A CALMER WAY TO MOVE

Tips for a Stress-Free Move

Label where things will end up, not where they came from - and let color, not guesswork, tell the movers what to do.



Organized and ready to move: every box labeled for where it will end up.

From the Remodel Move System by Unpacked & Settled

Bringing peace of mind

Checked by a qualified professional organizer of over 10 years

A NOTE BEFORE YOU BEGIN

First, congratulations

You are starting a new journey - a new home, a new chapter, maybe a home made new again. That deserves to be said out loud before a single box is taped.

It also deserves honesty: moving is a mental load, not just a physical one. It is a hundred small decisions at once. What to keep. What to let go. Where everything will live. How to keep the things you care about safe while strangers carry them out of one home and into another. It is normal to feel overwhelmed by that, even when the move itself is a happy one.

Most people are not bad at moving. They are carrying too much of it in their heads, all at the same time, with no system to hold it for them.

> **That is what this book is for.** It takes the decisions out of your head and puts them into a simple order: decide where things will end up, label by destination and location, and let color guide the movers. One decision at a time, in the right order - that is how a stressful move becomes a manageable one.

You do not have to do it perfectly, and you do not have to do it all in one day. Start with the next room, the next drawer, the next decision. The system will hold the rest.

“A calm space is a calm mind, a cluttered space is a cluttered mind — the same with moving.”

That will not be true for everyone - and that is fine. But if you picked up this book, it is probably true for you: you feel the clutter in your mind when your space is cluttered. This book, and this system, were made for you.

> **The big secret, right up front:** if you keep the system organized, it really will help the stress. Not because organized people are calmer people - because an organized system carries the decisions for you, so your mind can finally rest between them.

So - congratulations on your newest journey. Now let us make getting there calmer, safer, and far less stressful than you are expecting.

START HERE

How to use this book

Read it once, in order. Then keep it open while you pack, and use the checklists and printables at the back.

Most moving advice starts with boxes. This book starts with destinations. Once you know where everything will end up, the labels, the door signs, and the packing order almost write themselves - and moving day gets much quieter.

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> **One rule to remember:** labels say **location only** - never contents. What is inside a drawer belongs in your private Find-It Map, not on a box for everyone to read.

THE PROBLEM

Why moves feel chaotic

A move does not fall apart on moving day. It falls apart in the decisions that were left until moving day.

If no one has decided where things will end up, every box becomes a question. Movers stop to ask. Boxes land in the wrong rooms. The things you need first are buried behind the things you need last. Unpacking then takes weeks, because nothing arrived in the place it belongs.

Good preparation does the opposite. It keeps your belongings safer, because fragile and heavy items are identified before anyone lifts them. It saves time, because movers know where things go without stopping to ask. And saving time saves money - a crew that can get straight to work finishes sooner.

Professional movers and organizers tend to give the same sensible advice: start early, declutter first, pack room by room, label everything, and keep an essentials bag with you. They are right - but said flatly, it can sound like a scolding when you are already overwhelmed. So this book takes that advice and slows it down, room by room and decision by decision, with support instead of pressure.

Three shifts that change the day

- **Decide destinations before you pack.** The label is written for the new room, not the old one.
- **Make the system visible.** Color on the box, color on the door. A mover should be able to follow it without reading a long note.
- **Keep the private details private.** Locations go on labels. Contents go in a map only you see.



Packing by destination: cabinets emptied in order, boxes labeled for where they will end up.

THE SYSTEM

The bones, at a glance

Six parts. That is the whole system. Everything else in this book explains one of them.

You do not have to master all six today. Learn one, use it on one room, and let that small win carry you to the next. That is how this stays kind instead of overwhelming.

1. Destination color
One of 18 distinct colors per room - for where a box will end up. No yellow, and no two colors alike.

2. Room name
The room name, written in that room's color, with black outlines so it is always clear to read.

3. Numbered locations
Lines underneath for the exact spot - Dresser D1, D2, D3, D4, a console, a closet shelf. Each location gets its own label.

4. Flags
FRAGILE, OPEN FIRST, DONATE, and DO NOT PUT ON TRUCK - for the exceptions.

5. Door signs
A full printable page for each door, in the same color, held above the door by 2 door labels.

6. Private Find-It Map
What is in each place and drawer - for your eyes only.

> **What the system deliberately does not do:** it does not number boxes, and it does not promise a total number of boxes. You cannot know what will fit in a box until you are packing - and you do not need to. You need to know where everything is going.

Work through the bones in order. Choose your colors first, then name your locations, then add flags only where they are needed. By the time the door signs go up, the movers can follow the system on their own.

BONES 1 AND 2

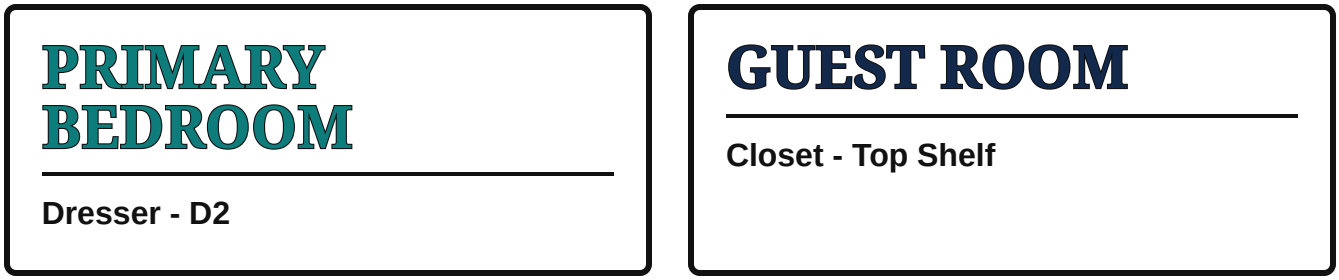
Label where it ends up

One color per room. The room name in that color. Black outlines, every time.

Pick one of the 18 colors below for every destination room and use that same color everywhere - on the labels, on the door sign, and on your map. The 18 are locked: each one is distinct from every other, there is no yellow in the set, and a color is never reused in the same home. Movers do not need to read a paragraph. They match color to color and keep walking.

01 Crimson Red	02 Teal	03 Deep Purple	04 Burnt Orange	05 Royal Blue	06 Forest Green
07 Rose Pink	08 Chocolate Brown	09 Navy Blue	10 Lime Green	11 Burgundy Wine	12 Black
13 Olive Green	14 Fuchsia Magenta	15 Slate Grey	16 Bronze Brown	17 Lavender Purple	18 Cerulean Blue

The 18 colors, locked. In this book: Primary Bedroom is Teal (02), Bathroom 1 is Deep Purple (03), Living Room is Royal Blue (05), Kitchen is Forest Green (06), Guest Room is Navy Blue (09). In your home any of the 18 can go to any room - and each numbered bathroom gets its own color.



Labels: room name in the room's color - Primary Bedroom in Teal (02), Guest Room in Navy Blue (09) - a thick black border, and the location underneath.

Why the black outline matters

Some room colors are soft. The lightest in the set, Lavender Purple (Color 17), would be hard to read on its own - on a busy moving day, in a hallway, at a glance, a pale color disappears. That is why there is no yellow in this palette at all, and why no color ever appears without its black outline: a black border around the label, and a black outline around the letters. That keeps every one of the 18 colors, light or dark, clear to read.

- Use the same color for a room in both homes, for the whole move.
- Put a label on furniture itself, too, so the piece goes to the right room.
- Choose only from the 18 - they were picked so no two look alike at a glance, and no color is reused in the same home.

BONE 3

Number the location, not the box

Drawers get numbers. Spots get names. Each one gets its own label - and labels never list contents.

For anything with more than one place inside it, number the places. A dresser becomes Dresser D1, D2, D3, and D4. A console might be Drawer 1 and Drawer 2. A closet might be Top Shelf, Middle Rail, and Floor.



Each drawer has its own label. The labels say where, not what is inside.

Separate labels, not one shared label

Locations do not share a label. D1, D2, D3, and D4 are four separate labels. That is because you will not know what fits together until the movers are packing. When packing day comes, a single box can carry multiple labels - one for each location its contents are headed to.

> **Location only, never contents.** A label says Primary Bedroom, Dresser D2. It does not say what is in that drawer. Most people do not want the contents of their drawers written on a box for strangers to read - and they do not need to be. Contents belong in the private Find-It Map on page 10. Many professionals advise writing contents on the box itself - this system twists that advice, on purpose, so your private life stays private while you still find everything in seconds.

BONE 4

Flags handle the exceptions

Most boxes just need a destination. A few need an instruction. That is what flags are for - and needing one is not a problem. It is the system speaking up so you do not have to remember it.

FRAGILE

For anything that needs careful handling - china, crystal, glass, artwork. Flag it before it is wrapped, not after it is already in a box. Pack fragile pieces with space and padding around them, and keep fragile boxes on top, never underneath something heavy.

OPEN FIRST

For the first night and the first morning: bedding, towels, chargers, medicines, toiletries, basic kitchen things, and the coffee maker. If you only open the OPEN FIRST boxes on the first night, you should still be able to sleep, wash, and make coffee.

DONATE

Moves and remodels surface things you no longer need. Flag them as you sort, so donation becomes one pile and one trip - not a decision you remake in every room.

DO NOT PUT ON TRUCK

For anything that travels with you, not with the movers: documents, jewelry, keys, medicines, chargers, and anything you need to keep in your own hands. Say it as an instruction - DO NOT PUT ON TRUCK - so there is no room for misunderstanding. Keep those items together, in your car, away from the boxes waiting to be loaded.

> Use flags sparingly. If everything is flagged, nothing stands out. A flag should mean: stop, this one is different.

BONE 5

Door signs movers can follow

A full printable page on every door, in the room's color, with a black outline - held above the door by 2 door labels.

Before the first box comes in, walk the new home and put up the door signs. Each sign is a full page, not a small sticker: the room name in large letters, in that room's color, with black outlines so it can be read from down the hall.



A door sign at full page size. The 2 small door labels at the top hold the page above the door.

- Print one sign per destination room, plus one for storage if you are using it.
- Put signs up before unloading starts, not while it is happening.
- Give the crew a one-page mover map: the color list and which room is which.

With the signs up, a mover can walk in, see the color on a box, find the matching door, and get to work immediately - without stopping to ask where anything goes.

BONE 6

The Find-It Map is for your eyes only

The labels tell the movers where things go. The Find-It Map tells you what is in each place.

As you pack, keep a private list by room, then by location. It is the only place contents are written down.

Room / Location	Contents - private, for your eyes only
Primary Bedroom (Teal, 02) - Dresser D1	Your private note for this drawer
Primary Bedroom (Teal, 02) - Dresser D2	Your private note for this drawer
Bathroom 1 (Deep Purple, 03) - Cabinet	Your private note for this cabinet
Kitchen (Forest Green, 06) - Cabinet 3	Your private note for this cabinet
Guest Room (Navy Blue, 09) - Closet, Top Shelf	Your private note for this shelf

In the middle of a stressful move or remodel, this map is how you find something in seconds - without opening boxes, and without anyone else needing to know what is inside them.

> **Human eyes oversee the system - not your private contents.** Every file in the full system is checked by a qualified professional organizer of over 10 years, who oversees the colors, rooms, and location labels. The specific contents in your Find-It Map stay private, for your eyes only, and are not read as part of that check.

- Keep the map with you, not on the truck - a notebook, or a file on your phone.
- Add to it as you pack each location, while you can still see what went where.
- Photograph each spot before you pack it. The photo and the map together make putting things back simple.

PUTTING IT TOGETHER

Do the work in this order

Sort first. Photograph second. Label third. Pack last.

1. Sort: keep, donate, haul away

Go room by room and decide what is actually moving. Flag DONATE items as you go. Set aside anything broken or too large to donate for a junk hauler - remodels and moves almost always produce some, and booking a hauler early is easier than booking one in a panic.

2. Choose colors and locations

Assign one of the 18 colors per destination room. Bathrooms are numbered - Bathroom 1, Bathroom 2, and so on - and each numbered bathroom gets its own color. List the numbered locations inside each room - dressers, consoles, closets, cabinets - before you touch a box.

3. Photograph each spot

Take a quick photo of each drawer, shelf, and cabinet as it is now. It takes a minute, and it is the easiest way to put a room back together later.

A gentle place to start, borrowed from the professionals: begin with the rooms you use least - a guest room, storage, out-of-season things. Early progress in a low-pressure room builds confidence for the harder ones.

4. Label, then pack

Put the location label on the box as you pack that location. Add a flag only if one applies. Write the contents in your private Find-It Map at the same moment - not later, when you will have forgotten. Keep boxes small for heavy things like dishes and books; your back, and the movers, will thank you. And if a day goes sideways, pack one drawer well and call it a win - steady counts more than fast.

5. Set aside what stays with you

Gather everything flagged DO NOT PUT ON TRUCK in one place, away from the packing area, so it cannot be swept into a box by mistake.

THE DAY ITSELF

Moving day, and settling in

Before the truck is loaded

- [ ] Door signs are printed and ready to put up at the new home
- [ ] DO NOT PUT ON TRUCK items are in your car, not near the boxes
- [ ] OPEN FIRST boxes are flagged and loaded last, so they come off first
- [ ] Fragile boxes are flagged, on top, and pointed out to the crew
- [ ] The crew has the one-page mover map: colors and rooms

At the new home

Put the door signs up first - full page, above each door, held by the 2 door labels. Then let the colors do the work. Check each room as it fills: furniture in the right room, boxes at the right location.

Unpacking without the chaos

Open the OPEN FIRST boxes first and make the beds. Then unpack location by location, using your photographs and your Find-It Map to put things back where they belong. Because the boxes arrived by destination and location, you are putting things away - not hunting through them.

Go one room at a time, and finish a room before starting the next. Take real breaks. Professionals will tell you to set up the beds, Bathroom 1, and the kitchen first - do those three and the house will feel livable, even if the rest takes days. It does not all have to be done tonight, and you are not behind if it is not.

> **Moving out for a remodel?** The same labels work for the trip back. Keep your color list, your door signs, and your Find-It Map, and the return move uses the system you already built - no starting over.

TEAR SHEET

Checklist and printables

Your stress-free move checklist

- [ ] Sort each room: keep, DONATE, haul away
- [ ] Book donation pickup and, if needed, a junk hauler
- [ ] Assign one of the 18 destination colors per room - each numbered bathroom its own color
- [ ] List numbered locations: Dresser D1-D4, consoles, closets, cabinets
- [ ] Print separate labels for each location - location only, no contents
- [ ] Print full-page door signs, with black outlines
- [ ] Photograph each drawer, shelf, and cabinet before packing
- [ ] Start the private Find-It Map - for your eyes only
- [ ] Flag FRAGILE, OPEN FIRST, and DONATE as you pack
- [ ] Set DO NOT PUT ON TRUCK items aside, to travel with you
- [ ] Put door signs up at the new home before unloading
- [ ] Open OPEN FIRST boxes first; unpack location by location

Copy these labels

LIVING ROOM

Console - Drawer 1

KITCHEN

Cabinet 3 FRAGILE

BATHROOM 1

Cabinet

GUEST ROOM

Closet - Top Shelf

Room name in the room's color, black outline around the letters, thick black border, location underneath. One label per location. Living Room is Royal Blue (05), Kitchen is Forest Green (06), Bathroom 1 is Deep Purple (03), Guest Room is Navy Blue (09) - bathrooms are always numbered, never just Bathroom.

THE FULL SYSTEM

When you want it done for you

This book gives you the system. The Remodel Move System, from Unpacked & Settled, builds it for your home.

Tell the system your rooms and your locations - your dressers, consoles, closets, and cabinets - and it builds your color map, your separate location labels, your full-page door signs, and your private Find-It Map as a printable digital file you print on labels at home. No shipping, no waiting for a package.

- Access runs in 30-day periods, because most moves fit inside a month - renew for another month if a remodel runs long.
- Every file is checked by a qualified professional organizer of over 10 years before it is sent - colors, rooms, and location labels overseen by human eyes. Your private Find-It Map contents stay yours alone.

Packages - 30-day subscription
Free: This ebook, plus a free mini-system to try.
5-Room Move-Out - $49 / 30 days: Up to 5 destinations.
Whole-Home Remodel - $99 / 30 days: Up to 12 destinations. Most popular.
Whole-Home + Storage - $149 / 30 days: Up to 18 destinations, plus storage destinations.
Each numbered bathroom counts as its own destination - Bathroom 1, Bathroom 2, and so on.

> **Feeling overwhelmed? Add a 1-hour walk-through - $299, by video call only.** Walk through your space together on a video call and decide where everything should go. No in-home visits. The decisions from that hour are folded into your color map, your location labels, and your Find-It Map.

However you use it - on your own with this book, or with the full system built for you - the principle stays the same: care for the belongings, decide the destinations first, and let color do the talking on moving day.

Not everyone's mind works this way. If yours does, you are exactly who this system was made for.

“A calm space is a calm mind, a cluttered space is a cluttered mind — the same with moving.”

> **Remember the secret:** if you keep the system organized, it really will help the stress. On the hard days, just put the next thing back into the system: one color, one label, one location. The calm follows the order, one small step at a time. You have got this.

Tips for a Stress-Free Move - from the Remodel Move System by Unpacked & Settled - Bringing peace of mind. Checked by a qualified professional organizer of over 10 years.