



New Year Goals to Live Your Best Life

By Amy Fischer | Image by Spectrum Interior Design.

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It is wonderful to reflect on highlights and special memories from the past year. This time also allows opportunities to learn and grow from experiences we may have wished to be different. Looking forward to the new year with fresh beginnings invigorates us to set goals that make this year even better than those before.

When we think about where and how we spend our time, we usually find that our homes are our safe haven to unwind from the everyday busyness. They are the gathering place for meaningful connection with family and friends. During this time of reflection and goal setting for the new year, consider the ways that your home could serve you and your lifestyle even better.

Is there a difference between how you currently feel in your home to how you would prefer to feel? How do others feel when spending time in your home? What changes could you make to your home to improve your overall quality of life?

There are many techniques and approaches to interior design to evoke the moods and feelings you want to experience in your home. Wherever the gaps, there are solutions! Consider these tips and tricks to apply yourself, or, enlist a design professional to guide you through the process.

Release Accumulation

To feel calm and at ease in your home, provide your eyes places of rest. Consider your accessories and accumulated collectibles and question whether they still bring you joy. Release items that no longer hold personal significance and donate the excess to simplify your surroundings.

Organize for Efficiency

Organizing can be therapeutic and brings much relief to the mind. Revisit where and how you store your items with consideration to workflow and efficiency. Would custom cabinetry, closet organizers or new furniture allow you to find your belongings quicker?

Set the Mood

Colors, patterns and textures set the mood and tone in a room. Soft and muted colors bring a sense of tranquility, while vibrant colors and bold patterns bring energy to spaces. First think about how you want to feel in each space, then assess if the fabrics and patterns used in those spaces are in alignment. It could be as simple as relocating furniture pieces or reupholstering your favorites, or it could be as extensive as an overhaul to the rooms of importance.

Furnishings Arrangement

Furniture groupings can be arranged to promote conversation. Begin with evaluating how many people you would ideally host in each room, then look at your furnishings to estimate the number of people that could sit comfortably. (For example, a sofa could sit 2-3, depending on the length). Could new or supplementary furnishings allow you to host gatherings without exclusion? Angle furnishings to support direct eye contact and consider the spacing between pieces to allow audible communication.

Home Layout

Your home floor plan design can inhibit or encourage effortless entertaining. Consider the size and adjacency of spaces to determine if changes could improve the ease and convenience of hosting your family and friends. Large great rooms with dine-in kitchens directly open to the rear yard promotes casual indoor/outdoor entertaining. Formal spaces, like Living and Dining Rooms, are best situated close to the Entry to invite guests in with beautiful visual interest. Would a home remodel allow you to expand spaces or change adjacencies to help you live and entertain more comfortably?



Reflect Yourself

Your home should be a reflection of your personality and the culmination of your experiences. When you look around your home, does it represent who you are and how far you have come? If it doesn't, what things might you want to change? What goals do you want to set for yourself this year to live your best life?

With the right mindset, the new year can be an energizing time to dream of the possibilities.

For additional ideas or to be further inspired, visit: www.SpectrumInteriorDesign.com

Amy Fischer is the founder and principal interior designer of Spectrum Interior Design, the leading Silicon Valley firm specializing in full-service luxury design for newly constructed homes and speculative estates.



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