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Interior Inspirations

by Dragonfly Interiors

Greetings!

HAPPY NEW YEAR!

Chances are you made some resolutions for 2009! A new year is a great time to look back at the past year and plan ahead for the new one. This issue is packed with information that will surely empower you to get organized and create a home that speaks to who you are. More than ever, our homes have become that safe refuge from the stresses we all face today. We are spending more time at home, enjoying and being grateful for what we do have. In our busy lives it's easy to just continue on the fast track and not take the time to just stop and be. I think for many of us, the problems we face as a country have forced us to look at things differently and become increasingly resourceful. We're spending more time in the kitchen and less time eating out, staying in on Friday nights catching up with our kids, playing a game or watching a movie, and opting for inviting friends over instead of spending an evening out.

My goal is to help you create a home that is comfortable and nurturing, one that represents who you are. After all, if there is one place you can just be, it is in your home.

Wishing you peace & prosperity in 2009!

Heidi

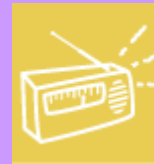
Getting Organized in



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TUNE IN!

I have been asked to be a guest speaker for a show called **Change Your Home - Change Your Life**. I hope you can tune in!



When: Wed., Feb. 4th

**Where: Dreamvisions7radio,
WBNW 1120 AM**

Time: 1 - 2 p.m.

Topic: Staged To Sell

Can't join us? Visit
www.Dreamvisions7Radio.com
or visit my Web site to hear what
you missed!

*Is Staging Worth It?
You Betcha!*

2009

As we start a new year, one thing seems certain: the world outside our front door is more unpredictable than ever. That's why it is increasingly important to transform your home into the safe haven that you deserve, by taking charge of the things that you can control.

If you're like 65 percent of adults polled in a recent survey conducted by the National Association of Professional Organizers (NAPO), your home is at least moderately disorganized. Of the 400 adults polled, 71 percent said their quality of life would improve if they were better organized.

Clutter robs you of peace, focus, clarity and motivation. Getting organized is about creating a space that nurtures you.

So how do you get started?

The first critical step in getting organized is that you have to want to. No one can make you become organized. Once you have decided that this is a worthwhile path, you can move on to the steps that will get you there.

LIST YOUR ISSUES

Sit down with paper and pencil and think. What are the areas of your life where your lack of organization is causing problems for you?

Some examples include:

- "My garage is so full of sports equipment and other junk, I have no room for my car."
- "Getting dressed in the morning is a hassle because my closet is in such disarray."

SET PRIORITIES

Once you have identified areas in your life that you'd like to change, decide which one is the most important and start there.

FOLLOW A PROCESS

There are as many approaches to getting organized as there are organizing books. A very popular technique is SPACE from Julie Morgenstern's book *Organizing From the Inside Out*. The **SPACE** technique is easy to understand and remember, and is readily

A HomeGain survey of 2,000 realtors showed that cleaning, de-cluttering and staging a property can yield a return of 160% to 600%.
Not bad for a few days' work!

Creating an Emotional Home



OK, I know what you're thinking! What the *heck* is an emotional home? Is it full of drama or "bad" feelings? Actually, quite the contrary.

Realtors will often refer to a home as being "emotional." They're saying is that the home has been well cared for and treasured, which brings a feeling of "this is home" to potential buyers - a key selling point. It is a home that not only says "WOW," but more important, it says "AHH," this is where I want to be." An emotional home is welcoming, nurturing, and allows you to be your true self. It embodies the heart and spirit of those who live there.

All behavior and decisions, whether we like to admit it or not, are controlled by the emotional side of our brain. Our environment and actions, whether we are at home, work or play, have a distinct cause and effect on the way we feel. Think of the last time you shopped for clothes. If there were no emotion involved, you never would have purchased that gorgeous black dress for an upcoming event or that comfortable pair of jeans.

And so it is with our homes. In today's world, it is more important than ever to create a home that speaks to our

adaptable to many organizing projects. Here's how it works:

Sort - Create categories for similar items

Purge - Decide what you no longer need or use

Assign a Home - Designate a place for everything

Containerize - Put items into some type of container

(shelves, containers, boxes, etc.)

Equalize - Daily Maintenance

STAY FOCUSED AND ENGAGED

Remember, organizing is a process that takes time and effort. To stay motivated, try asking a friend for help, or rewarding yourself every step of the way. In the end, your biggest reward will be a nurturing and harmonious space.

Tamara Myles is a Professional Organizer who focuses on helping families find more time for what matters most. For more information, please visit www.anorganizinghand.com or contact her at 508-837-4112 or tamara@anorganizinghand.com.

If you've enjoyed this edition of *Interior Inspirations*, perhaps your family, friends, clients and business associates will too! Please help us to grow our mailing list by clicking on the "forward email" link below.

**Whether you're
decorating to dwell or decorating to
sell,
Dragonfly Interiors can help!**

Sincerely,

Heidi Caron-Guay

Dragonfly

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emotions. Certainly the way we stage a home and the way we design it for ourselves are very different, but one thing does not change -- the goal of creating feelings of warmth, comfort and ease for all who enter.

Suggested Reading For Creating
An "Emotional" Home:

- *Creating A Beautiful Home* by Alexandra Stoddard
- *The Nest Home Design Handbook* by Carley Roney
- *The Emotional House* by Kathryn L. Robyn & Dawn Ritchie

Upcoming Class

Beyond HGTV: Into the World of Interior Design

Mondays 6:30-8:30 p.m., 4
weeks, starting March 2.

In this practical, hands-on workshop, discover tricks of the trade and secrets of pulling it all together. For a detailed description or to sign up, go to www.learnconnect.com

*He is happiest,
be he king or peasant,
who finds peace in his home.*

~Johann Wolfgang van Guethe



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\$25**

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for the optimum price?
A staged home is the answer!*

**Save \$25 on the *NEW* "Staged to Sell" or the
'Do It Yourself" staging packages!**

Not to be combined with any other coupon or special promotion.
Coupon is transferable.

Offer Expires: June 30, 2009