

THE NORDIC HOME RESET

The Downsizing Workbook

Decide before you pack.



*Keep what matters.
Make room for what comes next.*

With Erik, your home guide

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Make the decisions in order

Read in order or go directly to the task you need. Page numbers refer to the complete edition.

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STEP 02

Measure the route as well as the room

An item can fit in a room but fail to pass through the entrance. Measure both the intended position and the route into the home. Record confirmed dimensions in one unit and state which unit you are using.

Record the room

Measure usable wall lengths and note doors, windows, radiators, fixed cupboards and other obstructions. Include the swing of doors and the space needed to open drawers. Do not assign the same clear area to two incompatible uses.

Record the item

Measure width, depth and height. Note any parts that can legitimately be removed or disassembled and who will do that work. Do not assume that a piece comes apart because it appears to have joints. Check its construction or manufacturer's instructions.

Record the access

Check entrance openings, hall turns, stairs, lifts and any delivery restrictions. Verify access details with the property manager or removal provider where needed. Do not estimate a difficult move from a photograph or try to prove a heavy item will fit by handling it alone.

Allow appropriate usable space around furniture; a raw dimensional fit is not enough. You need to get into bed, move a chair, open storage and use the room. Where a specialist clearance is required, confirm it with the relevant source rather than using an arbitrary number from this workbook.

Mark uncertain measurements and give each one a next check. If access has not been confirmed, keep the furniture decision provisional. The measuring sheet and furniture record are designed to prevent "it should fit" from becoming an expensive assumption.

WORKED EXAMPLE

Two rooms, clearer priorities

This is an invented planning example, not a customer story or a promise of savings. Chris is moving from a house with a separate dining room and hobby room to a home with a combined living-dining room and one spare bedroom. The aim is to cook ordinary meals, have two occasional dinner guests and continue a current sewing project.

The first decisions

Chris lists those functions before choosing furniture. The spare bedroom needs to support a guest bed and sewing, so the large storage cabinet cannot be accepted automatically. The furniture and access measurements are still unconfirmed; its status stays provisional.

The current dining table works for meals but may leave too little space in the combined room. Chris records its dimensions, the space needed to use the chairs and the route into the new home. A removal provider checks the access before the move is agreed.

The collections

Kitchen equipment is chosen for normal cooking and the actual guest routine. The sewing collection is separated into current tools, supplies for the active project and older projects. Only the active collection receives the accessible workspace; the older projects get individual decisions.

One inherited serving bowl matters to Chris. It is kept and placed with the dishes in use. Other inherited dishes are offered to relatives with an explicit right to decline. The ownership and handover record is completed before any release.

The open questions

The cabinet needs an access check, a relative needs a week to answer and one sale needs an end date. Each receives a next action and a person responsible. None is silently packed as "keep for now."

Chris packs by destination with numbered boxes and keeps a first-night kit separate. The plan is useful because it exposes trade-offs and uncertainty before move day, not because it creates a particular number of exits.

SHEET 02

One-room function map

Use one sheet per room. Record activities before furniture. Mark conflicts, such as a chair needing the same space as a door swing. Sketch a simple outline in the large area; accuracy comes from the recorded measurements, not artistic skill.

Example

Spare room: overnight guest and sewing. Essential objects: bed, suitable sewing surface and current supplies. Conflict to check: whether the cabinet prevents the bed from being accessed.

Room and its everyday or occasional activities

Essential furniture or equipment for those activities

Sketch, fixed features and usable routes

Conflict or unknown to resolve next

SHEET 05

One-furniture-item decision

Use this for an object that carries significant handling, space or emotional cost. Keep estimates separate from quotes. A decision to keep should describe where it will be used; a decision to release needs an authorised route.

Example

Cabinet: useful for display but too large for the measured room. Ownership confirmed. Chosen route: offer to an interested relative, subject to their measurements and an agreed collection. No guaranteed resale value is assumed.

Item, owner and condition

Function or meaning I want to preserve

Position, measurement and access status

Transport or handling quote; what it includes

Decision, agreed destination and next action

Review or collection date
