

Room by Room List of Stuff



Welcome to the Room by Room List of Stuff workbook

Thanks for downloading this packet.

I had the task of going through my mom's "stuff" after she passed away. I won't sugar coat it - it was a chore and it took forever!

When I started the process of figuring out what to do with all of Mom's things, I sat down in a nice, comfy chair with a cup of coffee, some paper, and started going clockwise around the room listing **everything** I saw.

My suggestion to you is to set aside some time, find a cozy spot, sit down and start listing. If you can do this from memory for the other rooms that's great. If not, you'll have to move from room to room to make sure you list all the items. You might want to include the contents of dressers, shelves, and cupboards as you'll probably need to do something with those items as well.

Inside this packet you will find several choices of pages. There are 2 full size pages, one with lines and the other blank. Or you can use the half size pages, one blank or one lined, and cut them apart. Print as many copies of the pages as you need.

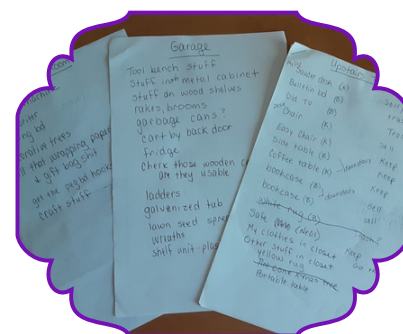
Once you've completed a list for each room in the house, it's time to decide what you want to do with the items and follow through on those actions.

Remember to make a list for the garage, basement rooms, attic, shed, any outbuildings on your property, as well as the contents in a rented storage facility.

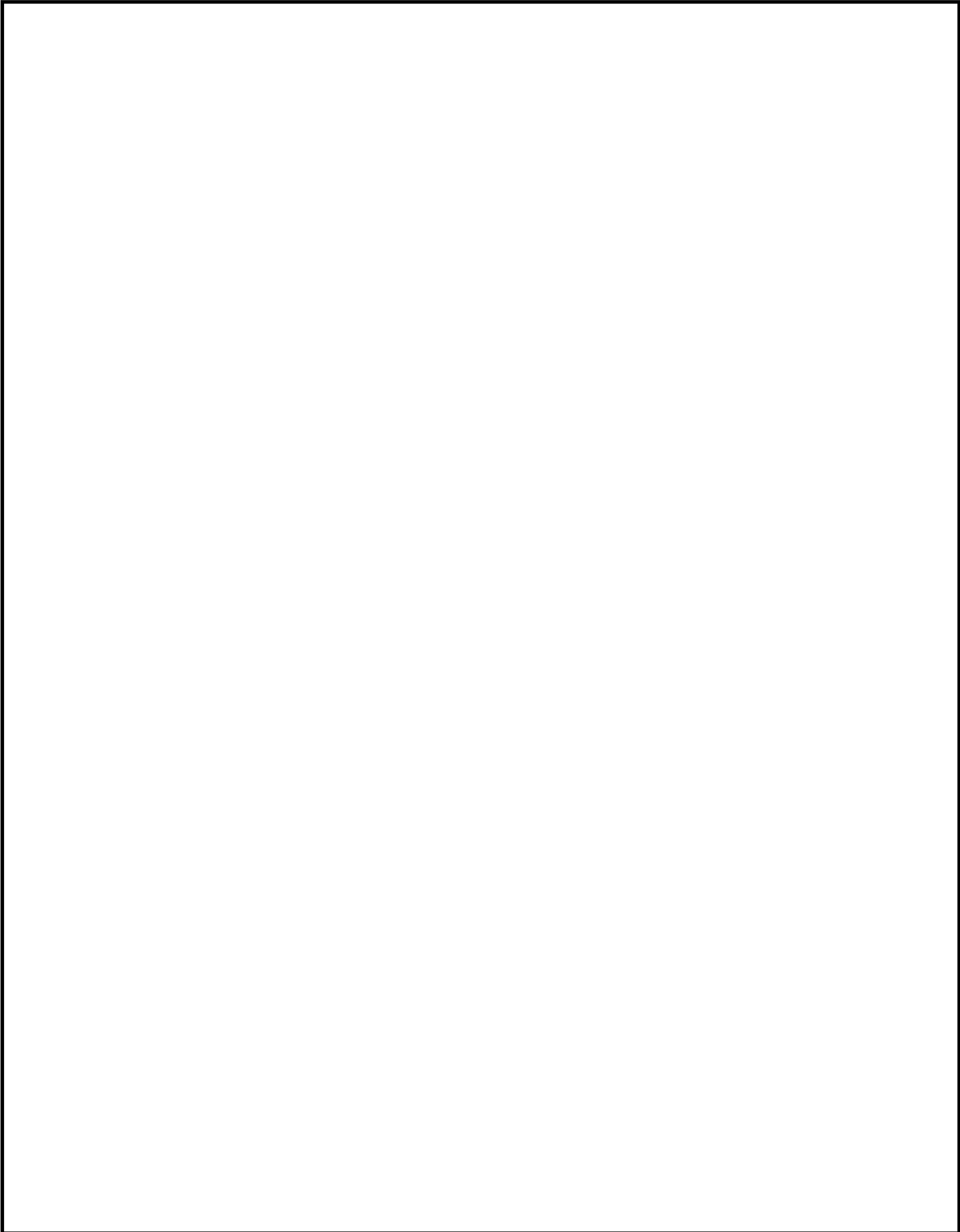
Good luck with your listing. If you have any suggestions or tips for this process feel free to pass them on. You can send them to karen@thisinsidiousdementia.com.

Karen

Here's what
my list
looked like



Room _____



Room

Room

