



# Where Do I Even Start?

Your no-overwhelm guide to getting unstuck, one decision at a time.

If you're planning a move and have no idea where to begin, this is for you. Not a 47-item checklist. Not a timeline that assumes you already have it all figured out. Just five honest questions, answered in order. Work through one at a time. By the end, you'll know exactly what your next move is.

## 1 Do you know when you're moving? If not that's your only job right now.

Everything else depends on this. You don't need to pack, hire a mover, or declutter anything until you have at least a rough window. Moving in the next 0–3 months? You're in action mode. 3–6 months out? You're in prep mode. More than 6 months? You're in declutter mode. Pick your window first.

*Tip: Most people delay starting because they don't have an exact date. You don't need one. 'Sometime in May' is enough to begin.*

→ **Decide your window: 0–3 months / 3–6 months / 6+ months. Then move to Step 2.**

## 2 Do you know what you're keeping? If not declutter before you do anything else.

This is where most people get stuck. They try to pack before they've decided what they own. Start with the spaces that hold the clutter: garage, storage areas, spare rooms. One room at a time. Ask one question about every item: 'Have I used this in the last 12 months?' If no it leaves the house. You're not packing it, storing it, or moving it.

*Tip: Every item you move costs you money and time. A junk removal visit before you pack is almost always worth it. We can handle it in a single afternoon.*

### 3

#### Do you know what you're hiring out vs. doing yourself?

Decide this now not on moving day.

There are three things you can hire out: packing, moving, and junk removal. Most families try to do all three themselves and burn out by day two. Be honest about your time, your back, and your stress tolerance. Full-service packing is not a luxury — for many families, it's the difference between a smooth move and a chaotic one. At minimum, hire out the heavy stuff and anything fragile.

*Tip: Pianos, safes, hot tubs, and large artwork should never be DIY. The risk to the item and to your home isn't worth it.*

→ **Write three columns: Do myself / Hire out / Ask for help. Fill it in honestly.**

### 4

#### Have you booked your mover?

If not this needs to happen in the next 48 hours.

In the PNW, spring is start to be busy for movers. Good crews book out 4 to 6 weeks. Waiting until two weeks before your move means choosing from whoever's left. When you call, have three things ready: your move date or window, your approximate home size, and whether you have specialty items.

*Tip: Price should not be your only filter. Ask: Do they have verified reviews? Are they licensed and insured? Do they give a written estimate? The cheapest quote often costs the most in the end.*

### 5

#### Does your household know the plan?

A move everyone understands is a move that goes smoothly.

The last piece of overwhelm is this: everyone in the household is operating off a different version of the plan. Kids don't know what's happening. Partners have different expectations about what's staying. Nobody agrees on moving day logistics. Spend 20 minutes as a family covering the basics: the date, the address, what happens to the dog, and who is responsible for what.

*Tip: Assign one person as the moving day point of contact for the crew. It makes the whole day run faster.*

→ **Have the family meeting. Write the moving day schedule somewhere everyone can see it.**



QUICK REFERENCE · WHERE ARE YOU RIGHT NOW?

YOUR WINDOW	PRIORITY RIGHT NOW	HIRE FIRST	MOVE DATE TIP
<b>0–6 weeks</b>	Book your mover TODAY. Everything else waits.	Mover + junk removal same week	Call today crews fill fast in spring
<b>6–12 weeks</b>	Declutter first, then book your mover. One room per week.	Junk removal first, mover second	Book mover within 2 weeks of deciding
<b>3–6 months</b>	Start decluttering now one space per month. You have time to do this right.	Junk removal when ready	Book mover 6–8 weeks before move date

## THE REAL COST OF WAITING

If you wait on this...	This is what actually happens
Waiting to declutter	You pack things you don't need and pay to move them.
Waiting to book a mover	You lose the crews you actually want and choose from what's left.
Waiting to sort specialty items	You find out on moving day the piano can't go up the stairs.
Waiting to start packing	You pack in a panic, nothing is labeled, unpacking takes months.
Waiting to have the family meeting	Everyone has a different plan. Moving day is chaos.