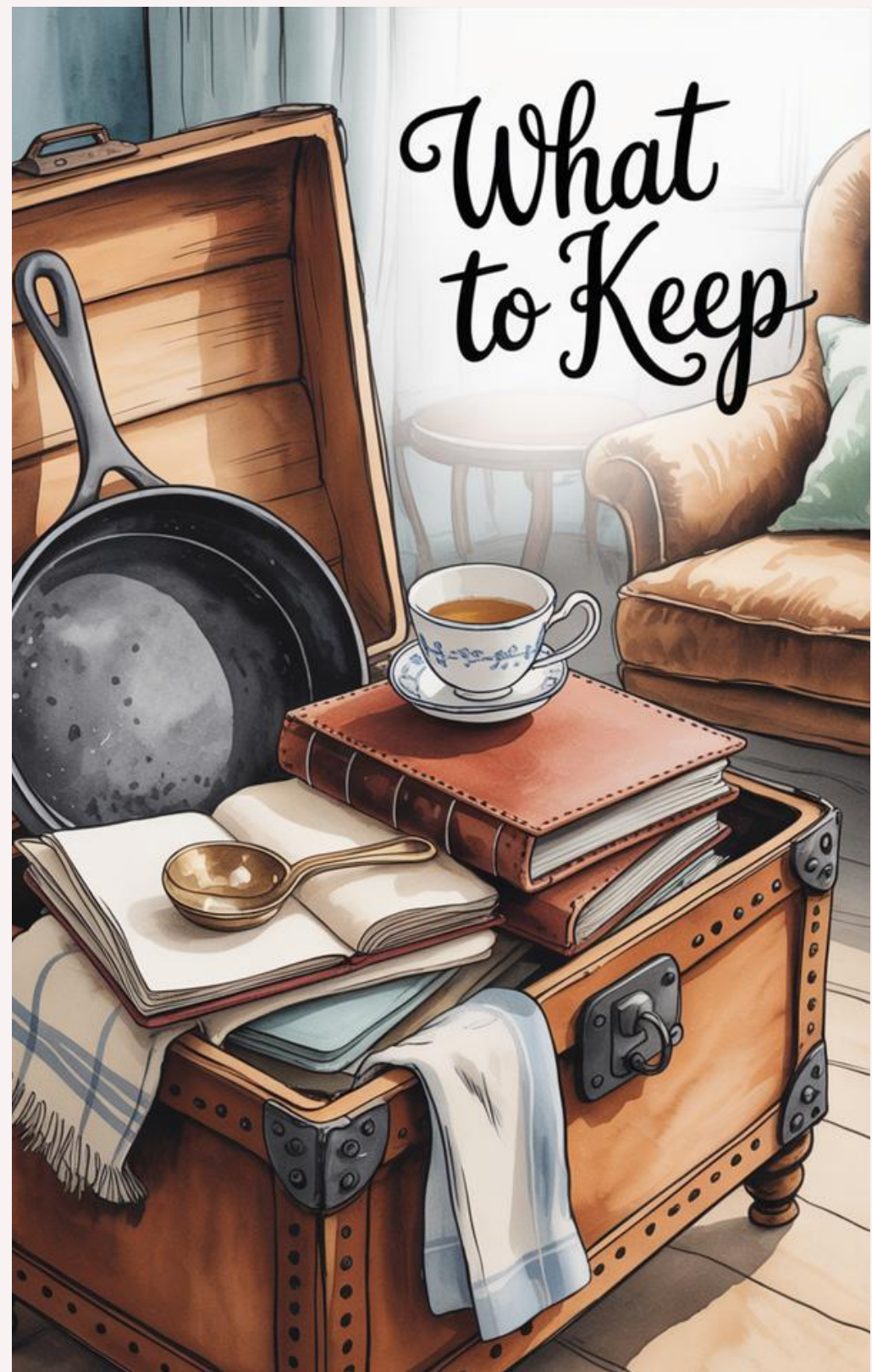
Daily-use essentials –
kitchenware, linens, tools you
use weekly

Timeless clothing staples –
items that fit your lifestyle now

Documents & keepsakes –
important records, photos,
memory boxes

Compact comforts – one or
two items that spark joy (your
favourite chair, teacup, or
artwork)

Purposeful furniture –
functional, adaptable, and
scaled to your future space



✗ What to Let Go Of:

Say goodbye to items that no longer serve your life today – with gratitude.

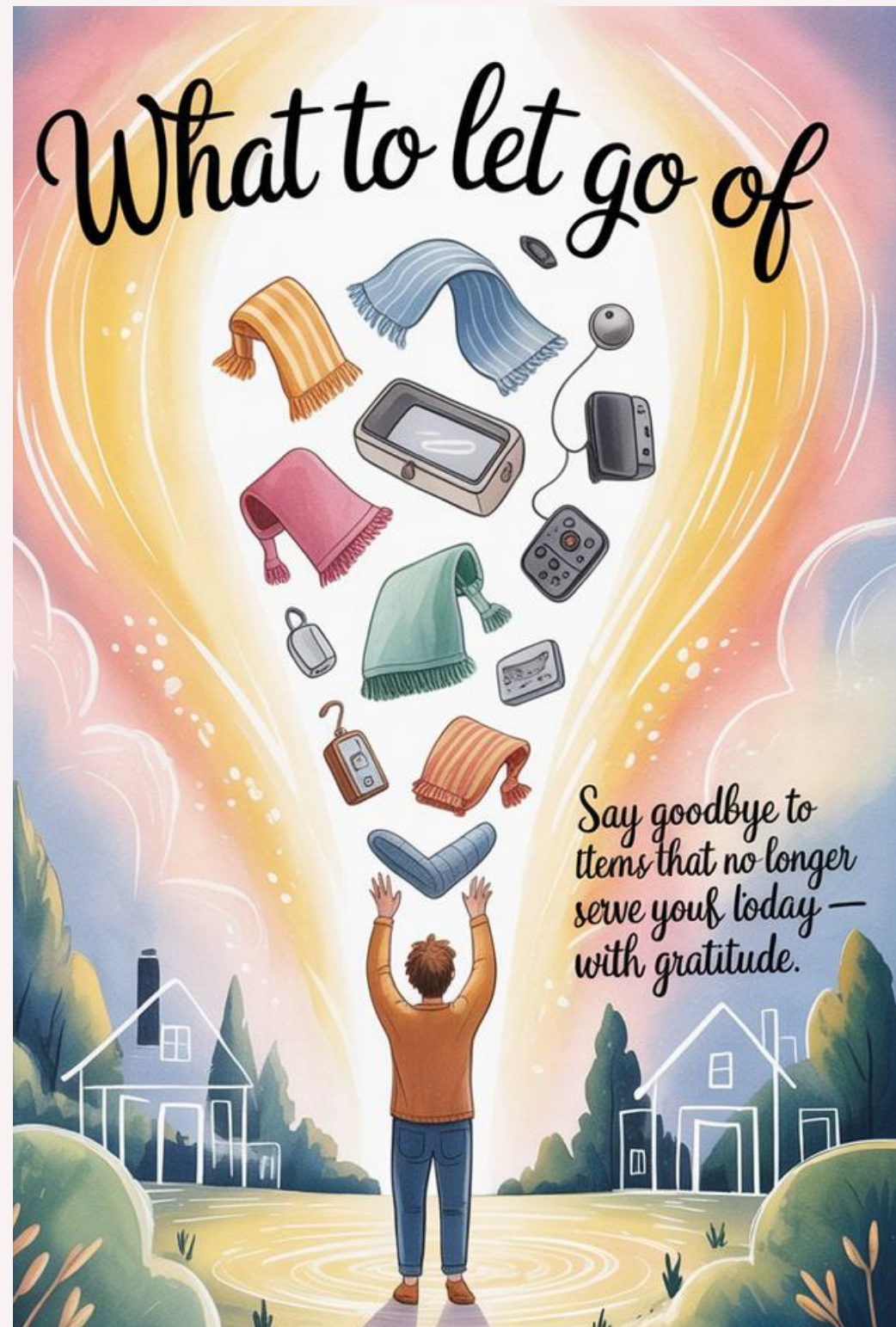
Duplicates & extras – towels, kitchen gadgets, backup sets
'Someday' items – clothes for lifestyles you've outgrown

Heavy furniture – oversized sets or bulky storage pieces

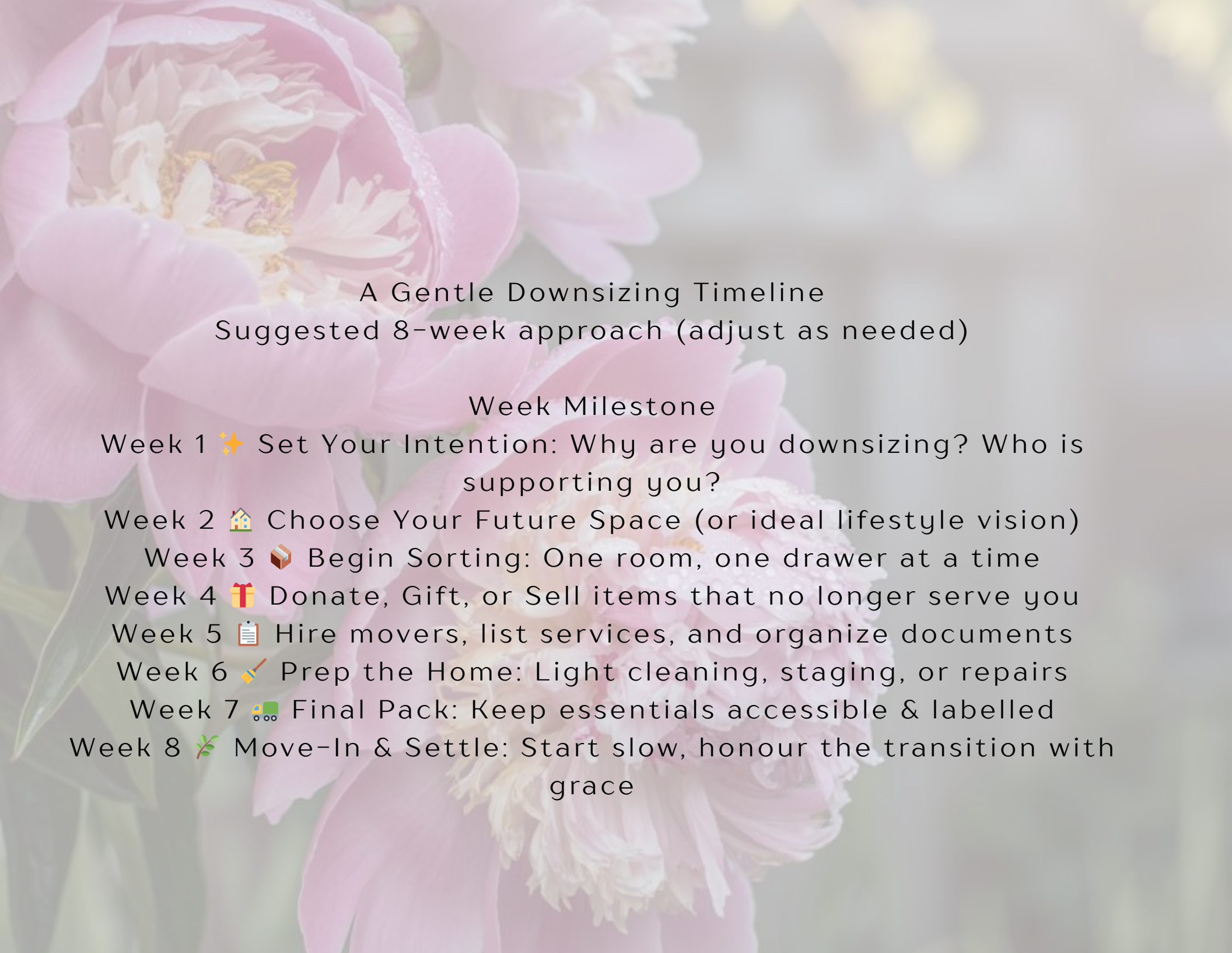
Old electronics & cords – if it hasn't been used in 6 months, it's time

Boxes of "just in case" – trust that your future needs won't require clutter

🔄 Reminder: Letting go doesn't mean forgetting – it means making space for what's ahead.



*Say goodbye to
items that no longer
serve you today –
with gratitude.*

A background image of pink peonies in bloom, with soft, out-of-focus petals and yellow centers. The flowers are arranged in a way that creates a sense of depth and texture.

A Gentle Downsizing Timeline

Suggested 8-week approach (adjust as needed)

Week Milestone

- Week 1 ✨ Set Your Intention: Why are you downsizing? Who is supporting you?
- Week 2 🏠 Choose Your Future Space (or ideal lifestyle vision)
- Week 3 📦 Begin Sorting: One room, one drawer at a time
- Week 4 📺 Donate, Gift, or Sell items that no longer serve you
- Week 5 📋 Hire movers, list services, and organize documents
- Week 6 🧹 Prep the Home: Light cleaning, staging, or repairs
- Week 7 📦 Final Pack: Keep essentials accessible & labelled
- Week 8 🌿 Move-In & Settle: Start slow, honour the transition with grace

SIGNS YOU'RE READY

(Even if you haven't said it out loud)

- ✓ You're not using all the rooms
- ✓ You want lower costs
- ✓ The stairs are harder
- ✓ Maintenance is stressful
- ✓ You're not sure what's next, but you know it's not this



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Why People Rightsize

- 🏠 Empty Nest: Kids are grown, space feels too big
- ❤️ Life After Loss: The home holds too much memory
- 🏢 Health & Mobility: Need for fewer stairs or accessible features
- ⌚ Lifestyle Shifts: Desire for more travel, freedom, peace
- ✉️ Financial Repositioning: Reducing costs or unlocking equity

"Just because it's time to move, doesn't mean you're ready. That's okay."

The Gentle Process – Our Approach



Listen First,

We begin with your story,
Strategize with care,
Support the transition,
Move with intention

Listen First

We begin with your story.

Your goals.

Your concerns.

No pressure.

Strategize With Care

Customized timelines,
property research, and transitional needs
planning.

Support the Transition

Decluttering, trades, staging,

or even helping you find temporary housing.

Move With Intention

From selling to buying or leasing — we're with you
through every key decision.

Voices from the Rightsizing Journey



Your
sanctuary
awaits

- "Lola made it feel like a beginning, not an ending. That changed everything." – Rightsizing Client, Oakville
- "She listened more than she talked. I never felt rushed, only supported." – Downsizing Client, Surrey
- "We had no idea where to start. This guide gave us clarity and peace of mind." – Daughter of Rightsizing Parent

A.H.O.M.TM
— REALTY —

Our Leading Edge

We don't just help people sell houses.
We help people move forward — at their own pace, in their own way.

EMOTIONAL ATTACHMENT

We honour the deep emotional ties homeowners may feel toward their home.

Rather than rushing the process, we help frame the sale as a meaningful next step — opening the door to fresh beginnings, while holding space for all that came before.

RIGHTSIZING SEMINARS

Join our expert-led webinars and local workshops on topics like “How to Downsize with Dignity”, “Preparing Your Home After 20+ Years”, and “Navigating Market Timing.” Whether you're planning or just exploring, these sessions help you feel informed, not pressured.

LIFESTYLE CHANGES

We help clients reimagine what home can look like in this next season of life. Whether it's being closer to loved ones, spending more time traveling, or simply simplifying day-to-day living, we support transitions that align with your evolving lifestyle.

FINANCIAL BENEFITS

Many long-time homeowners are sitting on substantial equity. We offer honest, data-backed insight on how to access that value — whether to fund retirement, reinvest, or support family. The right move can offer freedom, flexibility, and peace of mind.

Let's Begin Gently

This E-Zine was created to give you space to think, feel, plan, and move—without pressure.

If and when you're ready:



Book a free consultation




Download the Gentle
Downsizing Checklist



View real listings that support
your goals

www.ahomrealty.com/rightsizing



Growth happens
quietly.
So do new beginnings.

Because everybody needs A.H.O.M™ (A Home Of Mine)

We understand that everybody has different motivations for selling

CHECK OUT OUR FREE DOWNLOADS:

**"What to Keep, What to Let Go:
A Gentle Rightsizing Checklist"**

Available at: www.ahomrealty.com/checklist

Also available:

The Rental Excellence E-Zine

The Physician Relocation Advantage Program

A decorative background featuring several pink peonies in various stages of bloom, set against a light cream-colored background with subtle floral patterns. The flowers are rendered with soft, painterly textures and delicate shading.

Thanks for your time !

LET'S WORK TOGETHER!

BOOK A PRIVATE STRATEGY SESSION / LET'S TALK

A.H.O.M

*Book
Now*