

#rightsizyourhome

# 5 Best Techniques to Stay Calm and Motivated for Your Rightsize

[www.rightsizyourhome.com.au](http://www.rightsizyourhome.com.au)

## Know the Impacts of Change

Learn **how to deal** with the **different stages of Change**



## Remember your 'WHY'

The **reason** it is so **important** to note your **'why'** is because **this reason will help you stay motivated when things get tough!**

## Create your Bucket List and Know Your Blockers

Referring back to your **bucket list** can help you **feel more positive about your next move** and help you think about **your future**.

Do you know your Blockers? Is it a **PERSON**? Is it a **THING**? Is it the **PROCESS OF DOWNSIZING**?



## Breathe and Exercise

**Breathing exercises, meditation Exercise and live a healthy lifestyle Lowering stress.** People trying to lower their cortisol levels should aim to reduce stress.



## Be in Control with your Team of Experts

**Emotionally, Logistically & Financially**

The **RIGHTSIZING process** shouldn't be difficult.

Take our **Rightsize Your Home Online Courses** and let us guide you in your **Rightsizing Journey**.