

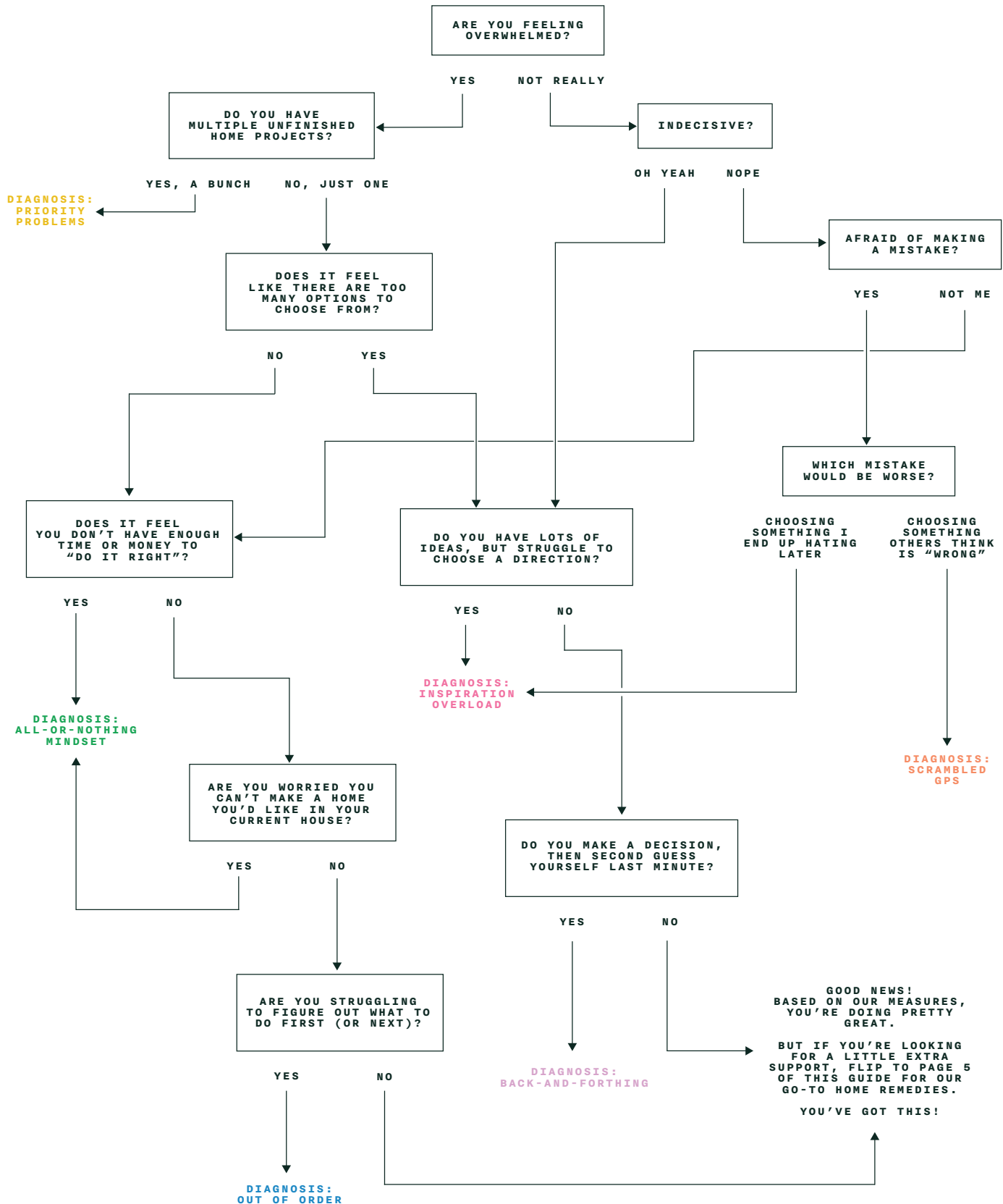
FREE RESOURCE

THE HOME DESIGNER'S GUIDE TO GETTING UNSTUCK

The Most Common Obstacles to
Finishing Your Home Design Projects,
and How to Fix Them

SCHOOL OF JOY

WHAT'S YOUR DESIGN DILEMMA?



DECOR DIAGNOSES

Don't worry, there's nothing wrong with you! These roadblocks are common for a reason: they're a function of the world we live in. Now that you know what you're up against, we can help you get past it.

PRIORITY PROBLEMS

SYMPTOMS

- You have a long list of home projects, but can't figure out what to do first.
- You often start a project only to get distracted by another and another...
- None of the rooms in your home feel finished.

WHAT'S REALLY GOING ON

When you don't know where to focus your efforts, it's easy to feel overwhelmed and lost in a sea of unfinished home projects. This drains your energy and makes you feel scattered and stuck.

THE PRESCRIPTION

The secret to getting going is to prioritize the project that will make the biggest difference in how you live every day. Use our prioritization tool (**REMEDY 1**) to focus on one high-impact project. You'll find motivation in that momentum!

THE PRESCRIPTION

Take time to get clear on your own needs and desires first (**REMEDY 2**), and you'll be amazed at how much more centered and decisive you are when it comes to your home.

ALL-OR-NOTHING MINDSET

SYMPTOMS

- You believe you don't have the money or the right house to achieve your vision, so you're waiting until you do.
- You're too busy to decorate. Home projects always end up at the bottom of the to-do list.
- You're petrified about making a mistake, because you won't have the budget or energy to fix it.

WHAT'S REALLY GOING ON

The curated images in magazines and on social media set the expectation that to "do it right," we need to spend a ton of money and time on our decor. This creates an all-or-nothing mindset when it comes to our homes, which shuts down our creativity and makes it feel impossible to work within our constraints.

THE PRESCRIPTION

Think of some homes you've loved before, ones that really felt good to be in. (Maybe a grandparent or childhood friend's house or a vacation home.) Chances are these homes weren't great because they were full of expensive furniture or labor-intensive DIY projects. In fact, the secret to a great home is that it reflects the rich and varied lives of its occupants. What are you most passionate about? How do you want your home to feel? (See **REMEDY 2** if you need help with this one.) Think about 2-3 small steps that are doable on your budget or in a few hours that would bring these qualities into your space.

INSPIRATION OVERLOAD

SYMPTOMS

- You're constantly finding images you like, but struggle to commit to a direction.
- You know you want to change your home, but can't say exactly how.
- You put off purchases, worried you'll end up hating them later.
- You can't tell if you're choosing something because you love it or because it's a trend.

WHAT'S REALLY GOING ON

When decorating, most of us start by gathering inspiration. While this might seem sensible, scrolling Pinterest before you have a clear sense of what you want out of your space is a recipe for confusion.

DECOR DIAGNOSES

OUT OF ORDER

SYMPTOMS

- You lose steam quickly after starting a home project because you don't have a clear plan.
- There are things you feel you could do yourself, but you're not sure where to start.
- After a few decisions, you feel like you've boxed yourself into a corner you're unhappy with.

WHAT'S REALLY GOING ON

If you find yourself really indecisive or stuck at a certain point in the design process, it usually means there's a step that got skipped without you realizing it. It's a little like trying to build a house without a foundation: not very stable. But once you get the key pieces in place, it all comes together.

THE PRESCRIPTION

In **REMEDY 3**, you'll find a basic overview of the design process I teach in the **DESIGN A HOME YOU LOVE** course. While I'll walk you through it step-by-step in the course, this graphic will help you see if you might've missed a step so far. (Note: For a lot of people, those missed steps are the very first ones. **REMEDY 1** and **2** in this guide can help with just that.)

BACK-AND-FORTHING

SYMPTOMS

- You ask everyone their opinions on your design choices, hoping it will help you feel more confident. (But it doesn't.)
- You suffer from decision paralysis — with so many options, how will you choose just one?
- Even when think you've made a decision, you second guess yourself right after.

WHAT'S REALLY GOING ON

Deciding is hard because it means you have to let go of possible options. (The root of the word decide literally means to kill — you're killing off choices, and each choice is a kind of life you could live in a certain kind of home.) It's even harder when you don't have confidence in your vision for your space.

THE PRESCRIPTION

The first step to confident decision-making is defining exactly how you want to feel in your home. (See **REMEDY 2**.) When you have a clear, compelling vision, it's easier to let go of other possibilities. It also helps to remind you that every day you stay stuck in decision paralysis is one more day you don't get to live any of your visions for your life at home.

SCRAMBLED GPS

SYMPTOMS

- You do tons and tons of research because you're terrified of making the "wrong" choice.
- You like having rules of thumb for how to decorate, but feel lost when a rule doesn't work in your particular space.
- You pay a lot of attention to what design influencers say is the "right" way to do something.
- When speaking to vendors or contractors, you find yourself deferring to their judgement even when you disagree.

WHAT'S REALLY GOING ON

The proliferation of design media has made judging other people's homes an armchair sport, so it's no wonder we struggle to feel confident in our choices. Fear sells, but it's also stifling to our creativity.

THE PRESCRIPTION

You are the best person to design your home, but to do that, you need to trust yourself. This means tuning out external opinions and tuning in to your own true north.* **REMEDY 4** will help you practice getting in touch with your intuition and using it to make confident design decisions.

NOTE

*I believe that everyone has an intuition for what feels good in a space, but we've been taught to distrust it. That's why I created Design a Home You Love — to help you reclaim your creative power and fall in love with your home again. Preview this course at my once-a-year free home workshop: schoolofjoy.co/freehomeworkshop

HOME REMEDIES

Four quick prescriptions to help you break through indecision and overwhelm so you can realize your home design dreams.

1. Prioritize

WHAT YOU'LL DO

Figure out which home project you should work on first.

WHY IT'S IMPORTANT

When a part of your home feels chaotic, stuck, or neglected, you'll often find the same pattern happening in a related part of your life. Prioritizing home projects that target your life goals helps you see deeper benefits and stay motivated.

HOW TO START

Write down all the home projects that you want to work on. (This might simply be a list of rooms.)

Now write down which part of your life each space relates to. What does each space represent?

SOME EXAMPLES

Home office → work, finances
Bedroom → relationship, rest
Kitchen → diet, nourishment
Den or library → leisure, hobbies
Dining room → family, social life
Living room → family, leisure
Bathroom → self-care
Closet → self-image

Looking at your list, which area of your life needs the most attention right now? In which area do you have goals or big shifts you aspire to? **This is the space to focus on first.**

HOME REMEDIES

2. Visualize

WHAT YOU'LL DO

Get clear on your wants and needs so you can create a vision for your space.

WHY IT'S IMPORTANT

Indecisiveness and choice paralysis are often signs you're not exactly sure what you want. Once you have a solid idea of how you want your space to feel, making decisions (and agreeing on them with your partner) will feel like a breeze.

HOW TO START

Time to dream: Picture your ideal life in this space.

What does it look like? (You may want to envision the space on one ideal day.)

How do you want to feel in the space? Write down any words that come to mind, then narrow down to 3-5.

Imagine you don't change your space at all. What will you (or others) lose out if you never make this vision real?

NEXT STEP

In our free **5 SECRETS TO DESIGNING A FEELGOOD HOME** workshop, I'll show you how to use your answers to these questions to help you get inspired, without getting overwhelmed by options or the fear of making a mistake. Sign up at SCHOOLOFJOY.CO/FREEHOMeworkshop

HOME REMEDIES

3. Organize

WHAT YOU'LL DO

Figure out where you are in the process and what to do next.

WHY IT'S IMPORTANT

In our consumerist design culture, decorating often seems like checking items off a shopping list. But diving straight into shopping skips some important steps. Having a clear process will help you feel confident as you create your home.

HOW TO START

This is the process I teach in **DESIGN A HOME YOU LOVE**. It's designed to help you gain clarity on what you want, translate your inspiration into workable ideas for your home, and use what you already have before going out to buy more.

Design a Home You Love Design Process

Prioritize

Choose where to focus

Assess

Identify the problems and opportunities for change

Envision

Get clear on what you want out of your space

Get inspired

Gather ideas to spark your creativity

Plan

Create a Space Story, budget, and realistic plan to implement your vision

Test

Test your ideas before you invest

Make it real

Layer in old and new items to bring your vision to life

Where are you in this process right now? Have you skipped any steps?

One step that commonly gets skipped is Envision, so if you haven't done so yet, make sure to use **REMEDY 2** to put some words to your dreams for your home.

HOME REMEDIES

4. Tune in

WHAT YOU'LL DO

Make space to listen to your own intuition.

WHY IT'S IMPORTANT

We live in a world that teaches us to look outside ourselves for answers. We're trained to look at influencers, experts, and data to make decisions. But this can make us vulnerable to trends and bad advice, and leave us feeling like we're living in someone else's house. This exercise will help you hear your own inner voice, so you can feel confident your design is truly, uniquely yours.

HOW TO START

Next time you have a design decision to make, try this:

Get out of your head. Focus your attention in your body.
Look at each option and notice any feelings or sensations that come up.

This may be hard if you're not used to it. It might help to think about it this way.

Do you feel drawn toward this option? Or do you feel yourself pulling away from it? Approach or avoidance is the most basic intuitive signal.

If you ever feel lost, come back to your vision for your space.

Remember how you want to feel in your space. Which options create that feeling for you?

NEXT STEP

Nicely done!

You've just completed all your pre-work for the **5 Secrets to Designing a Feelgood Home Workshop.**

Time to take that clarity about how you want to feel at home and bring it to life in my once-a-year FREE live workshop. Sign up for an upcoming session at schoolofjoy.co/freehomeworkshop