

**cend**<sup>®</sup>

SIGNATURE SERVICES

A REFLECTION BEFORE THE MOVE

# My Rightsizing Journal

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*“Before we talk about what stays and what goes, let’s talk about the life you’re moving toward.”*

Here are some thought-starters to consider before you start the process. Use this journal to write down your thoughts, share it with family, and let it guide your conversations with cend’s Personal Move Manager. It makes a world of difference to reflect on these questions before you move forward.

THIS JOURNAL BELONGS TO

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DATE STARTED

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## 01 SECTION 1 OF 5

# What “home” really means to you

- What are the three things that make any place feel like home to you?  
(Often it's light, a chair, a view, a kitchen — rarely the square footage.)

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- What rituals or routines do you want to make sure travel with you?

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- Which rooms or corners of your current home hold the most meaning, and what would you want to recreate or carry forward?

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## 02 SECTION 2 OF 5

# Honoring what you're leaving

- What are you most proud of about the home and life you've built here?

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- What would you want to say goodbye to properly before the move — a final dinner, photos of a room, a walk through the garden?

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- What worries you most about this change, and what would make that worry smaller?

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## 03 SECTION 3 OF 5

## Choosing what comes with you

- If you could only bring the things you'd genuinely miss, what comes to mind first?

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- Which possessions carry a story you'd want your family to know — and who should hear that story?

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- What have you been holding onto out of obligation rather than love, and would it feel like a relief to pass it on?

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## 04 SECTION 4 OF 5

## People, support, and pace

- Who do you want involved in this process, and in what way — hands-on help, decision-making, or just company?

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- What decisions do you want to keep entirely your own?

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- What pace feels right? What would make this feel rushed, and what would make it feel manageable?

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# Looking ahead with intention

- What do you hope this move makes possible — more time, more ease, closeness to family, less to manage?

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- A year from now, how will you know this was the right decision?

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**YOUR NEXT STEP**

## Share your reflections with us

When you're ready, bring this journal to your cend Personal Move Manager. Your answers help us shape a move that honors what matters most to you — at a pace that feels right.

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