



**SERIOUSLY.
HAPPY. HOMES**

10 Practical Tips

- FOR MAKING YOUR HOME -

Happier Now!



1

Remember the good times.

Print out those images from your last adventure, frame them and put them on the wall. No frame? No problem! [Check out this quick and easy gallery wall idea](#) from our CEO, Rebecca!



2

Rethink your alarm.

If you are waking up every day to a blaring, grating beeping noise, consider an alternative. Why not set your phone or smart speaker to wake you up with a toe-tapping song, or your favorite podcast?!



3

Fix or clean something.

We don't always have the time or budget for the big projects, but little changes can bring about surprisingly big shifts in energy! Want proof? [Check out this story](#) of the time Rebecca *finally* fixed the lock on her front door, adding joy not just to her day, but to her marriage!



4

Paint something.

Paint is our most favorite transformation tool at Seriously Happy Homes. Whether you paint a whole room (check out how cozy the navy blue paint made [this basement family room](#)) or just the inside of your front door, a fresh coat of paint has the power to change everything!



5

Turn off (or up) the noise.

Remember that we have 5 senses and what you hear is a part of making your home happy. If you're sensitive to noise, consider turning off all radios, tvs, vent fans, and other noise makers for an hour. Just call it a "power outage" and use that time to rest your ears. Alternatively, you can use sound to your advantage. Turn up the music and dance, or ask Google to play the sound of a thunderstorm or some Chillhop vibes if you need to mellow out for a bit.

6

Open a window.

Speaking of the 5 senses, what we *smell* is also part of having a happy home. Regularly air out your home by opening the windows. Bring in houseplants to clean the air. Change the filters on your vacuum. And be thoughtful about the air fresheners and candles you light, enjoying the smells while keeping the air as fresh and clean as possible. No need to poison yourself with chemicals just to have that “clean linen” scent.

7

Control the light (and the noise).

Window treatments aren't just for looks — they're supposed to be functional, too! If you need a little more quiet and a little less light in your bedroom, hang up some decent curtains. Off-the-shelf options are the easiest and most cost effective way to create a quiet and dark cocoon for sleeping.

8

Bring in nature.

Whether you fill your house with plants, or just get a window-hung bird feeder for outside your window, connecting with nature has been proven to slow down our heart rate and lower blood pressure. Not much of a green thumb? [Here is a list of easy-care plants!](#)

9

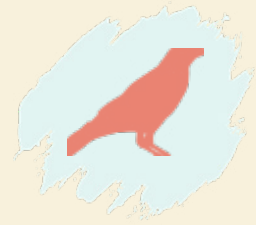
Clear the clutter.

Having a home that is too full of stuff, especially of stuff that no longer works or fits (or that you never really liked in the first place) is no way to set the stage for feeling seriously happy. Take a carload to charity and we guarantee, you'll feel ten years younger and ten pounds lighter. It's like spending a day at the spa, only with longer lasting rewards! [Learn our favorite way of eliminating clutter here!](#)

10

Set a housewarming party date.

There is nothing like a deadline to make sure you get sh*t done! If you tend to procrastinate, then create your own deadline. Schedule the housewarming you never had, or, if you're not comfortable having that many people over, schedule a family photo session in your home. Just knowing someone's going to come over and take fun family pics of you in your living room might be just the kick in the pants you need to get through the to-do list.



BONUS: Be grateful.

Make a list of ten things you appreciate about your home. From easy-to-forget luxuries like on-demand hot water and morning showers, to your favorite things like grandma's tea set, list all the things you *do* have. Just focusing on what we have, rather than what we don't, is a sure way to get instantly happier at home!



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We help you navigate the mountain of overwhelming decisions you have to make for your project so you can get in (and OUT!) of the design phase quickly and efficiently.

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