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BREAKING DOWN THE MINDGAME

AN INTRODUCTION INTO CONQUERING
THE DECORATING MYTHS



OVERVIEW

WHAT DOES MY MINDSET HAVE TO DO WITH DECORATING MY HOME?.



One thing I've learned after 35 years of working in the field of Professional Interior Design, is that clients generally have the same challenges and pitfalls to deal with in the decorating process. And guess what? It's not about finding the perfect shade of ecru for the walls, or deciding between a sofa and two chairs in the Family Room vs. two sofas.



THE REAL CHALLENGE

In all honesty, the real challenge to decorating is much more basic than that. It involves laying the groundwork, right from the beginning, for our MINDSET to be in the correct place in order for the process to work.

We all just want to know that when we are done, we will have a beautiful and comfortable home that energizes and inspires us.

THE STRUGGLE IS REAL

However, IT IS OUR BELIEFS, EXPECTATIONS, AND ILLUSIONS OF HOW THE PROCESS WORKS THAT RUINS IT FOR US, and consequently, prevents us from ever reaching our goal.

THE SOLUTION

More than any other reason why people don't accomplish their home decorating projects, is that they get stuck in the MINDGAME. They don't know where to begin, they're not sure what they want, they're afraid to make a mistake, they worry the kids' will destroy it, or they can't find the "perfect" thing.

CONQUER & CONTROL

Once we learn to recognize the Decorating Myths that trigger these MINDGAMES, we can finally say "no way!! I'm not making that mistake ever again!" CONQUERING THE DECORATING MYTHS will change your life, and here we'll discuss one of the biggest Myths of the bunch!

MYTH: IT HAS TO BE PERFECT

TRUTH: IT'S NOT ABOUT PERFECTION

This is where I address one of the biggest mindset shifts that need to be conquered.

In fact, this one is going to make many people extremely uncomfortable. (All of you Type A's out there, I'm talking to you!) I need you to take a deep breath here and repeat after me:

IN DESIGN, THERE IS NO SUCH THING AS PERFECT.

Yes, it's true. Don't believe me? We throw the word "perfect" around like it's the most meaningful, be-all and end-all of the decorating process. We find ourselves saying things like, "if only the paint were slightly more gray, with less brown a touch of tan, and an undertone of red, it would be perfect!"





OR HOW ABOUT THIS SCENARIO....

"We love the sofa! It's comfortable, beautiful, durable, suits our tastes, fits our space, and is in our price range.

BUT, my mom is too short for her feet to completely touch the floor while sitting in it...when she visits once a year. Darn! It was almost perfect."

I once had a client who had been looking for the "perfect" tone of blue velvet to reupholster her chair in....for three years. **THREE YEARS PEOPLE!** What would her life had been like had she simply had the tools and the mindset to make the decision at the beginning of her ordeal? Do you think she was experiencing peace and happiness? This **ILLUSION** that we have to achieve perfection in every decision is keeping us from making perfectly reasonable decisions and finding happiness.





CONSIDER THIS SCENARIO.

My friend Suzanne Hanzal outfits spaces for model homes. In the world of model home design, the most important thing (besides the feeling of the home) is getting EVERYTHING delivered all on the same day. Period. End of story.

This meant that once all the design and planning for every little detail was beautifully specified, she would find herself in the unfortunate position of finding out that a treasured detail or favorite fabric was discontinued. Or backordered. Or damaged on receipt.

Suzanne certainly did not have the luxury of overanalyzing every detail to specify the "perfect" space, but she had the experience to know that there are many ways to achieve an overall feeling.

TEST YOUR PERFECTIONISM



Find a photo of a room that you absolutely love. This space feels like a room that you can walk into right now and feel at home.



Look at each lamp. Would you have chosen that exact lamp for this room, with the same shade, the same finish (shiny vs. matte), color, or texture?



Count how many different fabric patterns you see in the room. Would you have thought that this many different patterns would work together? Would you have chosen each pattern on its own? If you were trying to create your personal dream room, would you have really selected that exact same shade of wood, tile, or carpet?



In other words, your space will look amazing even if the finial on top of the lamp is round and you really would like it to be square.

While details are important, you have to accept that every detail isn't crucial to the overall feeling of the space.



DONE IS BETTER THAN PERFECT

WITH THIS NEW FOUND FREEDOM, YOU ARE NOW RELEASED FROM THE IMPOSSIBLE BINDS OF PERFECTION-FOCUSED DESIGN. YOU ARE NOW FREE TO ENJOY THE PEACE AND HAPPINESS THAT COMES WITH GUILT-FREE DECISIONS AND A (FINALLY) FINISHED PROJECT YOU'LL LOVE.

Ready to stop overthinking and start designing? I can help.

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