

How To Create A Lighthearted Home

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RULE #1

**The first rule in creating
a Lighthearted Home is ...**

THERE ARE NO RULES

1

FUNCTION

- What level of chaos is right for you and your family?
- What do you need to happen in your spaces?

2

LOOK & FEEL

- What colors and styles are you drawn to?
- What types of art and decorative items represent you and your family?

3

SPIRIT

- What words express how you want your home to feel?
- What commitments are you ready to make to have that feeling?



**Every person
or family
has different
tolerance levels
for chaos in
different seasons.**

Remember – it's function not perfection



The goal of organizing, cleaning and furnishing your home is to create a functional (not perfect or Pinterest-worthy) place to **LIVE** and **LOVE**.

A Functional Home Is:

- Clean enough that everyone feels comfortable
- Organized enough that everyone can get their work done, keep track of their important & treasured items, and lay hands on a pencil, notebook, keys, clean towel or frying pan when they need it
- Decorated enough to feel lived in, personal, and like it's got some history

Love your stuff or let someone else love it

- Keep the things that spark JOY in your life
~ Marie Kondo, The Life-Changing Magic of Tidying Up
- Shelf by shelf, drawer by drawer, ask yourself:
 - Do we USE this thing? **NO?** Someone else can use it
 - Do we NEED this thing? **NO?** Someone else may need it
 - Do we LOVE this thing? **NO?** Someone else might love it
- We can be grateful for our possessions – for having served us well, for giving us pleasure and enjoyment – and then we can let them go

6 Tips for Controlling Chaos

- Develop the habit of making your bed every day
- Bring every room back to “ready”
- Clear your stuff away to clear your mind
- Keep a shelf or drawer empty
- Fix and/or get rid of things
- Weekly Power Hour

Remember: it's YOUR home and you get to use it the way you need to or want to

- Don't feel stuck using every space as labeled
- Really LOOK at the spaces that make up your home:
 - Is that a dining room OR is it a crafting space, kids' space, office?
 - Is that a guest room OR is it an amazing closet, music room, studio?
 - Is that a grassy yard OR is it a vegetable garden, campground, outdoor kitchen?





RULE #1a

**The first rule in decorating
your home is...**

THERE ARE NO RULES

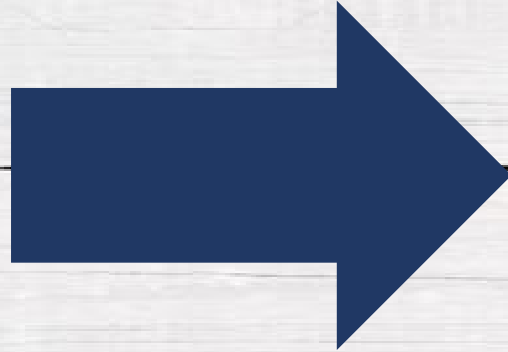
*Your home should
tell the story
of who you are
and be a collection
of what you love.*



Think before you decorate...

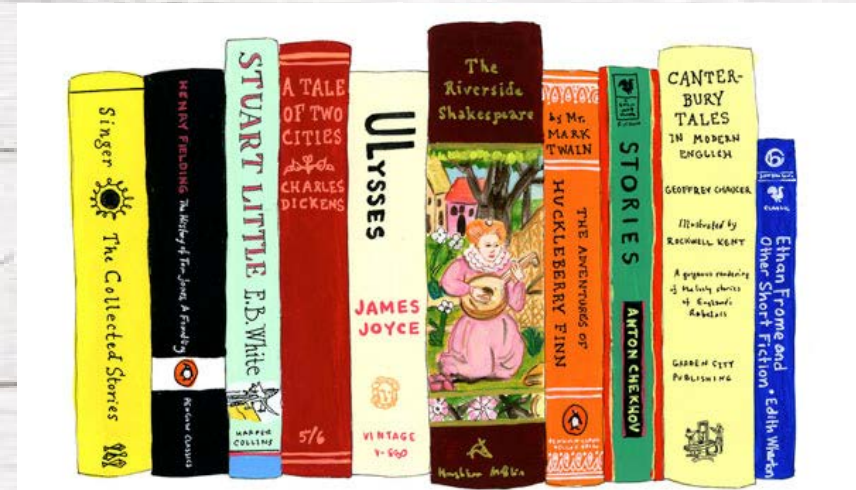
INTERESTS

- Hobbies
- Places
- Values
- Memories
- Letters
- Numbers



ARTIFACTS

- Something that can be displayed to represent that interest in your home



If you love it, show it

- If you find something you absolutely LOVE, it will find its place in your home
- Collections are not always meant to be kept in a closet
- There are simple ways to create interesting, personal art to display in your home
- Your home is a mirror of your life – when you actively curate your spaces in a way that speaks to your heart and soul everything becomes easier and you wake up each day ready to pursue your dreams





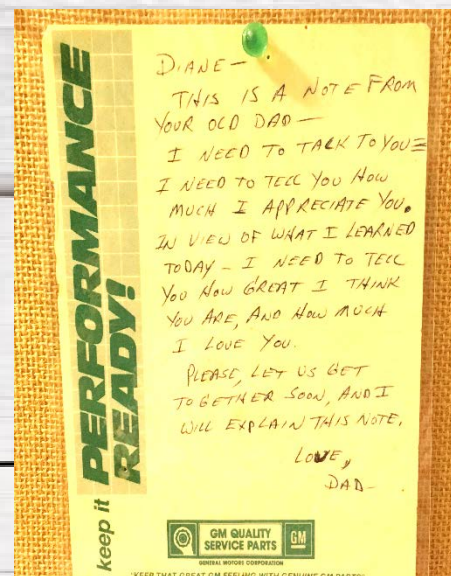
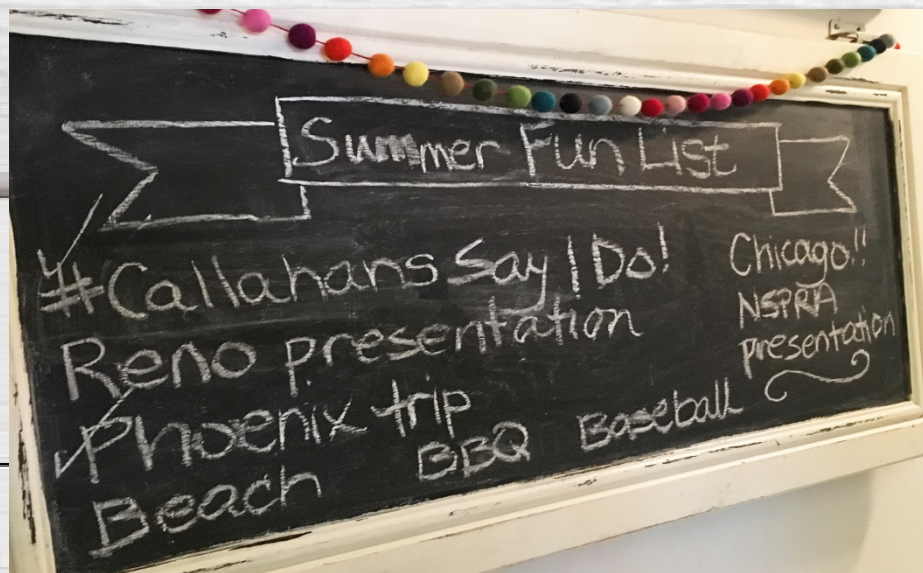
The story of the 4s...



Personal Artwork



Personal Artwork



Personal Artwork



The best thing anyone ever said when they walked into my house

"I KNEW your house would look like this – it's full of happy just like you!"



Delight your senses

- Looks for ways to let the light in
- Remember the importance of scent
- Experience the sounds and the silence
- Delight in the joy of fresh flowers
- Show off things that help you savor wonderful memories
- Embrace the power of color to calm, soothe, energize and uplift
- Add soft edges – throws, pillows, round tables



The best “rule” about color:



Choose colors for your home that make you look beautiful and show you off at your best.

Color Psychology 101

Peppermint Red PANTONE 286	Fire Truck Red PANTONE 186	Crab Red PANTONE 300	Tomato Red PANTONE 301
Cherry Red PANTONE 317	Ladybug Red PANTONE 307	Coral Red PANTONE 305	Ketchup Red PANTONE 303
Loebster Red PANTONE 302	Brick Red PANTONE 308	Ruby Red PANTONE 304	Pomegranate Red PANTONE 306
Velvet Red PANTONE 304	Beet Red PANTONE 309	Snowberry Red PANTONE 300	Radish Red PANTONE 300
Rose Red PANTONE 307	Stop Sign Red PANTONE 303	Apple Red PANTONE 301	Chili Pepper Red PANTONE 307

Associated with:
Passion
Power
Stimulation
High Energy

Apricot Orange PANTONE 138	Candlelight Orange PANTONE 137	Sunrise Orange PANTONE 1375	Amber Orange PANTONE 1385
Macaroni and Cheese Orange PANTONE 137	Pumpkin Orange PANTONE 136	Orangutan Orange PANTONE 138	Sherbert Orange PANTONE 1375
Goldfish Orange PANTONE 136	Monarch Orange PANTONE 135	Ginger Orange PANTONE 134	Carrot Orange PANTONE 1345
Tangerine Orange PANTONE 1355	Melon Orange PANTONE 1345	Basketball Orange PANTONE 132	Papaya Orange PANTONE 132
Creamsicle Orange PANTONE 131	Salamander Orange PANTONE 139	Starfish Orange PANTONE 138	Soap Orange PANTONE 137

Associated with:
Creativity
Happiness
Enthusiasm
Communication

Raisin Purple PANTONE 2415	Rhubarb Purple PANTONE 2355	Onion Purple PANTONE 2365	Thistle Purple PANTONE 246
Orchid Purple PANTONE 248	Mulberry Purple PANTONE 249	Eggplant Purple PANTONE 233	Monster Purple PANTONE 234
Lollipop Purple PANTONE 235	Violet Purple PANTONE 238	Mitten Purple PANTONE 238	Juice Purple PANTONE 260
Velvet Purple PANTONE 2612	Kazoo Purple PANTONE 2603	Royal Purple PANTONE 2660	Li lac Purple PANTONE 2662
Pillow Purple PANTONE 2320	Plum Purple PANTONE 232	Grape Purple PANTONE 235	Opal Purple PANTONE 234

Associated with:
Creativity
Royalty
Peace
Luxury

Banana Yellow PANTONE 321	Daffodil Yellow PANTONE 321	Lemon Yellow PANTONE 320	Dandelion Yellow PANTONE 320
Taxicab Yellow PANTONE 320	Banana Yellow PANTONE 320	Quesadilla Yellow PANTONE 320	Pencil Yellow PANTONE 322
Bumblebee Yellow PANTONE 322	Mustard Yellow PANTONE 324	School Bus Yellow PANTONE 320	Squash Yellow PANTONE 323
Honey Yellow PANTONE 320	Giraffe Yellow PANTONE 3225	French Fry Yellow PANTONE 3225	Lion Yellow PANTONE 321
Duckling Yellow PANTONE 3201	Corn Yellow PANTONE 3201	Pineapple Yellow PANTONE 3200	Sunflower Yellow PANTONE 3200

Associated with:
Cheerfulness
Lightheartedness
Mental Stimulation

Bluebonnet Blue PANTONE 2685	Sapphire Blue PANTONE 2745	Ribbon Blue PANTONE 2735	Police Officer Blue PANTONE 2728
Blueberry Blue PANTONE 2738	Whale Blue PANTONE 280	Quilt Blue PANTONE 279	Teapot Blue PANTONE 284
Marlin Blue PANTONE 285	Denim Blue PANTONE 283	Nighttime Blue PANTONE 284	Lake Blue PANTONE 286
Peacock Blue PANTONE 3015	Ocean Blue PANTONE 300	Bluebird Blue PANTONE 2825	Sky Blue PANTONE 3115
Backpack Blue PANTONE 308	Turquoise Blue PANTONE 313	Conflower Blue PANTONE 312	Pool Blue PANTONE 311

Associated with:
Trust
Loyalty
Confidence
Faith

Shamrock Green PANTONE 3270	Emerald Green PANTONE 3260	Sea Green PANTONE 3270	Forest Green PANTONE 3270
Lime Green PANTONE 3270	Lavender Green PANTONE 3270	Mint Green PANTONE 3270	Light Green PANTONE 3270
Shamrock Green PANTONE 3270	Shamrock Green PANTONE 3270	Shamrock Green PANTONE 3270	Shamrock Green PANTONE 3270
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Associated with:
Growth
Harmony
Nature
Healing

It doesn't have to cost bucks deluxe to have a beautiful home

- Great furniture and décor can be found in surprising places:
 - Craig's List
 - Goodwill
 - Habitat ReStore
 - Blogs & Pinterest
 - Yard Sales
 - In your own home
 - Vintage Stores
 - Etsy & Ebay
 - On the side of the road!





Where to find inspiration:

HGTV & DIY

- **Fixer Upper**
- **Flip or Flop**
- **Property Brothers**
- **Flea Market Flip**
- **House Crashers**
- **Yard Crashers**
- **House Hunters**
- **Sarah Sees Potential**

Pinterest & Blog Porn

- **A Thoughtful Place**
- **The Inspired Home**
- **Perfectly Imperfect**
- **Honey We're Home**
- **Houzz**
- **Nesting Place**
- **Elle Décor**
- **The Lettered Cottage**

Books & Magazines

- **Cottages & Bungalows**
- **House Beautiful**
- **Domino**
- **Country Living**
- **Dwell**
- **Architectural Digest**
- **Elle Décor**
- **Coastal Living**

Create a mood board to try things out before you invest

- You can use any method to create a mood board
 - Cut and paste photos onto a poster board or bulletin board
 - Save images on Pinterest boards
 - Create a digital mood board with Word, InDesign, PowerPoint or Photoshop
- Put together colors, textures, prints, artwork & furniture
 - Create beauty by juxtaposition
 - Be sure to accessorize: putting a room together is like creating an outfit





Designing Home/Margaret Ryall



Mid-Century Remix





RULE #1b

**The first rule in creating
a lighthearted spirit
in your home is...**

THERE ARE NO RULES

A Lighthearted Home Is Where:

- Everyone feels free to be their authentic selves
- People are treated with kindness & respect
- Laughter is the most often heard sound
- People feel welcome and wanted
- There is no yelling, cold silence or lying
- Problems are faced together

What words express how you want your home to feel?



Haven



Warm & Welcoming



Happy



Comfortable



Uplifting



In Lighthearted Homes People:

- Share meals together
- Talk and tell stories
- Laugh together
- Pray together
- Celebrate together
- Play together
- Entertain together



6 simple things you can do to create a lighthearted feeling in your home

- Display sentimental items and photos
- Welcome people into your home
- Understand the “5 Love Languages”
- Celebrate small things as well as big ones
- Embrace imperfection
- Use the “good stuff” – don’t wait for a special occasion

Fill your house with happy


Fill your home with people you care about.

“Emotional Contagion” = We catch the mood of those around us.

Keep your home happy by choosing to surround yourself at home with OPP (Optimistic Positive People).

The time to create (and enjoy) your Lighthearted Home is NOW

- Your home is small – so what?
- You have young kids – so what?
- Your home has flaws – so what?
- Your home is rented – so what?
- Your budget is tight – so what?



**ENJOY LIFE NOW.
THIS IS NOT
A REHEARSAL.**

iliketoquote.com

Remember:



life
doesn't
have to be
perfect
to be
wonderful



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