



A New Year's CHALLENGE

Now that the holidays are behind us, do you feel like you're coming off a sensory overload of abundance? You're not alone! Now's the time to take a deep breath and retreat to your home, your personal space, your sanctuary. In the quiet of winter, take the opportunity to think about simplifying and refreshing your living space, stripping away all the excess so that the essence of you and the people you share the space with shines in every room.

Make your motto for 2023 "Less is best." Why? Because when you live with less clutter, fewer "things," your mind settles and relaxes, allowing you to feel less stressed, more organized.

Keep in mind that good design actually requires editing, not necessarily adding.

Of course, you don't want the process of decluttering to be overwhelming and create more stress, so here's what we suggest. Start with one room. Strip it down to its bare essentials by removing all décor and other clutter including newspapers and magazines, photos, plants, pillows... anything that's not absolutely essential to the room's function. Spend time in the room and think about what it really needs to make it a better space that reflects you or the person whose room it is. Then carefully select only a few objects to bring back. Choose what makes you happy, or that adds function. Remember, you can switch things out every so often to keep the space fresh.

Once you've gone through this exercise in one room, you're ready to move on to another. Just keep in mind that it's a process. It takes time and a bit of patience. Don't set unrealistic goals and put pressure on yourself. Try to enjoy the journey.



Joanne Turner & Marty McDewitt

