

Rightsizing Your Space



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
FAMILY AND CONSUMER SCIENCES
OHIO STATE UNIVERSITY EXTENSION
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

Program Objectives



- Define rightsizing
- Identify different types of rightsizing
- Determine how space/home is or is not meeting your needs
- Discover the benefits of rightsizing
- Create action plan to get started

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When I say rightsizing, what pictures come to mind?



Downsizing vs. Rightsizing

Downsizing: To secure a smaller residence.

- Negative feelings
- Empty nest
- Older age

Rightsizing: Changing or reinventing your space, either by revisioning and repurposing the space you already have, or by physically moving to a larger or smaller home.

- Positive feelings
- Selecting a good fit for you and your family
- Any age



Types of Rightsizing

- Increase Space:
 - Growing Family
 - Home & Office space
- Decrease Space Based on:
 - Amenities
 - Anticipatory
 - Needs or Crisis



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Types of Rightsizing



- Outsourcing:
 - Home and Yard maintenance
 - Cooking
 - Cleaning

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How much space do you need?

- Consider your Home:
 - What works?
 - What doesn't work?
 - Flow?
 - Extra rooms?
 - Not enough rooms?
- Consider your Lifestyle:
 - Feel cramped?
 - Feel Empty?
 - Accommodate phase of life?



Does your space fit your values?

Family Values

- Provides a foundation as a source of protection, guidance, affection and support.
- Structure:
 - Rules
 - Relationships
 - Home and Environment

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Rethink Your Home's Existing Space

- Rearrange
 - Online room design app
 - Paper and pencil
- Reimagine
 - Formal living spaces
 - Foyer
 - Guest rooms
- Re-design
 - Create a more ideal layout



Rethink Your Home's Existing Space

- Rediscover
 - Half baths
- Rethink
 - Under the stairs
 - Hallways
 - Landings
- Remove
 - Seasonal items
 - Sentimental items



Rethink Your Home's Existing Space

- Resale
 - Tailor your home to meet your needs
 - Live in Your Space
 - Do what makes sense for YOU and YOUR family
 - Consider changes you can reverse



Embrace a Positive Attitude

- Positivity Ratio – 5:1
- Attitude impacts all areas of life – both mental and physical
- Embrace change - less stress and more joy
- Mindfulness – savor the experience
- Rewrite the narrative – into a positive one



Get Started

- Identify needs vs. wants
- Team effort
- Get it all out in the open
- Develop a sorting system
- Take care of YOU
- Take time

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Items to Consider Decreasing

- Clothing
- Anything in a rental storage unit
- Exercise Equipment
- Kitchen Appliances & Gadgets
- Vehicles
- Childhood items

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Items to Consider Decreasing

- Furniture
- Books, Magazines, and DVDs
- Seasonal Decorations



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All the Extra Items

- Make a decision
- Give
- Sell
- Donate
- Recycle
- Return



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Benefits

- Decreased Costs
- Simplified Lifestyle
 - Feel Calmer
 - Save Time
- Increased Freedom
 - Feel Liberated

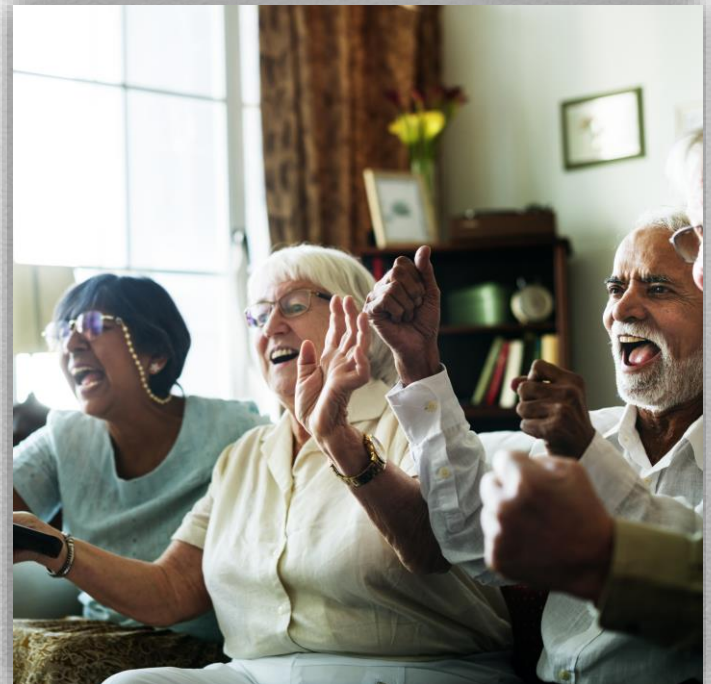


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Action Plan

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
 - What? (specific action)
 - How much? (time, room, amount)
 - When? (time of day or which days of the week)
 - How often? (number of days in the week)
5. Confidence level of 7 or more



Questions?



NAME

Title

Working location

NAME.#@osu.edu

Phone #

Rightsizing Your Space was written by:



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