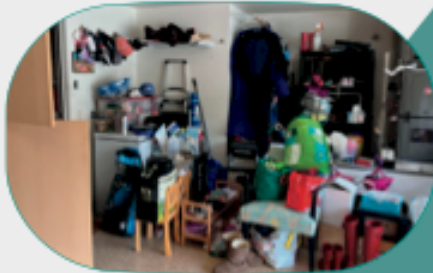


YOUR GUIDE TO DOWNSIZING



Determine why you're holding onto your stuff and what would be possible for your life if you let go. Most of us use 20% of what we have 80% of the time. How do you WANT to live?

Remember: Break projects down into manageable pieces. Start with the easiest tasks first. Momentum will help. **"Perfect" is the enemy of done.** Use stickers to visualize your project. Try the 10-minute "Trash Bag Tango". Set your timer and do a bag of trash and a bag for donations.

To determine an item's value, look up SOLD items on eBay.com

DONATE: These organizations will pick donations up from your home:

Community Service Fund at Camp Peddleton

Phone: 760-415-9990
Email: info@cpcsf.org
www.cpcsf.org

The Salvation Army

Phone: 1-800-728-7825
www.satruck.org

Goodwill

Phone: 619-225-2200 ext. 197
Email: donate@sdgoodwill.org
www.sdgoodwill.org/#donate-today

Father Joe's Villages

Phone: 619-446-2103
Email: donations@neighbor.org
www.my.neighbor.org

AmVets

Phone: 800-810-7148
www.amvets.org

San Diego Rescue Mission

Phone: 619-687-3720
Email: sdrminfo@sdrescue.org
www.sdrescue.org

Hope Services

Phone: 408-284-2850
www.hopeservices.org

The Jewish Gift Closet

Phone: 858-549-1877
Email: sdgmach@gmail.com
www.sandiegogmach.com

Don't be hurt if your loved ones don't want your belongings. Remember there are generational shifts. To give items away, try Freecycle.org, localized Buy Nothing groups on Facebook, and CraigList Curb Alert.



Making Moves *Magical!*

<p>SPECIFIC</p> <p>What exactly will you accomplish?</p>	
<p>METHOD</p> <p>What method will you use to achieve your goal?</p>	
<p>ATTAINABLE</p> <p>Is achieving it realistic? Have you got the resources to achieve it?</p>	
<p>REWARD</p> <p>How will it feel if you accomplish this goal? How will you reward yourself?</p>	
<p>TIMELY</p> <p>How much time will you spend and by when will you finish?</p>	

Real Estate

Includes **FREE** Move Management Services*

Do you have a home to sell? **Call us first!**

When we refer you to one of our Realtor partners, our move management services are **FREE**!*

Together we will organize, stage and prepare your home, market and sell it the way that best meets your needs.

Home selling options include:

- Sell your home the traditional way
- Renovate your home with no out-of-pocket cost to help get top-dollar
- Sell your home as-is and close escrow in as little as 10 days

Before...

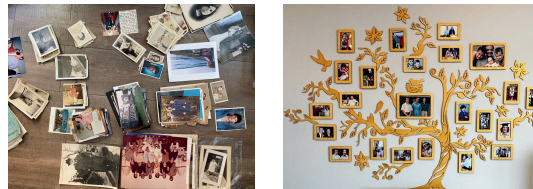


...and staged to sell!

Photo Organization and Digital Preservation

Allow us to organize and digitize your photos ensuring they'll be around to preserve your family legacy.

- Photo Organization
- Camera Scanning
- Scrapbook, document, and photo album scanning onto flash drives, external hard drives, and/or cloud-based storage
- Creating Scrapbooks, Home Movies, Photo Walls and Gifts



Overwhelmed by the thought of moving?



Home Organization & Relocation

Ask about our **FREE** move services!



(760) 522-1624

Info@SilverLiningsTransitions.com

Licensed, Insured, and Bonded



*This will vary based on price of the home and the hours needed. Contact us for specific offer details.

www.SilverLiningsTransitions.com

Relax. We can help.

Move Management



Our “Magical Fairies” Can:

- Floor plan for your new home
- Sort through belongings
- Pack everything you want to take
- Donate, sell, or give away what you don't want
- Provide all packing materials
- Coordinate all of the details and logistics for your move
- Unpack and organize your belongings
- Decorate your new home
- Recreate favorite spaces from your former home
- Coordinate home clear outs



Whether you are moving or organizing, we have solutions to help.

Call today for a FREE consultation.

(760) 522-1624

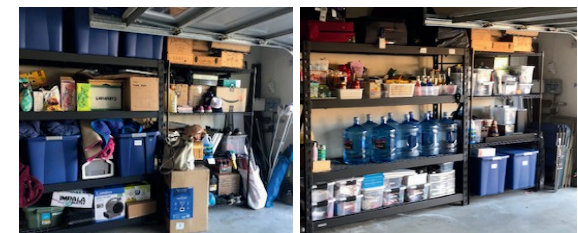
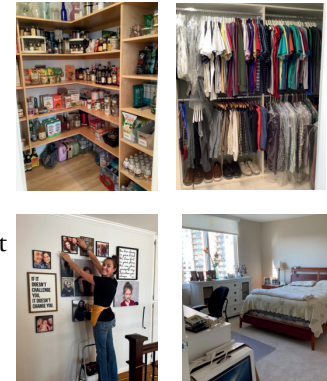
Home Organization

Clutter has a way of sneaking up on us. Piles that start small can quickly become overwhelming.

Our team can tame your piles, develop systems right for you and provide a fresh start to maintain an organized and calm space.

Organization Projects Include:

- Home Offices
- Garages
- Kitchens
- Unpacking
- De-cluttering
- Rightsizing
- Storage clear out
- Decorating



We assist with home remodels, de-cluttering, packing/unpacking, and organizing!

CLUTTER

By Natasha Josefowitz

I own so much stuff
that it's beginning to own me
I am my stuff's servant
I dust it, move it around,
take it with me
when I change residences.

I have so much stuff
that I forget what I have
and when I need it
I forget where I put it.

I have stuff to store stuff
Soon I'll have to leave
The car in the in the street
To store all that stuff
In the garage.

I have electrical appliances
And gadgets I never use
Such as a pasta maker,
A crepe pan and a fondue pot.

I have a slow cooker
To cook slowly
And a microwave to cook fast;
I have an upper oven
A lower oven and a toaster oven
that can do
Everything the other ovens can.

I have a drawer full of
Egg slicers, apple corers,
Cheese graters, potato peelers,
Spoon holders, lemon squeezers,
Tea strainers and nut choppers.

And then there is all the stuff
I hold onto for when
My grandchildren will grow up
And might want
(my children didn't)
like the Swiss cow bell,
a music box,
an old puzzle someone might
put together again.

And the stuff I can't throw out
Because it triggers a memory
Like an empty perfume bottle
An alligator wallet
A perfectly good watch
Whose small face I can't read
anymore.

I also have some things that
Might be useful someday:
Plastic rain caps,
Sewing kits from hotels,
Shoehorns and buttons
That belong to clothes
I no longer own.

The guest closet
Has no rooms for guests,
The coat closet
Has no room for coats,
Soon my husband
Will have to move out
As his closet will have
No room for him either.