



Memory Sorting Checklist

Start With Your Mindset

Before you begin, pause. There's no perfect way to do this, and no timer running in the background. You're allowed to move slowly, ask loved ones for help, revisit the same drawer three times, and change your mind.

If you need a reset while you pack, keep these reminders nearby:

- Some items will be easy to place. Others may take days. That's normal.
- It's okay to stop, step away, or ask someone to sit with you.
- You're not behind. You're processing a loss, not clearing clutter.

Task and Room Checklist

Use this list to guide your focus. You don't need to check every box; just aim for what feels doable in the moment.

Entry areas

- Coats and shoes
- Keys, bags, baskets
- Miscellaneous drawers

Kitchen

- Pantry and dry goods
- Fridge and freezer
- Dishes, mugs, cookware
- Junk drawer or utility storage

Living areas

- Shelves and surfaces
- Books, papers, magazines
- Remote corners or catch-alls

Bedrooms

- Clothing and accessories
- Nightstands

- Under-bed and other storage

Private keepsakes

- Letters or journals
- Photographs
- Personal collections

Garage, attic, basement

- Tools and hardware
- Holiday decor
- Boxes not yet opened

Packing Tips to Keep In Mind

Consider these packing tips to help manage your feelings:

- **Begin with a less emotional space:** Starting in a hall closet, pantry, or laundry room can help you ease into the process without immediately confronting sentimental items.
- **Choose a stopping point:** Before you begin, pick a single drawer, box, bin, or shelf. Knowing when you're going to stop can help you step away without feeling guilty when you're done.
- **Group similar items:** Focus on one category at a time so you're not juggling too many decisions at once.
- **Invite support on your terms:** A trusted person nearby, even quietly in the next room, can help ease the emotional load.
- **Step back when it gets heavy:** Feeling burned out is a sign to pause, not push through. The work can wait; your well-being comes first.