



SEPTEMBER NEWSLETTER



**Tips for choosing what stays, what goes,
and what sparks joy!**

If you're considering moving into a smaller home—or just making your current space feel lighter—this is the perfect time to ask yourself a big question: *What do I actually need?*

We all collect things over the years. That extra set of mixing bowls, the oversized sofa no one sits on, the waffle maker you used once in 2016. These items sneak into our lives quietly, but they take up space—both physically and mentally.

A good first step is to look at what you use every single week. If it's gathering dust, chances are it's not earning its spot in your home. Think of it like hosting a dinner party: only invite the guests who truly bring something meaningful to the table.

The same goes for furniture and appliances. A giant sectional might look impressive, but if it keeps you from moving freely in your living room, is it really adding value? Smaller, well-designed pieces can make your space feel more open, comfortable, and functional. Appliances are no different—you don't always need the biggest or most powerful version. Sometimes the right fit is the smaller one that actually makes daily life easier.

And then there's joy. Yes, joy matters. A favorite reading chair, a set of mugs that makes morning coffee feel special, a piece of art you love—these items earn their keep. When you surround yourself only with things you use and love, your home starts working *for you*, not against you.



Ok, so all that sounds great, but where do I get started, you ask?

Here are some actionable steps:

Hot Tip: Don't try to change everything all at once.

Baby steps, my friend.

Clothes:

👕 Go through your closet and remove any items that you have not worn in the past year. Be diligent and honest. Place these items in a bag or box and store them out of sight, out of mind,

perhaps under your bed, in a closet or in the garage. If you live in a location with more pronounced seasons, you may want to separate them into seasons. Wait 3 months or until that season has passed. If, during that timeframe, you desperately need an item, you may retrieve it, but do so sparingly. Do you have something similar you can wear instead? If you have not gone back to the box to retrieve any items, then you can get rid of them.

This method also works for books, makeup supplies, shoes, kitchen utensils, cookware or supplies, etc!

👗 Another trick is with your clothes hangers. Go into your closet and turn all of your clothes hangers backwards, so they hook around the back of the closet bar. When you use an item and return it to the closet, turn the hanger to the front. By the end of the season, any hangers that are not turned around contain items that you probably don't need. Note: This one is less effective for us because one, the items are still taking up visual space and two, we stay more attached to the items and convince ourselves more easily that they need to be kept.

Cooking:

🗑️ Take all of your cookware and remove it from your kitchen. Unfortunately, this will make a mess for a bit, but stay with me. Maybe get a fold out table (not in your kitchen) and place everything on it. Cook for 1-2 weeks. When you cook, go and get the item you need to prepare the meal. Once you have retrieved an item, it can stay in the kitchen. This will be annoying for a bit, but the benefits outweigh the slight annoyance. After 1-2 weeks, anything you have not gone to get is not truly needed.

🔍 If you live in a smaller space or are moving to one, think about appliances and appliance size. Do you really need a full size oven? How often are you using more than 2 stovetop burners? You'd be surprised how often we don't use our ovens and they take up a lot of space.

Storage:

🗄️ In smaller spaces, and let's be honest, happier homes, everything has a place. Once you have gone through and removed items, now it's time to organize. You should have more cabinet or storage space anyway, so begin by finding smart locations to store your items. Our things should typically be stored in the room where they are used and be easily accessible but also not cluttering the space. This doesn't mean that your home should be showroom ready and not livable. This means that everything has a home location that is purposeful and intentional. If you have multiple blankets that are used by the family on the couch, maybe you have an open cabinet or blanket ladder so they can be seen/displayed, but they are out of the way when not in use.

😊 Train yourself and your family to put items back in their home location. When we use items in our home and then "reset", we are more intentional when we go to use them again knowing we will need to reset them again. This process allows us to see what we are really drawn to and really use.

So whether you're downsizing or just rethinking your space, remember: less clutter means more clarity. The secret to a happier home isn't less living - it's more intentional living.

Cheers and Happy September!

Darren & Becca, founders of ModMod

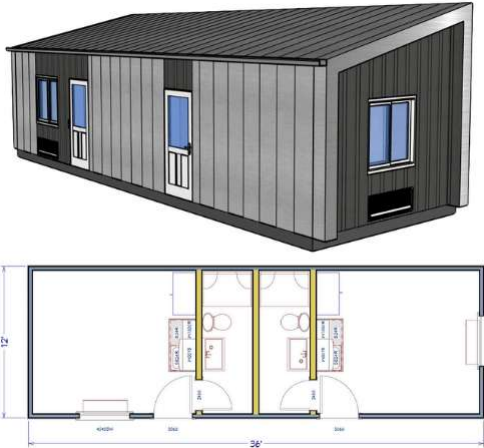
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