

Dare To Downsize, by Randy Veraguas

Tiny monthly articles regarding a move to a smaller place; written to help motivate, educate or simply entertain.

Dare to Throw It OUT February 2017

It's the month of love and relationships, right? Most people think of others when they think of love and relationships. Well nobody can tell me that my relationships with "things" aren't as important. I've moved around enough to know. When I'm unpacking a box and I see that old framed picture of my son's first day of school, that's like seeing an old friend. When I take out the afghan my Gramma made, that's like getting a hug from her (and she's long passed away). When I reach for my favorite coffee mug in the morning, it's like starting the day off with a good buddy. So I will never tell somebody to throw out something they love.

But I will say, Dare to Throw it Out...IF, you don't love it. IF, you don't have a relationship with it. There were so many things I had collected over the years that meant nothing to me. But I never dared myself to throw them out until we were moving. Why wait that long? Last month I said Dare to Start. I asked you think about the concept of downsizing.

Now it's a call to action. I'm daring you to throw something out. Throw out those old musty jackets you aren't going to wear anymore. Throw out the extra blankets with the holes in them. Turn those ugly raggedy towels into rags (then clean something!...but I'm getting ahead of myself here.) It's time to wear your nice clothes. Use your pretty blankets. Dry off with pride.

There's no need to go crazy...start with one thing you don't use and won't miss, need, or want later. Nobody said Downsizing was always fun, but the silver lining in this issue is that once you throw out what you don't use, need or want, you'll either have more space (that's always nice) or you'll be all the more ready for that actual move. For icing on the cake, think about giving it away to charity. Somebody just might "love" what you're giving away. ☺

Words: 338

*Randy Veraguas is the Sales Director at Atria Marina Place, a senior living community in North Quincy, MA and is the Creative Producer of the TV Pilot, Dare To Downsize. www.daretodownsize.weebly.com
781-635-5414*