



# Are You Ready to Downsize?

Answer 10 quick questions

*See if your home is still the right size for your life.*

Our homes should support us, not weigh us down. Over time, spaces can become harder to manage, rooms go unused, and clutter sneaks into corners. This quick quiz will help you see whether your home is still working for you — or if it's time to make some changes.

## The Questions

### How You're Living Now (Q1–Q5)

**Check all that apply:**

- ☐ I step over clutter or watch my step just to move around safely.
- ☐ I avoid certain rooms because they're too full or not usable for their real purpose.
- ☐ I hesitate to invite people over because of how my home looks.
- ☐ I play “Jenga” with belongings just to reach everyday items.
- ☐ Hobbies or activities I enjoyed are pushed aside because there's no space.

**Scoring:** Each “yes” = 1 point (max 5)

### Your Situation Today (Q6)

**Pick one:**

- ☐ I'm comfortable at home and not planning to move. → 0 points
- ☐ I'd like to stay, but I know changes are needed. → 1 point
- ☐ I'm planning to move to a smaller/different space soon. → 2 points
- ☐ I'm already downsizing or moving. → 3 points

### What You'd Like Instead (Q7)

**Pick one:**

- ☐ Safe and easy to move around in → 1 point
- ☐ Comfortable and welcoming for family and friends → 1 point
- ☐ Simplified and easy to maintain day-to-day → 2 points
- ☐ Right-sized for a smaller or new space → 3 points

# Page 2 – The Questions (continued)

## What's in Your Way (Q8–Q9)

**Q8. What have you tried so far that hasn't worked? (Check all that apply):**

- ☐ Sorting on my own but getting overwhelmed → 1 point
- ☐ Asking family for help (caused tension) → 2 points
- ☐ Hiring help that wasn't a good fit → 2 points
- ☐ Starting projects but never finishing them → 1 point

(Max 4 points)

**Q9. What feels like your biggest barrier right now? (Pick one):**

- ☐ Not enough time → 1 point
- ☐ Not enough energy → 2 points
- ☐ Emotional attachment to belongings → 3 points
- ☐ Unsure where to start → 2 points
- ☐ Worry about cost → 2 points

## What Help Would You Wish For? (Q10)

**Pick one:**

- ☐ Step-by-step guidance I can follow at my own pace → 1 point
- ☐ Resources and tools I can use on my own → 1 point
- ☐ A professional to work alongside me → 2 points
- ☐ Someone to take the lead and manage the process → 3 points

## Tally Your Score

**Q1–Q5:** Number of “yes” answers → ☐ \_\_\_\_ points


**Q6:** Situation score → ☐ \_\_\_\_ points

**Q7:** Home wish → ☐ \_\_\_\_ points

**Q8:** Tried before (max 4) → ☐ \_\_\_\_ points

**Q9:** Barriers → ☐ \_\_\_\_ points

**Q10:** Help needed → ☐ \_\_\_\_ points

 **Total Score = ☐ \_\_\_\_\_ points**

# Page 3 – Your Results

## What Your Score Means

### ✅ Green Light (0–6 points)

Your home still fits your life.

- Keep decluttering regularly
- Use rooms for their real purpose
- Start early if you're considering a move

### ⚠️ Yellow Light (7–13 points)

You're starting to feel the squeeze.

- Clear pathways first for safety
- Reclaim key spaces (dining table, hobby room)
- Ask for help — it's faster with support

### 🔴 Red Light (14–21 points)

Your home may be putting your safety, peace of mind, or lifestyle at risk.

- Don't wait for a crisis to force change
- Focus on essentials that support your life now
- Bring in strong support — professional help eases stress and family tension

## What to Do Next

### Scored Green, Yellow, or Red?

Now that you know where you stand, get tailored next steps:

- ✅ Green: Learn how to stay ahead and plan for the future
- ⚠️ Yellow: Practical steps to reclaim your space before things slip further
- 🔴 Red: Urgent but doable actions to protect your safety and peace of mind

✉️ Email your result (Green, Yellow, or Red) to [info@inandoutorganizing.ca](mailto:info@inandoutorganizing.ca) and we'll send you personalized recommendations.

Or call Brad 416-859-0518 at In and Out Organizing for in-home help in the GTA or virtual consultations anywhere.

[inandoutorganizing.ca](http://inandoutorganizing.ca)