

Fall in Love

with your home or business



Decorating matters.

The items you choose to display in your spaces are telling a story about you. That story can be uplifting or depleting your energy. When you intentionally choose to create a positive self reflection into your surroundings, you are taking powerful steps towards self care; filling yourself up with joy.

Design matters.

When you consider bigger ideas like furniture pieces and the flow and function of spaces, your intentions are the foundation from which to build a plan. The furniture should serve the purpose of how you intend to use the space. The flow and function of the space should serve your needs and desires.

Your feelings matter.

Creating beautiful spaces starts with your heart and reflects your soul. Getting really clear and honest about your true desires and then giving yourself the permission to express it is the path to falling in love with your home or business. Immerse yourself in your own kind of beautiful.



I believe there is no change that we can make to a space that is too small and insignificant. In fact, it is often the smallest of decorative items that provide the most uplifting feelings, especially when they are placed in an intentional and meaningful way.

Now is the perfect time to start assessing your spaces and to determine if you are set up to live the way you want to throughout the colder months when our activities are more confined to the indoors.

The following pages contain a guide and workbook to Fall In Love With Your Home. It focuses on the bedroom, however, it can be applied to any space you choose. If you have a space that doesn't feel right to you, I suggest applying the steps there.

My name is Jody Pear and I am an interior designer, coach, and guide, working from my home in Grosse Pointe Woods. I am deeply passionate about helping homeowners and business owners create spaces that reflect who they are.

To receive a digital copy of this guide, visit my website and subscribe to my email list. If you have spaces that just don't feel right to you, I'd love to hear about it and talk about how we can work together in a manner that is most helpful and comfortable to you.



Introduction

This guide will help you capture your current thoughts about your spaces and create a plan for change. It will be an important communication tool to share with anyone involved in helping you through the process.

Even though the bedroom is referred to throughout this guide, the methods outlined can be used for most rooms in your house.

Refer back to this guide when you are considering new purchases to be sure that the item(s) align with your intentions.



Your feelings matter.

Step 1:

Stand at the entrance to your bedroom and pause. Slowly look around your room and notice how you feel.

Step 2:

Stand in the middle of your bedroom. Focusing on one wall at a time, very slowly, look around your room and notice how you feel.

Step 3:

Notice the details of everything you have chosen to display in this room, one wall at a time. Are these things providing a function? Do you find them beautiful? Do they fill you with positive emotions? Why are they in this room?



Analyzing the space.

Color or finish on the floor

like

Describe color/finish: _____

dislike

Color or finish on the walls & ceiling

like

Describe color/finish: _____

dislike

Bed frame & mattress

like

Describe style & comfort: _____

dislike

Dresser/armoire/cabinet

like

Describe color/finish: _____

dislike

Wall decor

like

Describe your feelings: _____

dislike

Other decorative items

like

Describe your feelings: _____

dislike

Bed linens

like

Describe color & material: _____

dislike

Window coverings

like

Describe color & material: _____

dislike

Floor plan/function of the bedroom

like

What is wrong? _____

dislike

What is right? _____



Gain a fresh perspective.

Step 1:

Grab your camera.

Step 2:

Stand in the middle of your bedroom. Hold your camera at approximately waist level and take a photo of each wall, one at a time, capturing it from corner to corner and floor to ceiling.

Step 3:

Print these pictures on paper that is easy to write on. Print one picture per page. Look at each one and notice how you feel. It may be different than how you feel actually standing inside the room.

Printed pictures often make it easier to see our spaces differently. Use these pages to make notes to yourself about how you feel and what you may like to remove from the space.



Creating the Plan

Step 1:

Create a Pinterest board, one board per room of your house.

Step 2:

Search for images based on a feeling you want for your room. For example, search for “serene bedrooms” or “luxurious bedrooms.” Save only the images that create a positive feeling for you. Continue searching until you’ve collected 5-10 images.

Step 3:

Add descriptive words to each image you save that tells you exactly what you like about that image.

Step 4:

Print your boards and keep them with this guide for reference. As you look at the board as a whole picture, you will start to see a common theme among each image. This is a powerful way to help you determine the look and feeling that your heart longs for.

Step 5:

Review all of your notes up until this point to gain clarity on how you want your room to look and feel. Comparing your current room to the look and feel you desire, evaluate whether the items currently in your room are aligned with your needs and desires. If they are not, consider repurposing or replacing them as your schedule allows.



Communicate with Pictures



LOVE the clothes and bags on display.



Linen Bedding Set in Natural

I love the neutral tones...soft beige, gray, and white.



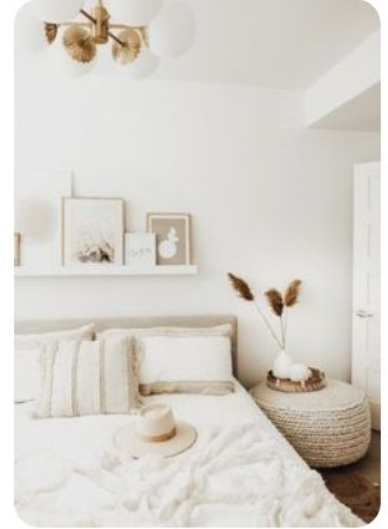
Pure Linen Sheets & Bedding

I love the touch of soft pink in the bed linens.



Linen Duvet Cover in Light

I love the mix of white with natural sisal.



Guest Bedroom

I love the picture frame ledge.



Linen Duvet Cover in Charcoal

I love the thin black frame of the window and how the bed is made up.



I love the black & white portrait.



I love the airiness of the potted plant.

This is an example of a Pinterest board I created for myself that captures bedrooms I love.



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Wish List

- | | | |
|------|--|--------|
| keep | Color or finish on the floor
Describe color/finish: _____ | change |
| keep | Color or finish on the walls & ceiling
Describe color/finish: _____ | change |
| keep | Bed frame & mattress
Describe style & comfort: _____ | change |
| keep | Dresser/armoire/cabinet
Describe color/finish: _____ | change |
| keep | Wall decor _____ | change |
| keep | Other decorative items: _____ | change |
| keep | Bed linens
Describe color & material: _____ | change |
| keep | Window coverings
Describe color & material: _____ | change |
| keep | Floor plan/function of the bedroom
How can it change? _____ | change |



If you would like to receive more inspiration or a digital copy of this guide, visit my website:

JodyPearDesigns.com

There are links to videos I created, my podcast, interviews, and workshops. Plus you will find examples of my work and a link to Facebook where I shared the renovation of my kitchen.



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Do you need to purchase furniture or decorative items and feel overwhelmed with where to begin? I created an online shop for this very purpose; to ease that feeling and direct you to items I have personally curated for others, visit my online shop:

EssentialPearings.com

It also contains items I have created, like downloadable art, candles, duvet covers, and more with my abstract painting and photo collage designs. My shop is ever growing with new items being added on a regular basis.

If you would like a personalized shopping experience, please let me know. I'd love to curate a collection of items or customize something just for you.

