The Method here:
1) Lower the root 2 frets, and then the b3rd 1 fret.
2) In chord 2, lower the b3rd and the 5th 2 frets each.
3) In chord 3, quickly lower the 7 to 6 to 5 after that
4) Lower the whole chord 3 one fret.

Please: in all cases where appropriate, meaning necessary, change which string a particularly troublesome note is on.
It is more beautiful if you let notes ring but if you must lift a finger now and then, so be it.

* Even more important is that you PLAY EXPRESSIVELY
Try to love these sounds; your practicing should be EXCITING.
Memorize a few of your favorites (or more) for now. Try them in lots of keys.
For those of you who wish to be thorough, try each progression in the following order of keys:
G#m, C#m, F#m, Bm, Em, Am, Dm, Gm, Cm, Fm, Bbm, Abm.
"Very maybe": D#m or A#m, D#m in the front end.
The method here:

1. Lower the root 2 frets, & the 3rd & 1st frets.
2. In chord 2, lower the 3rd & the 5th 2 frets each.
3. In chord 3, quickly lower the 7 to 12 frets.
4. Leave the whole chord 3 one fret.

*Please → in all cases where appropriate

Meaning: 

Necessary change which involves a practically trouble-free note.

For more information:

If the next change is on.

But if your finger is a little sticky, then...

Even more important is that you play expressively.

Try to love these sounds; your practice should be exciting.

Memorize a few of your favorite (or more) for now.

Try them in sets:

For example:

To be thorough, try each progression in the following order:

Even Am, Bm, Cm, Fm, Bm

Cm, Fm, Bm, Em, Am, Cm, Fm, Bm

And maybe

Am: "Very, very"

Dm: "On it" or "A" in the front end."