

THE ART OF

HAPPY

MOVING

How to Declutter, Pack, and Start Over While
Maintaining Your Sanity and Finding Happiness

ALI WENZKE

THE ART OF HAPPY MOVING. Copyright © 2019 by Alexandra Wenzke. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

For information, address HarperCollins Publishers, 195
Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Designed by Fritz Metsch
Illustrations by Lise Sukhu

Library of Congress Cataloging-in-Publication Data
has been applied for.

ISBN 978-0-06-286973-9

19 20 21 22 23 LSC 10 9 8 7 6 5 4 3 2 1

Dan and I evaluated the city before we moved, but we didn't evaluate ourselves. Take a look at the Pros and Cons list we made before heading to Knoxville, which I've reproduced here.

MOVING TO KNOXVILLE

PROS	CONS
Great job offer	Leaving our friends
Lower cost of living	Leaving our walkable neighborhood
No state income tax	We'll miss Broadway in Chicago
Mild climate	We'll miss the Mexican and Indian restaurants
Good place to raise kids	We'll miss the Chicago Air and Water Show
Can afford nice home	We'll miss the beach and outdoor festivals
Near Smoky Mountains	
No more dealing with city problems	

Most Important Things in My Life

(Use a scale of 1 to 5 and rank only your top five.)

- ___ A successful career
- ___ Financial wealth
- ___ Close personal relationships
- ___ A nice home
- ___ Religion or spirituality
- ___ Hobbies or leisure activities
- ___ Intellectual growth
- ___ Safety
- ___ Autonomy
- ___ Helping others
- ___ Being healthy

Now, pick the main reason you are moving and write it here:

I know we move for a combination of reasons, but you only get to pick one. So, dig deep and pick the most important reason. If the main reason you're moving isn't in your top five, then this decision is easy. If it's up to you, don't move. It's not worth it. Simple. Just close this book and head to the beach. (Sorry, no refunds.)

SELF-EVALUATION QUIZ

1. If you could be one of these TV show/movie characters, who would you want to be?
 - a. Carrie Bradshaw in *Sex and the City*
 - b. Madeline Martha Mackenzie in *Big Little Lies*
 - c. Cheryl Strayed in *Wild*
 - d. George Bailey in *It's a Wonderful Life*
2. What does your ideal Saturday look like?
 - a. Listening to a popular local band
 - b. Doing a fix-it project that works on the first try
 - c. Going for a hike through the woods
 - d. Watching the big game at home with friends
3. When someone visits from out of town, you want to:
 - a. Show her the newest exhibit at the museum
 - b. Paint together at a local art studio
 - c. Walk along the riverfront
 - d. Test out your latest pasta Bolognese recipe at home
4. You pour yourself a coffee on a Monday morning. You look out your kitchen window, thrilled to see:
 - a. A city skyline
 - b. Your herb garden on the patio
 - c. The mountains in the distance
 - d. The open countryside

5. You're excited because your friend just called with an invitation to:

- a. See *Hamilton*
- b. Grab a drink at a neighborhood bar
- c. Go paddleboarding
- d. Play *Cards Against Humanity* with a close group of friends

6. You can't imagine life without:

- a. A stack of take-out menus from nearby ethnic food restaurants
- b. Your kid's weekend soccer games
- c. Easy access to a running path or a bike trail
- d. A quiet, solitary place to think

7. Your ideal commute would be:

- a. Walking through city streets and occasionally using public transportation
- b. Taking a train, so you can get downtime before and after work
- c. Bike riding on a clear day
- d. Driving to work over rolling hills with little traffic

8. It's Sunday brunch. Where do you imagine yourself?

- a. At the newest brunch place, sipping mimosas
- b. At a cozy pancake restaurant with a hot cup of coffee
- c. At the beach with a picnic basket
- d. At your house with a simple breakfast and a good book

9. You can't stand this (the most):

- a. Having nowhere to go
- b. Small parking spaces
- c. Concrete
- d. Beeping trash trucks

10. Your dream home is:

- a. A luxury penthouse with a roof garden
- b. A house with a private office, home theater room, and three-car garage
- c. A cabin on a lake
- d. A house on a large plot of land where the nearest neighbor is acres away

Now tally up how many As, Bs, Cs, and Ds you picked.

If you scored highest on As, you love the energy of a big city. You're drawn to the bustle of living in a metropolis where people are active and going places. It makes you feel happy to be in the middle of the action. Anything less feels boring.

If you scored highest on Bs, you like the occasional evening out, but you also enjoy the comforts of a more spacious home. You appreciate the ease of driving to nearby shopping or restaurants. It's important to have access to fun activities or cultural events, even if you don't always take advantage of them. Just knowing that they're an option is often enough.

If you scored highest on Cs, your ideal place gives you easy access to nature. You feel happiest outdoors. Living a healthy lifestyle and being around others who share a love of

nature are important to you. There's nothing better than the smell of fresh air.

If you scored highest on Ds, you love peace and quiet. You'd choose a good book at home or a day watching TV over a five-star restaurant any day. You don't need the outside world to entertain you. Your family, friends, and home are all you need.

The results are in . . .

So, how'd you do? If you scored overwhelmingly high in one category, you may already know that you're either a city, suburbs, country, or nature kind of a person. If you're moving somewhere that's completely different from your personal style, it may be a more difficult transition for you (unless you're feeling adventurous). I'm not saying a city girl can never be happy in the country or a country guy can't be happy in the city, but it may be tough to acclimate if this is a fundamental part of who you are. Consider whether you're up for the challenge of trying something new, moving somewhere you'd feel out of place at first.

Chances are you got a smattering of As, Bs, Cs, and Ds. If so, consider yourself "flexible." Being adaptable is a good thing, especially when moving is concerned. Focus on the positives, and you can move just about anywhere and be happy.

To get an even clearer picture about how to find happiness after you move, consider your favorite aspects of your current location. What seems impossible to live without? Maybe you love to count stars from your backyard or you relish your morning walks to the neighborhood coffee shop.

A location-specific gratitude journal can help clarify what aspects of your current location are important to you. Spend a few days recording the things you are thankful for in your current home. Here's a sample page from mine.

GRATITUDE JOURNAL

TODAY

Today I feel grateful about living in the Chicago suburbs because:

I walked my kids to school this morning.

Neighbors smiled and said hi.

My kids are having fun at their after-school activities.

I can park my car in my own garage.

The kids and I can watch squirrels and bunnies playing in our yard.

I love the wholesomeness of today's school fair.

LOOKING FORWARD

Looking forward at the next few weeks, I'm excited about:

Running in a neighborhood 5K.

Watching my kids' soccer games and recitals.

Going for a family bike ride.

Spending a day at the beach and neighborhood pool.

Going to a Chicago museum.

Volunteering at Bernie's Book Bank.

Going to a U2 concert.

LOOKING BACK

Looking back at the last few months, I really enjoyed:

Inviting friends over for coffee.

Going to the Chicago Botanic Garden.

Hearing an author speak at the Book Stall.

Running to the beach.

Watching my kids play in their tree house.

Seeing Jerry Seinfeld perform at the Rosemont Theatre.

Spending a night out with friends at Zanies Comedy Club.

I love the walkability of our suburban Chicago neighborhood and the proximity to Lake Michigan. I appreciate the comforts of suburban living while enjoying the perks of the nearby city. Knoxville offers the wholesome family life that I love in the Chicago burbs, but it couldn't compete with the Chicago night-life or sandy beaches, things I feel so grateful for today.

All right, your turn. Write down everything about your current spot that makes you happy and why you feel grateful to live where you are right now.

GRATITUDE JOURNAL

TODAY

Today I feel grateful about living in _____ because:

LOOKING FORWARD

Looking forward at the next few weeks, I'm excited about:

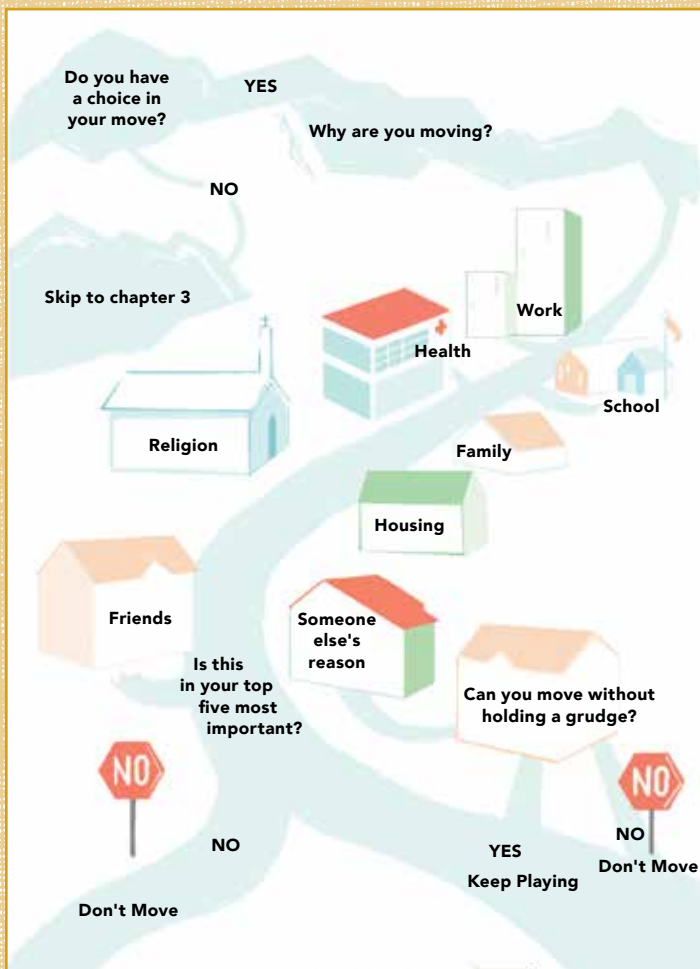
LOOKING BACK

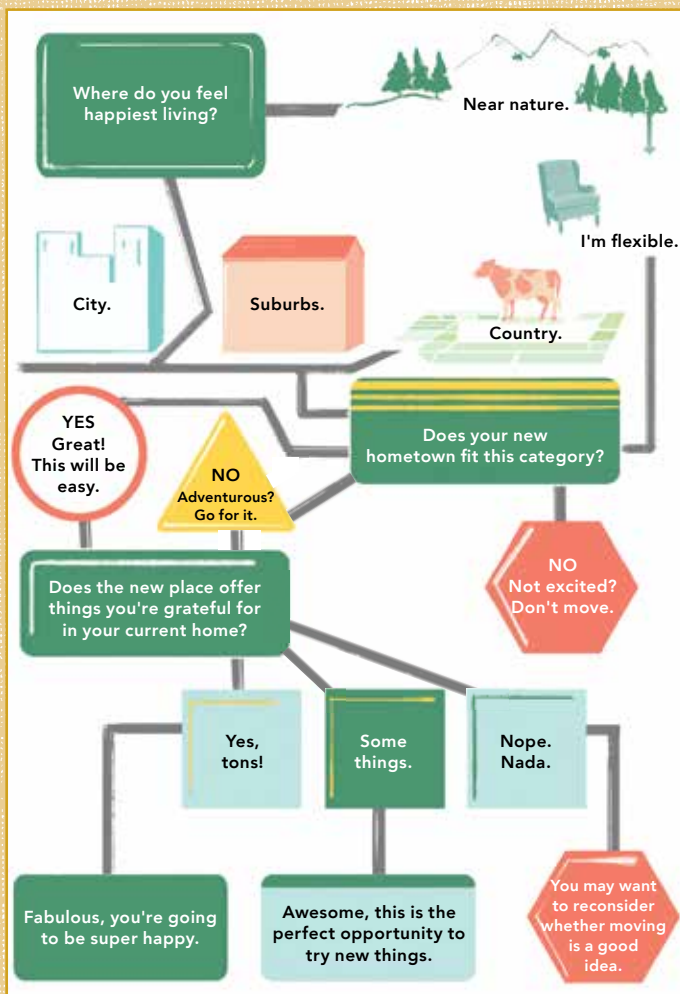
Looking back at the last few months, I really enjoyed:

You've done some intense thinking in this chapter. You've taken a look at what your top priorities are, you've developed a good sense of what you like about your hometown, and now you're ready to add it up. Is moving a good idea? Find out by following your path on the Should I Move flowchart on the next page (and remember that positive mindset!).

Ready to move now? Great! But before you pack up the truck, you may want to visit your destination city first. In the next chapter, you'll find a sample weekend itinerary to help get your travel plans started.

SHOULD I MOVE?





SAMPLE ITINERARY FOR VISITING YOUR NEW CITY

THURSDAY P.M.

Arrive at new city

Stay in an Airbnb or VRBO, if possible

Eat dinner at locals' favorite restaurant

FRIDAY A.M.

Commute to work during rush hour

Meet coworkers

FRIDAY P.M.

Eat casual lunch

Plan 1-3 school/daycare visits

Visit 1-2 housing options

Go out for your ideal Friday night
(see Gratitude Journal in chapter 1)

SATURDAY A.M.

Check out the local coffee shop

Get groceries

If you have kids, check out kids' sport facilities or attend a game

SATURDAY P.M.

Visit 2-5 housing options

Have a picnic lunch at a local attraction

	Go out for your ideal Saturday night (see Gratitude Journal in chapter 1)
SUNDAY A.M.	Enjoy your ideal Sunday morning breakfast (see Gratitude Journal in chapter 1)
	Attend religious services, if applicable
	Walk through neighborhoods you're considering
	Go to a home improvement store or garden center
	Visit medical facilities, if this is a concern
SUNDAY P.M.	Check out open houses, even if you don't plan on buying a home
	Stop by Target or Walmart to buy a souvenir
	Go see a movie
MONDAY A.M.	If you have kids, go through a school drop-off line or visit a daycare
	Commute to work during rush hour
	Plan 1-3 school/daycare visits
MONDAY P.M.	Eat lunch at a restaurant near work

Visit 2–5 housing options

Mail a letter from the post office

Check out the local library

Make the commute from work back to home

TUESDAY A.M.

Tie up loose ends

Revisit any schools, housing, or facilities as needed

Eat lunch at a favorite local spot

TUESDAY P.M.

Return home

WOO BUYERS AT EACH STEP



Now that you know your staging goals, it's time to focus on selling a lifestyle to the home buyers. You want to create a clean, bright, well-maintained home that makes the buyer dream of the type of person she wants to be.

- Deep clean home.
- Declutter.
- Remove large furniture pieces.
- Display items by 3s.
- Store clutter elsewhere.

- Add fresh coat of paint.
- Remove heavy draperies or dark rugs.
- Use white towels and linens.
- Improve lighting.





Bake cookies
Make a meal at home
Turn down the lights
Light candles
Wear fuzzy socks
Eat chocolate
Use a soft throw
Put on some music
Invite friends over
Sit and breathe



Get *hygge* with it (pronounced “HOO-ga,” unless you’re trying to rhyme with Will Smith)

All work and no play never turns out well. The same is true

when it comes to home staging and home selling. Yes, you need neutral, but you also want cozy and happy. This is still your home. You should enjoy your last few months together. Hygge can help you do that.

If you haven't heard about hygge, it's a Danish concept that's tough to translate. Some say it means "cozy" living, but Danes would shake their heads and say it's so much more than that. So, let's defer to the expert. In *The Little Book of Hygge: Danish Secrets to Happy Living*, Meik Wiking describes hygge:

Hygge is about an atmosphere and an experience, rather than about things. It is about being with the people we love. A feeling of home. . . . Hygge is about giving yourself and others a treat. It is about savoring the moment and the simple pleasures of good food and good company.*

To incorporate hygge and a modicum of sanity into your life while your house is for sale, do the following:

Ahhh. I feel so much better just thinking about that. Give yourself a minute for hygge. When you're ready, let's move on to my favorite moving topic . . . decluttering. It's the reason moving was invented.

* Meik Wiking, *The Little Book of Hygge: Danish Secrets to Happy Living* (New York: William Morrow, 2017), pp. iv, 215.

HOW TO START DECLUTTERING

WHO:	You (+ someone else?)
WHAT:	Pick a category. Let's start with books.
WHEN:	Pick a time. How about Saturday morning?
WHERE:	The place where most items in that category live.
WHY:	Pick the reason that resonates most—save money, make money, help others, continued usefulness of item.
HOW:	By category. One day at a time.

Now that we have the basics, let's cover the six rules for decluttering for a move:

1. IF YOU'RE A KEEPER INSTEAD OF A DECLUTTERER, ASK FOR HELP.

Some of us can't let go of our possessions (the Keepers) while some of us can't wait to fill the car with bags of Goodwill donations (the Declutterers). If you fall into the Keeper category, you may need to ask for help from a Declutterer friend. She can give you the emotional support you need when it's time to decide what items will make the move with you.

A QUICK SELF-EVALUATION TO FIGURE OUT IF YOU NEED A HELPER

Please answer the following questions so you can evaluate your Keeper tendencies.

- 1. As you prepare to pack your dining table, you see:**
 - a. Rosy visions of your loved ones passing around the Caesar salad and telling funny stories.
 - b. A wooden table that's 78 inches by 40 inches and six chairs in good condition.
- 2. You open the cabinet under your bathroom sink and:**
 - a. Feel gratitude that you've held on to those free samples—you might need them one day.
 - b. Grab the closest trash can.

3. You lay out your sweaters on the bed to start packing and:

- a. Know you'll get so much more use out of them next winter.
- b. Put all but two sweaters in the donation pile.

Are you a Keeper or a Declutterer?

If you answered all Bs, you're a Declutterer. Please proceed to discard your items without further ado. If you answered all As, you're a Keeper, and you'll want to ask a Declutterer friend or family member for help. I know it can be hard to let go of that futon you've had since freshman year of college, but there's a payoff, I promise.

4. CREATE FIVE PILES.



WHY I WANT TO DECLUTTER BEFORE MY MOVE

Make Money

Garage sale
Tax deductions



Help Others

Give a coat
to someone
who needs one



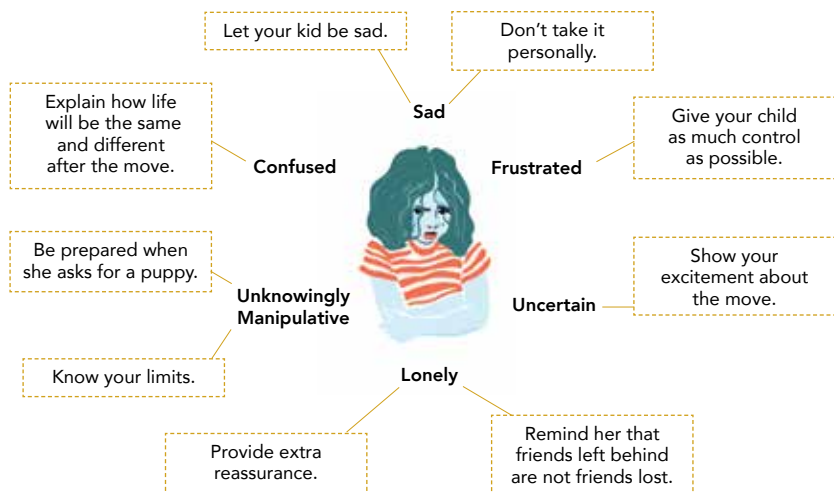
Save Money

Less spent on movers
or bigger truck

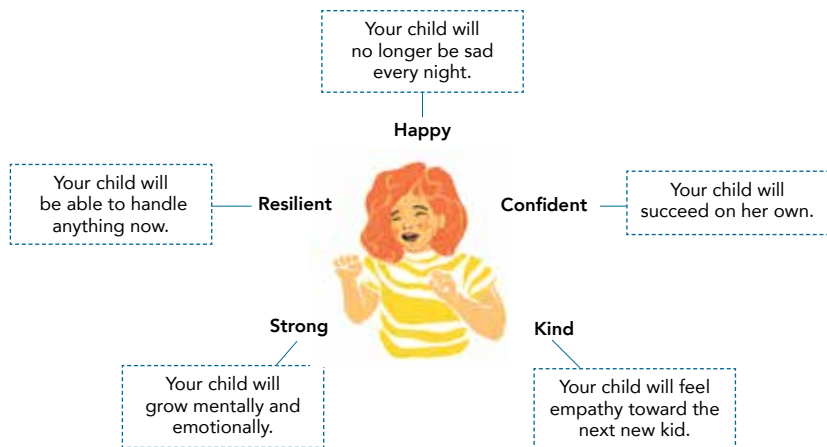
Items Remain Useful

Books can be enjoyed by another reader

BEFORE THE MOVE



AFTER THE MOVE (GIVE IT SEVERAL MONTHS TO A YEAR)



MOVING WITH PETS MATCHING GAME



Travel with all important pet documents.

Never transport your pet in the storage area of a truck.

Update collar with new address and current phone number.

Keep your pet in a safe carrier during moving day.

ALI'S CHICAGO MOVING BUCKET LIST

PLACES TO GO	PEOPLE TO SHARE IT WITH
Lincoln Park Zoo	Family
Children's Museum at Navy Pier	Family
Museum of Science and Industry	Family
Zanies Comedy Club	Friends
Chicago Botanic Garden	Family
Lakefront	Family
EVENTS	
Outdoor movie at local park	Family
Chicago Air and Water Show	Family
Brunch or dinner at our house	Friends
RESTAURANTS	
Local Indian restaurant	Family
Portillo's	Family
Deep dish pizza place	Family
Local ice cream shop	Family
Tapas restaurant	Friends
French restaurant	Dan

What are *you* going to miss after you move? Write it down here or write out your own version on a blank piece of paper.

MOVING BUCKET LIST

PLACES TO GO

PEOPLE TO SHARE IT WITH

EVENTS

RESTAURANTS

If you'd prefer not to write everything down, print out a Google map of your current hometown that shows local restaurants and attractions and start circling.



Kids also like to map out activities, so let them circle places worthy of a final visit as well.

HOW TO WORK WITH PROFESSIONAL MOVERS FOR A HAPPY MOVING DAY

A TRUE OR FALSE QUIZ

Answer T for true or F for false after reading each statement.

1. _____ When you get the initial estimate, don't show the movers everything they need to move or pack.
2. _____ When the movers arrive, greet them with "You're late!"
3. _____ Greet the movers with a smile and say, "Hi. Welcome to our home."
4. _____ Introduce yourself and your family to the movers.
5. _____ Offer the movers a cup of coffee or some water as you talk logistics.
6. _____ Don't bother to learn the movers' names. It's only one day, after all.
7. _____ Designate a bathroom in your home that the movers can use.
8. _____ If you are ordering food, ask the movers if they would like some, too.
9. _____ Yell and threaten to sue when something goes wrong.
10. _____ Tip the movers if you are happy with their service.

ANSWERS TO QUIZ ON PREVIOUS PAGE:

Answers: 1. False. 2. False. 3. True. 4. True. 5. True. 6. False. 7. True. 8. True. 9. False. 10. True.

WHAT MAKES YOU HAPPY AT HOME?

Nice décor and good flow between rooms don't make a home *happy*. We don't live inside of a catalog. So, what is it about your home that makes it special? Is it the cozy spot where you do the crossword on Sunday mornings? Is it your vegetable garden? Maybe it's your master bedroom, where you can decompress after a long day. To me, my home is happy when I can smell chocolate chip cookies baking. Even though the kitchen is a mess, eating cookies with my kids is the best. My point is this: It's not really about how the house *looks*. It's about how the house *lives*.

YOUR IDEAL HOME

Circle as many answers as you'd like. There may be more than one response that applies to you.

1. When you get out of bed in the morning, you like to:
 - a. Feel the soft carpet under your feet
 - b. Look out the window to catch a glimpse of the day
 - c. Hear the birds chirping outside
 - d. Smell the lavender oil on your nightstand
2. As you walk into the bathroom, you feel happy because of the:
 - a. Warm rug on a cold morning
 - b. Beautiful towels hanging straight on the rack

- c. Sound of the shower turning on
- d. Smell of the vanilla soap

3. Standing in your kitchen, you love to:

- a. Feel the clean countertops and polished floors
- b. Look out the kitchen window to see the garden
- c. Listen to bacon sizzling
- d. Smell the coffee brewing

4. Your favorite part about the family room is:

- a. The comfy sofa and chenille blankets
- b. The well-designed layout and the artwork
- c. The sound of the football game on TV
- d. The scent of fresh-cut lilies on the table

5. As you sit down at the dining room table, you're most excited about:

- a. The comfortable and sturdy chairs
- b. The artfully displayed place settings
- c. The in-room sound system
- d. The meal you're about to eat

6. Your home office is perfect for you because:

- a. It's ergonomically designed
- b. It looks just like a photo from a magazine
- c. It's quiet and out of the way
- d. There's a plate of cookies next to your computer

7. You like playing in the kids' room because:

- a. It's filled with fun textures
- b. The toys are nicely organized
- c. The giggles never stop
- d. There's a gumball machine on the desk

8. In your dream outdoor space, you can:

- a. Sit comfortably and enjoy a beverage
- b. Take Pinterest-worthy photos
- c. Hear the sounds of birds chirping
- d. Smell the herb garden

9. If you could spend an entire day at home alone, you would:

- a. Find the coziest spot in the house, get snuggled in, and read a book
- b. Find the most beautiful view and enjoy your favorite hobby
- c. Pump up the music and dance like no one is watching
- d. Cook up something delicious as a treat for yourself

10. Your ideal atmosphere for entertaining friends:

- a. Has a casual and relaxed vibe
- b. Would make Martha Stewart proud
- c. Involves a guitar
- d. Includes cooking on the grill

It's okay if you picked multiple answers for each question. You just want to get the wheels turning about what makes your home happy. Did you notice a pattern in your responses? Tally them up, with one point for each question.

If you picked mostly As, you are a Feeler. 🤲 You are sensitive to the way items feel. You're the type of person who takes off your winter gloves when you walk into a clothing store because you can't shop without touching the fabrics. *Tips for you:* Find textures that feel good against your skin. Decorate with soft throw blankets and luxurious linens. Plush bath mats, a couch you can sink into, and comfortable dining room chairs will help you create your happy home.

If you picked mostly Bs, you are a Looker. 👁️ You are a visual person who admires how objects appear. You see beauty in colors. You might find a clean palette soothing or maybe you prefer loud, saturated hues. If something is pleasing to the eye, it makes you smile. *Tips for you:* Visual clues from magazines or design blogs will be especially helpful when you're decorating. Focus on removing clutter and keeping your home organized. When designing, consider the pops of color that make you happiest and sprinkle them throughout your home.

If you picked mostly Cs, you are a Listener. 🦻 You are in tune with the sounds in your environment. When you close your eyes in a room, you feel at peace as you take it all in. Maybe being surrounded by music inspires you, or the sounds of nature calm you. *Tips for you:* Pay special attention to designing your auditory environment. Change the doorbell to a soothing melody. Choose an alarm clock with pleasing

audio effects, like crashing waves or nature sounds. Consider purchasing a wireless speaker so you can listen to music throughout your home.




If you picked mostly Ds, you are a Sniffer. 🕯️ You can literally smell and taste happiness. As you enter an Italian restaurant, you breathe in the scent of the sauces and garlic bread, and you can't help but smile. Your happy home is one filled with delicious aromas and flavors. *Tips for you:* To create your happy home, you don't need to be a baker or a chef, though you might enjoy that. If you don't cook, buy prepared meals that you can slide into the oven and let the aromas waft throughout the house. Buy luxurious soaps and lotions. Use scented candles, oils, or aromatic plants. Keep a small herb garden by your kitchen window or splurge on fresh flowers.

Now that you know what senses are most important to you and you've identified specific items that you love, you're ready to design your dream happy home. In the next chapter, we'll go room by room to help you achieve that goal.

	EFFECTS THE COLOR HAS	BEST ROOMS TO USE THE COLOR
Red	Stimulates, dramatizes, empowers	Dining room
Orange	Excites, cheers, evokes enthusiasm	Exercise room, good accent color
Yellow	Energizes, brightens, uplifts	Kitchen, dining room, bathroom, entryway
Green	Calms, balances, refreshes	Kitchen, living room
Blue	Cools, comforts, creates serenity	Bedroom, bathroom, dining room
Purple	Relaxes, spiritualizes, encourages creativity	Bedroom, dining room
Black	Strengthens, stabilizes, demonstrates power	Best used in small doses as an accent
Brown	Invites, secures, conveys warmth	Office
White	Purifies, cleans, unifies	Bathroom, living room
Pink	Warms, soothes, softens	Bedroom

CHILD'S BEDROOM

If you have kids, I recommend you set up their rooms first. When we moved to our rental house in Chicago, I rushed to unpack the kids' rooms while Dan picked up the kids from his parents' house in Ohio. I arranged the bedding, set up their bookshelf, and displayed my son's favorite truck and my daughters' cherished dolls. I added their new winter coats and boots to the closet as a special surprise. Since my son and eldest daughter shared a room at the time, I divided the room and placed their personal artwork over each bed. When Victoria, Joseph, and Charlotte arrived, they cheered when they saw the unpacked room, their treasured toys, and their pristine winter gear.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Flippable sequined pillow	Organized closet	Stereo system or iPod	Potted plant
Beanbag chair	Floating shelves for display	Gentle alarm clock	Clothes laundered in favorite detergent
Soft carpet	Trunk to store toys	Ceiling fan	Gumball machine
Desktop globe	Labeled storage bins	Ambient noise maker	Gym shoes stored elsewhere
Microfiber flip chair	Cork board for photos	Open windows to hear distant train whistling	Emptied trash can

When you set up your child's room, it helps her feel calm and secure when she first arrives. Of course, as she gets more comfortable in her new home, you can give her a chance to be creative and show her personality in the space as well.


KITCHEN

My family spends more time in the kitchen than anywhere else in our home. With three meals a day and the inevitable dessert creation by my daughter, we're in the kitchen ALL the time—prepping, cooking, and cleaning. This is why unpacking the kitchen is a top priority for us when we move somewhere new. We want this room to feel like home right away.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Smooth kitchen surface	Clear sink space	Sizzling bacon	Basil or rosemary garden
Soft kitchen towels	Chic light fixtures	Motivating music	Bowl of strawberries or melons
Plush kitchen mats	Organized cutlery	Popcorn popping	Lemon kitchen cleaner
Ceramic storage containers	Similarly colored and sized dishware	Kettle boiling	Pumpkin spices
Clean floors	Closed storage	Coffee brewing	Slow-cooker meals

MASTER BEDROOM

No room is more personal than your bedroom, so make it *you*. In order for you to have a sanctuary amid the moving chaos, prioritize this room. Unpack your bedroom boxes, even before you set up the living room.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Luxurious linens	Decluttered nightstand	Ambient noise maker	Freshly laundered linens
Down-filled pillows	Dramatic focal point	In-room music setup	Vanilla candle
Comfortable mattress	Symmetrical lighting	Soothing alarm clock	Vase of roses
Plush chair	Armoire for clothing or TV storage	Ceiling fan	Dryer sheets in drawers
Soft rug or carpet	Repetition of similar art frames	Carpet or rug for sound reduction	Cedar chips or hangers in closet





BATHROOM

You should clean every room of your house before you store or display your possessions, and this is especially true in your bathroom—you probably won't be emptying the contents under your sink for a weekly dusting. So, give the bathroom a good scrub down while it's still empty.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Soft bath towels	Big framed mirror	Open window	Baby powder
Rich bath mat	Symmetrical sconces	Shower radio	Lavender soap
Comfortable toilet paper	Clear counter space	Waterfall faucet	Scented lotion
Luxurious bathrobe	Drawer dividers	Leak-free fixtures to avoid dripping	Emptied trash can
Heated towel rack	Stylish towels	Bath mats to dampen sound	Fan to prevent mold and mildew

LIVING ROOM

We'll learn more about creating good habits in the next chapter, but you can start to think about whether you want to make any life changes after you move. If so, your living room can make an excellent location cue to help spur those new routines. If you plan to read more, fill a bookshelf with library books or your reading wish list. If you want to spend more time with family, place board games or puzzles within easy reach. Set up a place for your yoga mat if you want to exercise every day. Do you want to focus on personal relationships? Display photos of family and friends. Not only will they remind you of your goals, but being surrounded by loved ones and happy memories will also feel good.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Comfy couch or reading chair	Bold artwork	Crackling fire	Burning fire
Plush rug	Natural daylight with sheer curtains	Piano or guitar	Scented candle
Faux fur or chenille throw blankets	Appropriate furniture spacing dimensions*	Sound system	Vacuumed carpet
Mixture of textures: silk pillow on leather couch	Closed media cabinet	Silence	Fresh floral arrangement
Smooth polished woods	Organic elements	Open windows to hear thunderstorm	Potted plant

*If you have the space, allow fourteen to eighteen inches between your couch and coffee table. End tables should be about the same height as the arm of a couch or chair. There should be a minimum of two and a half feet of space between furniture pieces to allow for a comfortable walkway. The largest piece (most likely your couch) should face your focal point.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Comfortable dining chairs	Crystal or contemporary chandelier	Mood-setting music	Cheese tray with fresh fruit
Contrasting textures: metal, wood, and stone	Lighting on dimmer switch	Fizzy drink poured over ice	Dish of chocolate-covered caramels
Soft fabrics on seating	Pinterest-worthy table arrangement	Sizzling fajitas	Baked bread
Luxurious tablecloth	Unique centerpiece	Clinking of glasses	Bouquet of flowers
Smooth rug	Splashes of vibrant color	Windows open to outside to hear wind rustling	Open bottle of wine





DINING ROOM

It's increasingly rare these days to have a dedicated dining room. You probably don't entertain in your dining room every day, and may even use it for other purposes, such as a communal work space. If this is the case, you'll want to pay particular attention to the lighting. Carefully designed lighting can transform an everyday workplace into a more romantic setting by night.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Comfortable chair	Decluttered desk	Desktop waterfall	Aromatic potted plant
Squeezable stress reliever	Memo board or wall calendar for organization	Ambient noise maker	Scented oil diffuser
Ergonomic computer setup	Striking accessories	Favorite playlist	Natural cleaning products
Contemporary glass	Task lighting	Conch shell to hear sound of sea	Candy dish
Polished woods	Displayed book collection	Purring cat	Clean filters in HVAC system

OFFICE

The turquoise office walls that I love so much are also the turquoise walls of our guest bedroom. All I need to do is pick up my laptop and scattered papers, and the space transforms into a place for a guest to put on her makeup. Whether or not you have a dedicated work space, you can create a comfortable office area that is conducive to productivity.

 FEELER	 LOOKER	 LISTENER	 SNIFFER
Hammock with soft pillows	Twinkling string lights	Gravel path that crunches underfoot	Herb garden
Padded bench in shady spot	Brightly colored outdoor pillows	Outdoor waterfall	Outdoor grill
Sun-drenched spot with zero-gravity chair	Hurricane lamps	Bird feeder	Fresh mulch and dirt
Stone steps	Manicured lawn	Wind chimes	Freshly cut grass
Outdoor patio rug	Orderly garden	Fire pit	Aromatic flowers and plants

OUTDOOR SPACE

Although the kitchen is where my family and I spend most of our time, it's our outdoor space that I love most. When we lived in Ohio, Dan and I had a small balcony with two rocking chairs and numerous potted plants, and we would hang out there and talk after work. These days, our kids play in their tree house while Dan tends to his vegetable garden, and I read on the porch listening to my little waterfall. Wherever we've lived, we've made our outdoor space a place where we can relax.



THE GOOD NEWS

Because our brain likes habits, it's easy to establish different routines and create new good habits.

THE BAD NEWS

Bad habits never go away. They lurk in the background, so you need to establish new routines to override them.

CHANGING YOUR HABITS

What are your habits now, and what would you like to change? Do you want to exercise more, change your appearance, spend more time with family and friends, put in more effort at work, improve your sleep, learn a language, take up gardening, read more, eat out less, learn to cook, take up karate, create a minimalist home, or something else? Did anything pop into your mind as you read about David Sedaris's move to Tokyo to quit smoking? What would you do if given the opportunity? Oh, wait. You *have* been given the opportunity. What will you do with it?

After I move, I want to make this one change in my life

I want to do it because

(This motivation—your *why*—will help you achieve your goal. Keep your motivation in mind whenever you feel like you might go off track.)

I believe that I can do this. (Circle one.)

Not a chance

Absolutely!

1 2 3 4 5 6 7 8 9 10

Am I breaking a bad habit, forming a good habit, or both? (Circle one.)

Breaking a bad habit

Forming a good habit

Both

Whether you are breaking a bad habit or forming a good one, you need to figure out the cue, routine, and reward for that habit. Write out the answers to the following questions to help you achieve your goals.

BREAKING A BAD HABIT

What's the habit?

When do I do it?

Where do I do it?

Who else is around?

How do I feel when I do it?

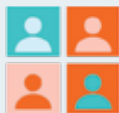
What's my cue? (Circle all that apply.)



Time of Day



Place



Certain Person(s)



Visual Cue



Specific Emotion

Answer the following questions as many times as needed to address all the cues you circled.

Cue:

Can I take the cue away in my new environment?
(Circle one.)

Yes **No**

If “No,” why not?

What’s my routine or ritual? In other words, what does my body do when it goes into autopilot mode?

Routine:

What’s my reward?

Another way to think of your reward is to imagine what you are *really* getting out of the habit you are trying to break. Observe your own behavior for the next few weeks to understand why you binge-watch TV or eat cookies when your kids aren’t looking. (I would *never* do that, kids.) If you eat the cookie, is it because of boredom, hunger, a need for an energy boost, or an excuse to take a break? Once you know your reward, what you *truly* get out of the habit, you can create an alternative habit with that same reward.



Reward:

What else can provide me with the same reward?

Some examples of reward substitutes are eating a different snack to curb hunger, going for a walk to get an energy boost, reading a magazine to take a break, or calling a friend for social interaction.

Can I change my daily routine to incorporate my alternative reward? (Circle one.)

Yes

No

How will I change my routine?

FORMING A GOOD HABIT

The great news is that your brain *wants* to form habits. So, in the case of forming good ones, it's actually on your side. What positive changes do you want to make in your life? What cues can you use to help you?

What new habit do I want to form?

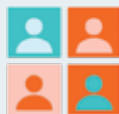
What's my cue? (Circle all that apply.)



Time of Day



Place



Certain Person(s)



Visual Cue



Specific Emotion

Cue:

Routine:

Reward:

First things first: what do you want and need from your friends? Once you determine your friendship goals, you can refine your search. Feel free to circle all responses that apply.

FRIENDSHIP GOALS

HOW MANY LOCAL FRIENDS DO I NEED TO BE HAPPY?

0	4-5
1	6+
2-3	

HOW OFTEN DO I NEED TO SEE MY FRIENDS?

Daily	Biweekly
Weekly	Monthly

I WANT MY FRIEND TO BE SIMILAR TO ME IN THESE AREAS:

Age	Job
Marital status	Education
Kid status	Location
Religious beliefs	Political beliefs

MY PREFERRED WAY TO HANG OUT:

Getting coffee	Getting drinks
Watching a movie	Attending a concert
Volunteering	Playing sports
Gaming	Going for a walk
Other: _____	

MY FAVORITE FRIEND SETTING IS:

One-on-one
Small, close group
Large gatherings

THE IDEAL TIME TO BE WITH MY FRIENDS IS:

Weekdays	Morning
Weekends	Afternoon
	Evening

I WANT MY FRIEND TO BE:

Funny	Respectful	Protective	Honest
Good listener	Successful	Playful	Sarcastic
Adventurous	Spiritual	Trustworthy	Confident
Accepting	Smart	Quirky	Athletic
Transparent	Dependable	Beautiful	Encouraging
Kind	Supportive	Nurturing	Impressive

WORK/SCHOOL

Join the work sports league
Volunteer to lead a project or workshop
Invite a coworker to join you for lunch
Travel to work conferences
Attend professional social events
Carpool





COMMUNITY ACTIVITIES

Volunteer

Sign up for a sports team

Attend a Meetup event

Become active in local politics

Use your skills to teach

Attend a local place of worship

Take an adult education class

Get a gym membership

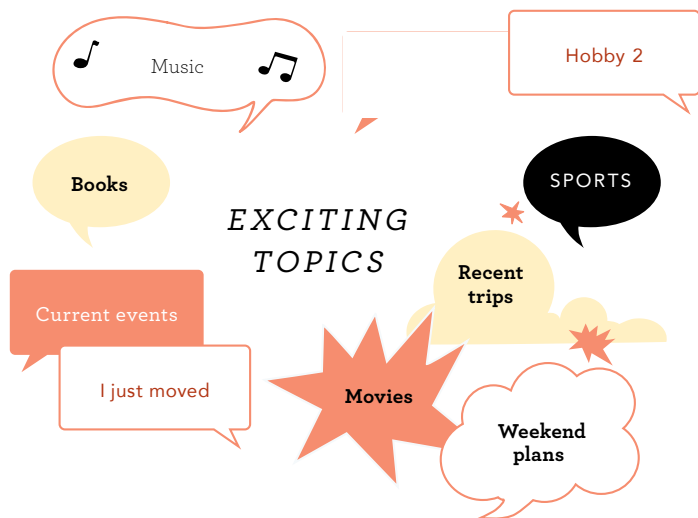


5 Ways to Make Friends Faster

1. Make friends before you move.
2. Look for others who are new in town.
3. Cast a wide net.
4. Welcome people into your home.
5. Be the type of friend you want your new friend to be.

Use the SNEAK attack to make new friends

Smile
Neatness
Eye Contact
Arms Open
Kindness



Tips for Helping Your Child Make New Friends

- Find out what type of friend your child wants.
- Discuss places where your child might meet that friend.
- Teach your child the basics of body language: SEA.
- Practice a few icebreakers together.
- Be a good role model.

Older children identify with groups, and your child may want to identify with a new group after the move. Ask your child to circle any group on the chart below that sounds like a good fit for her.* It's important to note that these groups aren't mutually exclusive. You can be a popular kid *and* a smart kid *and* a musician *and* a gamer.

FRIEND GROUPS

Anime/ comic books	Artists	Athletes	Band	Cheerleaders
Chess club	Choir/ chorus	Computers/ gamers	Drama	Goths
Hip hop group	Hipsters	Mathletes	Musicians	Partiers
Popular kids	Preppies	Religious group	Rockers	ROTC
Science club	Skaters	Smart kids	Student council	Surfers

To summarize, here are the five steps for how to chat with new friends

1. Say hi.
2. Make a comment about something (icebreaker).
3. Ask a follow-up question to keep the conversation going.
4. Introduce yourself.
5. Say goodbye using the person's name.

ROLE-PLAYING SCENARIOS

Act out the following role-playing scenarios with your child. Some may not seem like they're directly related to making friends, but they cover the main body language tips and conversation talking points. You'll find variations for each scene. Switch off roles, get an audience (even if it's just some stuffed animals), and take dramatic bows to keep the role-playing silly and light. If you have a live audience, don't tell them what you've changed when you do the variations. Ask if they can spot the differences.

Here are the skills we'll be working on: SEA, conversation starters, saying hi and goodbye, introductions, remembering names, and being kind.

Scene 1: Buying tickets for a movie

In this scene, Kid will not smile or make eye contact. Ticket Seller does smile and makes eye contact.

KID: Hi. Can I have two tickets to see The Avengers?

TICKET SELLER: Sure. Here you go.

KID: Thanks.

VARIATIONS

- Kid smiles.
- Kid makes eye contact.
- Kid says please.

TALKING POINTS

Discussion: Do you notice a difference when someone makes eye contact or smiles? How does it feel different? Did anything change when polite words were used? Which interaction felt most comfortable to you? Why?

Remember: Smile. Make eye contact. Be polite.

Scene 2: Going to a friend's house

In this scene, Kid arrives at a friend's house. Kid smiles and makes eye contact. Friend's Mom opens the door. She does not smile.

KID: Hi, Mrs. Brown. Thanks for having me over.

FRIEND'S MOM: Sure.

KID: Where should I put my jacket?

FRIEND'S MOM: Right there is fine.

KID: Do you know where Chris is?

FRIEND'S MOM: Down in the basement, waiting for you.

KID: Okay, thanks, Mrs. Brown.

VARIATIONS

- Friend's Mom crosses her arms.
- Friend's Mom wears crazy clothes¹ (no smile).
- Friend's Mom smiles.
- Friend's Mom says Kid's name.

¹ Get creative here. Put Friend's Mom's shirt on backward, wear socks on hands, or style some crazy hair.

TALKING POINTS

Discussion: What did you think of Friend's Mom? Did she seem welcoming? When she crossed her arms, did she seem more or less friendly? How did you react when you saw her crazy outfit? Did it make you laugh? Did you feel like she was more or less approachable? Did the scene change when Friend's Mom smiled? Did it seem different when she used Kid's name? Which variation did you like the best? Why?

Remember: Smile. Arms open. Be neat. Remember names.

Scene 3: Waiting in line

Kid stands in line to get into school. Student waits next to Kid.

KID: Hi. I like your key chain. Is that the guy from the new Star Wars movie?

STUDENT: Oh, yeah. Thanks. I got it for my birthday.

[Bell rings.]

KID: Bye! See you later.

STUDENT: Bye!

VARIATIONS

- Kid doesn't say "Hi."
- Kid doesn't say "Bye."
- Bell does not ring. Make up rest of conversation.

TALKING POINTS

Discussion: Did the scene change when Kid skipped “Hi” and went straight to the compliment? What was it like when no one said “Bye”? How did the conversation go when you could make it up? Did it feel uncomfortable at first or were you able to have a good conversation?

Remember: Say hi and goodbye. Complimenting others is a good icebreaker.

Scene 4: School locker, day one

Kid and Locker Buddy have lockers right next to each other. They both arrive at their locker at the same time. Kid smiles and makes eye contact.

KID: Hi. I'm Alex. I just moved here last week.

LOCKER BUDDY: Hi, Alex. I'm Sal. Welcome.

KID: Thanks, Sal. Are you in Mrs. Divis's class?

LOCKER BUDDY: No, I have Mr. Sroka, but I heard Mrs. Divis is nice.

KID: Oh, that's good to hear. I should probably head to class now, but I'll see you around, Sal.

LOCKER BUDDY: Yeah. See ya!

VARIATIONS

- Kid doesn't smile.
- Kid doesn't make eye contact.
- Kid crosses his arms.

TALKING POINTS

Discussion: How does the scene change when you don't use SEA? Did you feel more or less comfortable in the original scene or the variations? Why?

Remember: Smile. Eye contact. Arms open. Introduce yourself. Ask a question about your surroundings. End the conversation with an invitation to talk again later.

Scene 5: School locker, continued—day ten

Kid and Locker Buddy make small talk every day. Kid finally feels comfortable enough to take the next step. Kid smiles and makes eye contact.

KID: Hi, Sal. How's it going?

LOCKER BUDDY: Fine. How about you?

KID: Great. I'm excited it's Friday.

LOCKER BUDDY: Me, too!

KID: My mom said I could invite a friend over. Are you free next week?

LOCKER BUDDY: Sure. That sounds fun.

KID: Cool. Want to see if next Tuesday or Friday works for you?

LOCKER BUDDY: Yeah, I'll check with my mom.

KID: Sounds good. Have a good weekend, Sal.

LOCKER BUDDY: Bye, Alex.

VARIATIONS

- No one remembers names.
- Locker Buddy says he's not available.
- Locker Buddy doesn't say "Bye."

TALKING POINTS

Discussion: How does it feel when you don't use people's names? How did Kid handle it when Locker Buddy said no to his invitation? What are different ways you can deal with someone saying no? Does the conversation feel unfinished when someone doesn't say goodbye?

Remember: Making friends takes time. After talking to the same person for a while, you will get to know him better. Once you feel like you know someone well enough, invite him to do something. You don't need to wait for others to make the first move. If someone says no to your first invitation she may be unavailable at that time. If someone says no several times, then it's time to focus your attention on a new friend.

Practice these role-playing scenarios with your child or let her practice alone in front of a mirror. The more role-playing you do, the easier it will be to handle new social situations.

The Happily Ever After Checklist

1. Focus on the people in your life.
2. Be kind.
3. Be grateful.
4. Choose the path you want.
5. Be happy for other people.
6. Recognize that piles of money won't make you happier.
7. Go outside every day.
8. Take vacations.
9. Think of the activities that make you happy and do them.
10. Watch TV and screens . . . for a little while.
11. Buy experiences instead of possessions.
12. Make the most of the time you have.
13. Avoid long commutes.
14. Find your purpose at work.
15. Play often.
16. Tell people how much you love them.
17. Give more hugs.
18. Savor a home-cooked meal.
19. Exercise every day.
20. Eat ice cream.

APPENDIX

MOVING CHECKLIST

8 Weeks Before: Get Organized

- ☐ Set a moving date.
- ☐ Create a filing system for all moving papers: estimates, receipts, health and school records.
- ☐ Tell family and friends about your move.
- ☐ Get in-home moving estimates from at least three moving companies for both moving and packing.
- ☐ Notify your landlord.
- ☐ Set up appointments with your doctor, dentist, veterinarian, and hairstylist.
- ☐ Begin collecting free packing supplies from sites such as Craigslist and Nextdoor.
- ☐ Back up important files on your computer.

6 Weeks Before: Declutter and Consider Pet Travel

- ☐ Go over the floor plan of your new home.
- ☐ If the furniture doesn't fit in your new home, plan to donate it or sell it.
- ☐ Begin decluttering your belongings (the sooner, the better).
- ☐ Take pet(s) to vet for vaccinations, health records, and certificates.

- ☐ Make travel reservations and contact hotels and/or airlines regarding pet accommodations.
- ☐ Contact the Department of Motor Vehicles for new driver's license(s) and registration forms.
- ☐ Contact your insurance agent for coverage both during and after your move.
- ☐ Establish a bank account in your new location. Do not close local accounts yet.

4 Weeks Before: Confirm Moving Arrangements

- ☐ Book a moving company or rent your own moving van. Weekends and holidays book quickly.
- ☐ Decide whether to ship or drive your car. If shipping, make arrangements.
- ☐ Research parking issues for the moving truck for both sides of the move. Do you need a parking permit?
- ☐ Can a large moving truck easily navigate around your neighborhood to reach your home and/or storage facility, or will a small moving van be required to shuttle your belongings to/from the larger truck?
- ☐ Hire a babysitter for moving day.
- ☐ Contact utility companies and delivery services regarding turn-off and turn-on dates.
- ☐ Arrange for school records to be transferred to your new school district.
- ☐ Buy moving supplies such as boxes, tape, box cutters, bubble wrap, and permanent markers.

3 Weeks Before: Pack Up and Change Your Address

- ☐ Start packing. The earlier you start, the more organized you'll be. Label everything.
- ☐ Set up farewell parties with family and friends at a local park or restaurant.
- ☐ Plan a garage sale or finish donating items you no longer need.
- ☐ Do car maintenance.
- ☐ Arrange for mail forwarding with the U.S. Post Office.
- ☐ Schedule appointments with real estate agents or landlords for key exchange for old and new residences.
- ☐ Hire a landscaping service for after your move if your house is not sold yet.
- ☐ Notify important parties (see Change of Address Notification Checklist on page 235).

You're doing amazing. Keep it up!

2 Weeks Before: Last-Minute Errands

- ☐ Set up utilities, cable, and home security for your new location.
- ☐ Return all borrowed items to the library or friends.
- ☐ Pick up any remaining items from the dry cleaners.
- ☐ Arrange for hazardous waste pickup of old paint cans or gas drained from your power equipment.
- ☐ Find homes for plants and/or pets you cannot take with you.
- ☐ Reconfirm dates for packing, pickup, and delivery with your moving company.

- ❑ Settle any outstanding bills.
- ❑ Contact your child's new school to arrange a visit prior to the first day of school, if possible.

Moving Week: Eat Chocolate and Other Perishable Goods

- ❑ Create a Moving Day Survival Kit, which includes box cutters, Sharpies, snacks, and games for kids.
- ❑ Consider purchasing or renting a furniture dolly or hand truck to help you on both sides of the move.
- ❑ Pack a suitcase for your travels.
- ❑ Pack everything except essential items and use paper plates and disposable utensils.
- ❑ Give perishable food to family or friends.
- ❑ Refill prescriptions.
- ❑ Empty your freezer, clean it, and dry it out for at least twenty-four hours before moving day.
- ❑ Pack Need Immediately boxes, which may include a coffee maker, toilet paper, and light bulbs.
- ❑ Enjoy a night out with the people you'll miss the most.

Moving Day: Survival Mode and Bribery

- ❑ Bribe loved ones to help you pack up the truck.
- ❑ If possible, take kids or pets to a family member's or friend's house for the day.
- ❑ If using movers, oversee the inventory list as well as the packing and loading process.
- ❑ Before the movers leave, do a sweep of your home to make sure nothing was left behind.

- ☐ Clean your home so you don't lose your rental deposit.
- ☐ Meet with your landlord to review the checkout form and receive a refund agreement.
- ☐ Leave your keys with your landlord, your real estate agent, or the buyers.
- ☐ Celebrate that you survived!

You did it! Congratulations. May you live happily ever after in your new home.

CHANGE OF ADDRESS NOTIFICATION CHECKLIST

PEOPLE AND COMPANIES TO NOTIFY	CONTACT INFORMATION
Accountant	
Alarm company	
Babysitter	
Bank	
Cable TV provider	
Car loan	

PEOPLE AND COMPANIES TO NOTIFY	CONTACT INFORMATION
Cell phone service provider	
Consumer loans	
Credit card companies	
Credit union	
Daycare	
Dentist	
Department of Motor Vehicles	
Doctor	
Dry cleaners	
Electric company	
Employer	
Family and friends	

PEOPLE AND COMPANIES TO NOTIFY	CONTACT INFORMATION
Frequent flier cards	
Gas company	
Government benefits	
Insurance	
• Car	
• Disability	
• Health	
• Home	
• Life	
• Property	
Internet service provider	
Investment firms	

Best of luck on your move. You're rockin' it!

PEOPLE AND COMPANIES TO NOTIFY	CONTACT INFORMATION
IRS (Form 8822)	1-800-TAX-FORM
Landlord	
Landscaping company	
Magazines	
Mortgage company	
Newspaper	
Passport office	
Post office	
Professional organizations	
Property tax office	
Religious organizations	

PEOPLE AND COMPANIES TO NOTIFY	CONTACT INFORMATION
School	
Social Security Administration	1-800-772-1213
Taxes	
• Federal (See IRS)	
• State	
• Local	
Trash and recycling	
Tutor	
Veterinarian	
Voter registration	
Water/sewer company	

MOVING RESOLUTIONS

I'm using my clean slate to make some changes.

THE NEW ME	MAKING IT HAPPEN	GOAL DATE	ACHIEVED?

MOVING RESOLUTIONS SAMPLE

THE NEW ME	MAKING IT HAPPEN	GOAL DATE	ACHIEVED?
Arrives to work ten minutes early.	1. Get things ready night beforehand.	Achieved if done every day for one week.	<input type="checkbox"/>
	2. Set clocks forward to trick myself about time.	Achieved if changed clocks.	<input type="checkbox"/>
Exercises two times per week.	1. Walk one mile on Sunday evening and Wednesday morning.	Walking goal achieved at end of two weeks.	<input type="checkbox"/>
	2. Join gym to meet new people.	Achieved if join gym one week after move.	<input type="checkbox"/>
Tries new things.	1. Take an evening adult class.	Achieved if signed up one month after move.	<input type="checkbox"/>
	2. Try one new restaurant each month.	Achieved if tried new place by 15th of the month.	<input type="checkbox"/>

QUESTIONS TO ASK BEFORE YOU HIRE A MOVER

Tell me about yourself

1. Can I please set up an in-home estimate?
2. Do you offer binding or “not to exceed” estimates?
(You want to avoid nonbinding estimates.)
3. Are you the moving company I will be working with or are you a broker?
4. Do you subcontract your moves?
5. Can I please get your licensing information?
6. What services does your estimate include?
7. What services are *not* included?
8. What paperwork will you provide to me?

Forms you should receive:

- moving estimate
 - bill of lading (i.e., your moving contract)
 - inventory list (aka cube sheet or table of measurements)
 - Your Rights and Responsibilities When You Move pamphlet
9. Can you please provide me with three references from former customers?

Damaged items

1. What kind of liability coverage do you provide?
2. How do you prevent property damage?
3. How do you handle missing or damaged items?

Moving logistics

1. Are there restrictions on what I can pack?
2. Who will handle parking permits or elevator restrictions?
3. How long will the move take?
4. How can I contact you or the driver during the move?
5. Who will handle the arrival portion of my move?
6. When will my items arrive?
7. What if my items arrive before I do?
8. Are there storage facilities available?

Fees

1. How much will my move cost?
2. Do you offer any discounts?
3. Do you require a deposit? If so, how much is it?
4. What is your cancellation policy?
5. What do you consider additional services to be and how much do you charge for them?
6. Will additional transfers be required from a smaller truck to a larger truck due to parking or space restrictions?
7. What additional fees am I not aware of?

Other

1. Do you work with Move with Hunger so I can donate my nonperishable food?
2. Do you have any questions for me?

QUESTIONS TO ASK BEFORE YOU HIRE A REALTOR

General questions

1. Do you specialize in certain neighborhoods?
2. How well do you know the local area?
3. Do you specialize in a certain price range?
4. How long have you been working as a real estate agent?
5. What is your schedule like?
6. Are you available days, nights, and weekends?
7. Do you work as part of a team?
8. How many clients are you working with currently?
9. What percentage of your business is helping buyers versus sellers?
10. How much do you charge?
11. Is that fee negotiable?
12. Do you have a list of other professionals you recommend (lawyers, mortgage brokers, home inspectors, etc.)? If so, can you please provide me with their names?
13. What are the closing costs?
14. What's the best way to communicate with you (phone, text, email, in person)?
15. Can you please provide three references?

For buyers

1. How will you help me find my dream home?
2. How many buyers have you worked with in the last year?

3. How long does it take your buyers to find and purchase a home?
4. How do you resolve conflicts? For example, what if I want to buy a house and you represent the seller or if another buyer you represent wants the same house?
5. What neighborhood would you recommend to your best friend?

For sellers

1. How do you plan to market my home, and is a free analysis from a professional staging company included?
2. Can I please have a written comparative market analysis of homes on the market?
3. How many days on average are your listings on the market?
4. What is your sale-to-list ratio?
5. How long does the listing contract last?

MOVING DAY SURVIVAL KIT

These items will help you make it through moving day:

- ☐ Food, water, and snacks
- ☐ Disposable dishware and cups
- ☐ Box cutters, scissors, and Band-Aids
- ☐ Sharpies, Ziploc bags, packing tape, and rubber bands
- ☐ Furniture dolly
- ☐ Furniture pads or covers
- ☐ Bungee cords and plastic wrap
- ☐ Ratchet tie-down straps or nylon rope
- ☐ Toilet paper
- ☐ Garbage bags
- ☐ Vacuum or Swiffer and a dustpan
- ☐ Hand soap
- ☐ A sense of humor

MOVING DAY SURVIVAL KIT FOR KIDS

To help your kids make it through moving day, keep these items handy:

- ☐ Snacks and candy
- ☐ Water bottles
- ☐ Electronic devices
- ☐ Favorite toy or blanket
- ☐ Coloring pads
- ☐ Playing cards

- ☐ Folding chairs or some place to sit
- ☐ Clear plastic bin with favorite belongings packed in car

MOVING DAY SURVIVAL KIT FOR PETS

Don't forget your furry friend. Keep her happy with:

- ☐ Food, snacks, treats, and bottled water
- ☐ Food bowl (disposable if you prefer)
- ☐ A secure, well-ventilated crate
- ☐ An airline-approved carrier
- ☐ Favorite toys
- ☐ Litter box or absorbent travel pet pads, paper towels, and wipes
- ☐ ID tags with your new address, leash, and collar
- ☐ Vet records and medications

NEED IMMEDIATELY BOX(ES)

The contents will vary based on your individual needs and desires, but here are some ideas to get you started. Place this box (or boxes) in the truck last so you can get to it *immediately*.

- ☐ Disposable dishware
- ☐ Picnic blanket
- ☐ Toilet paper
- ☐ Paper towels
- ☐ Cleaning supplies for your old place and your new one

- ☐ Garbage bags
- ☐ A lamp (or two)
- ☐ Light bulbs
- ☐ Clock
- ☐ Flashlights and batteries
- ☐ Hand and bath towels
- ☐ Soap
- ☐ Toiletries
- ☐ Pillow
- ☐ Air mattress, sleeping bag, and blanket
- ☐ Band-Aids and Tylenol
- ☐ Coffee maker, coffee filters, ground coffee, and sugar packets

ITEMS YOU WILL PROBABLY KEEP WITH YOU IN THE CAR/TRUCK

- ☐ House keys
- ☐ Cell phone and charger
- ☐ Electronic devices
- ☐ Identification
- ☐ Folder of important paperwork

DONATION VALUE GUIDE

Everyone's financial situation is different and tax laws change, so *please* check with a tax advisor to determine whether you should itemize your donations. As a general rule, it's worth itemizing your charitable donations if your itemized deduction is greater than your standardized deduction.

To get an idea of what donated items are worth, take a quick look at the following chart to see how your decluttering efforts can add up. If you use a tax software program, you will find more details for each item. For example, did you donate a woman's long-sleeve blouse or a woman's T-shirt? The software will make it easy for you to choose the correct item as long as you keep a detailed record of the items you donate. Values vary based on the age and quality of the item.

DONATION VALUE GUIDE

WOMEN'S CLOTHING	TAX DEDUCTIBLE VALUE
Bathrobe	\$3-\$12
Blouse	\$3-\$12
Two-piece suit	\$6-\$96
Sweater	\$4-\$15
Pants	\$4-\$25
Evening dress	\$6-\$60
Handbag	\$2-\$20
Shoes	\$2-\$30
<hr/>	
MEN'S CLOTHING	
Jacket	\$8-\$25
Suit	\$5-\$96
Shorts	\$4-\$10
Shirt	\$3-\$12
Shoes	\$3-\$30
Pants	\$4-\$23

CHILDREN'S CLOTHING

Shirt	\$2-\$10
-------	----------

Sweater	\$2-\$10
---------	----------

Jeans	\$2-\$12
-------	----------

Snowsuit	\$2-\$19
----------	----------

FURNITURE

Sofa	\$35-\$395
------	------------

Bed	\$35-\$170
-----	------------

Mattress	\$13-\$75
----------	-----------

Dining room set	\$150-\$900
-----------------	-------------

Coffee table	\$15-\$100
--------------	------------

Table lamp	\$3-\$75
------------	----------

DREAM HOME WISH LIST

Write down the basics for your ideal place, such as the number of bedrooms or bathrooms. Now's your chance to dream big. What do you want in your new home?

Rent or buy? _____

Size: # of bedrooms _____ # of bathrooms _____

Ideal neighborhood(s): _____

Now for the DREAM BIG portion. (There's a sample mind map for you on the next page if you want some inspiration.)

If you want to create your own mind map, set a timer for five minutes. Write "My Dream Home" in the middle. Then, jot down five wish list items that come to mind. Circle them. Then, create circles based off those circles and keep filling in the circles until time is up. When you're done, go back to see if any words or ideas come up several times. Maybe it's "sunny" or "friends" or "quiet." Make that characteristic a priority when you shop for your dream home.

WHAT DOES YOUR DREAM HOME LOOK LIKE?



CREATE YOUR HAPPY HOME ROOM BY ROOM

THINGS TO CONSIDER

How will you use the room?

Do you have an oasis for yourself in the room?

Will you be able to entertain in the space?

What makes the room special?

Can you highlight the unique features?

Does the room appeal to all of your senses?

Do you feel happy in the room?

MASTER BEDROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

MASTER BATHROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

CHILD'S BEDROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

KITCHEN

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

FAMILY ROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

DINING ROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

OFFICE SPACE

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

OUTDOOR SPACE

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

GUEST BEDROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

FORMAL LIVING ROOM

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

BASEMENT

Paint color: _____

Accessories color: _____

Favorite items: _____

Special nook: _____

Place to entertain: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

GARAGE

Paint color: _____

Accessories color: _____

Favorite items: _____

Lighting: _____

Storage: _____

Sensory appeal: _____

ELSIE'S FAMOUS BLUEBERRY MUFFINS

Makes 1 dozen

1½ cups flour	¼ cup (½ stick) butter, softened
½ cup sugar	½ cup milk
2 teaspoons baking powder	1 egg
½ teaspoon salt	2 cups blueberries (frozen)

FOR TOPPING

⅓ cup sugar	2 tablespoons butter, melted
¼ teaspoon cinnamon	

Preheat the oven to 400 degrees F. Line a muffin pan with cupcake liners or grease with butter.

Mix the dry ingredients in a small bowl. In a medium bowl, beat the butter, milk, and egg. Beat in the dry ingredient mixture. Gently stir in the frozen blueberries. Scoop the batter into the muffin cups. Bake for 25 minutes or until the tops of the muffins begin to brown. Remove from the oven and cool for 10 minutes.

To prepare the topping, mix the sugar and cinnamon in a small bowl. Put the butter in a second small bowl. Dip the top of each muffin in the melted butter, then in the cinnamon-sugar mixture.

Elsie Juhasz, Dan's grandmother, was a beloved baker of Old World pastries in Cleveland, Ohio. Elsie's blueberry muffins, a family tradition, add a special touch to any brunch . . . or housing negotiation. We hope you love them as much as we do.