

the  
**RENEWAL**  
guide 7

ways to  
*refresh your*  
*home & heart*



valerie griffin

# 1

## Clear the Clutter

An untidy space often clutters the mind, not just the room. Living produces stuff - stacks of paper, piles of receipts, miscellaneous items strewn about - so having storage solutions in place helps corral the clutter before it multiplies into chaos.

### *home*

Take inventory of places where stuff accumulates. Look for decorative storage solutions (boxes, bins, baskets, and trays) to contain necessary clutter. For the unnecessary clutter, commit to routinely tackle the mess (such as junk mail into the trash, school papers sorted weekly, and desk area organized consistently). And involve your family, so the household works together for a renewed home.

### *heart*

Feeling overwhelmed indicates the soul needs attention. Pause and take inventory of your soul clutter - the duties, demands, decisions, dilemmas, and even delights filling your mind. When we don't take the time to see and sort through soul clutter, it often leads to a regretful reaction.



### **pro tip:**

Use decor to contain clutter, such as storage ottomans, baskets/bins on open shelving, and buffets & cabinets to store the unsightly (yet necessary) ingredients in a room.



# 2

## Frame Your View

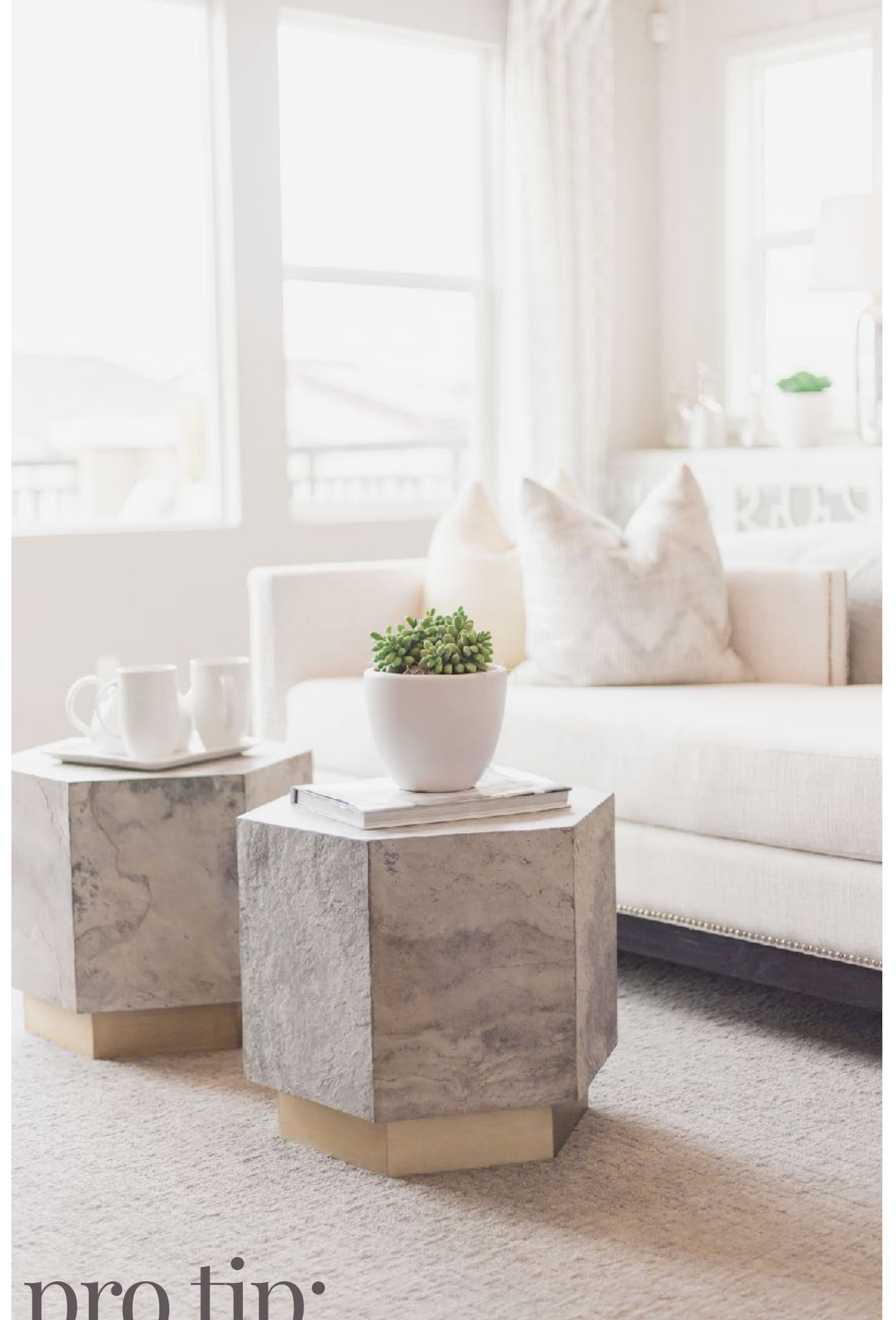
Essential to the architecture of the room, windows provide light, view, and a place to feature fabrics that soften and enhance the space. Drapery panels or decorative valances infuse personal style into the room and frame your view of the world outside.

### *home*

For a fresh look, change your window coverings. Choose side panels in a pleasing pattern or a solid textured fabric. Consider adding a new color to your room's palette, or change the palette completely with a stunning new drapery fabric as your inspiration.

### *heart*

If the eyes are the window to the soul, then the lenses of perspective are the draperies. Sometimes when things start to look cloudy, dim, or just blah, we need to consider what is framing our perspective. Negative influences from culture, seasons of struggle, and unmet expectations hinder our view to see the beauty in our lives. Spend some time gazing at your life through the framework of gratefulness.



### **pro tip:**

Hang curtain rods at least six inches above the window to make the room appear larger and draw the eye upward. Panels should hang 1/2" off the floor (puddled panels are hard to maintain).

3

## Illuminate your Interior

Without light, we cannot see anything in the room. Colors, pattern, textures, layers - these aspects bringing interest and beauty and depth to an interior remain hidden without illumination.

### *home*

Switching out your light bulbs to LEDs (especially if they are fluorescent) offers consistent lighting throughout the home. Place at least three accent lamps in the living room and bedrooms to balance the light and provide adequate ambient lighting. Consider adding a new chandelier above your dining table, a lantern in your entryway, or sconces in the bathroom.

### *heart*

If we try to renew our hearts without the illumination of scripture, we won't see clearly. Shadows mimic truth, obscuring our perspective. God's word lights our path in this life (Psalm 119:105). Spend time reading scripture today, and ask God to shine His light in your heart (2 Corinthians 4:6).



### **pro tip:**

Install dimmers throughout your home, providing flexible lighting options for various activities during different times of the day.



# 4

## Nurture with Nature

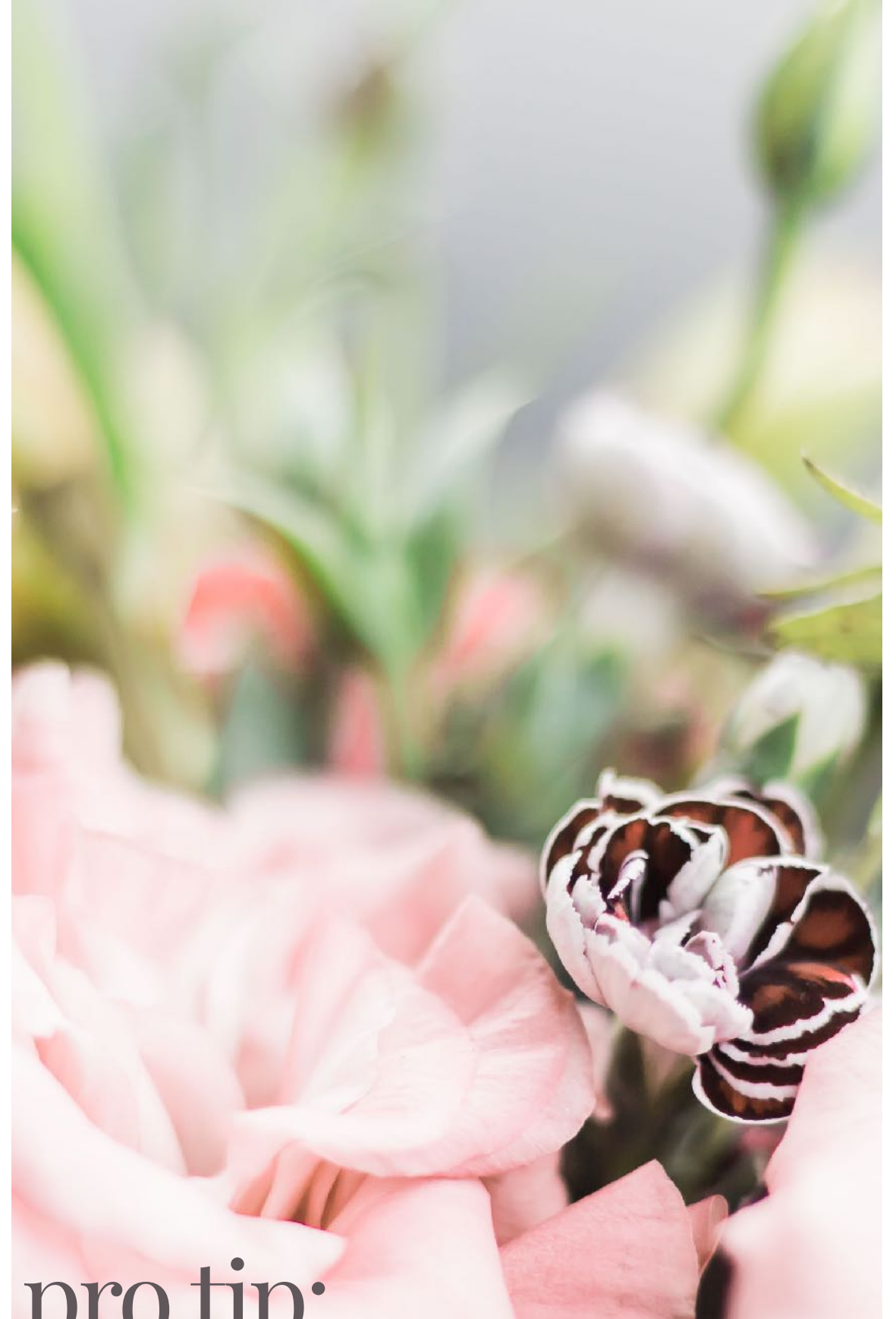
God created a beautiful world for us to dwell within. He uses the sky, nature, and the changing seasons to visibly represent attributes of His character or facets of our faith. The changing environment outside our front door provides a classroom of lessons on renewal if we'll pause and take notice.

### *home*

Look to nature for inspiration. What takes your breath away? The soft blues and golden pinks of a sunset sky? Ombre patterns of green leaves on a wooded path? Intricate spots of amber and black on a butterfly's wings? Choose hues inspired by creation to nurture your home with nature.

### *heart*

The best way for nature to nurture you is to get outside and let it. Feeling the warm sunshine, cool breeze, or even refreshing raindrops renews us in ways our interior cannot. Go on a walk for a multi-sensory experience of renewal. Listen to the symphony of sounds and see the works of beauty God created for us to enjoy.



### pro tip:

Purchase flowers from your local grocery store, then divide the arrangement into 2-3 smaller bouquets. Place florals in a vase on your mantle, dining table, and nightstand.

# 5

## Enjoy Simple Pleasures

What do you really enjoy? How often do you enjoy it? Taking time to nourish the soul with life-giving activities provides the fuel we need to do the life-draining activities.

### *home*

If morning coffee is your simple pleasure, dedicate a space in your kitchen to indulge. Use a unique tray to group your favorite cup and coffee supplies. If reading is your simple pleasure, stylishly arrange your bookshelf (by cover color, by genre, or separated by favorite tchotchkes). If making art is your simple pleasure, make room to create it. If exercising is your simple pleasure, contain your workout clothes and equipment in an efficient but decorative solution.

### *heart*

God, the great Designer, created you. He continues to curate your signature style (your personality, skills, and life experiences) for you to know Him more and showcase His glory. Delight in your unique design. Enjoy the life He's given you. Take pleasure in the seemingly small, yet significant daily blessings. And give thanks for it all.



### **pro tip:**

Creatively display your simple pleasures. Use a decorative tray to gather your favorite things, such as coffee supplies, a small collection, frames photos of loved ones, and your Bible and devotional books.



# 6

## Push Pause

Do you feel a bit ragged from rushing, overwhelmed at overcommits, or tired of your too-long to-do list? We need to push pause on the pace of our lives. It takes intention to create a haven from hurry in our homes and hearts. But experiencing renewal is worth the effort.

### *home*

Designate a place in your home where you push pause, a reprieve from the noise of the day. This retreat could be a comfortable chair, a soft settee, or a couple of fun floor pillows in the corner of the room. Protect this space, keeping it clear of clutter so that when you sense stress rising, your respite is ready to offer relief.

### *heart*

We are busy creatures, yet God tells us to be still and know that He is God (see Psalm 46:10). Go to your “place of pause” and hush the urge for hurry. Just be. Dwell on God; He is our calm in the chaos. Return to this place regularly to create a daily or weekly rhythm of renewal.



### **pro tip:**

Place small side tables around your room, especially beside chairs. Plant stands, decorative trunks, or tray-topped ottomans can also be used as unique substitutes for tables.

# 7

## Restore a Restful Retreat

The experts tell us we need at least eight hours of sleep for our health. And whether you get the full amount or less, rest is a routine in your 24-hour day. Often, though, our bedroom becomes cluttered with daily debris, resulting in a caffeinated mind hindering good rest.

### *home*

Scan the surfaces of your bedroom: the nightstands, dresser, tables, and even the floor. Clear out the clutter. Place a framed photograph that makes you smile on your nightstand. Leave one book you are reading beside it, along with a table lamp and a small bud vase or plant. The rest of the surface should be clear, which encourages a clear mind as you drift to sleep.

### *heart*

Do you have a rhythm of weekly rest? Consider dedicating one day a week to soul care. Determine a day or half-day in which you pause as much as you can from your regular work (job, duties, chores), so you can relish rest. This day might include reading, time with others, and enjoying your favorite activities as you nourish your soul for the upcoming week.



### pro tip:

Layer your linens for a look that invites relaxation. Choose soft cotton fabrics that envelop the bed in a comfortable cocoon. Also, making your bed is a simple step to creating a restful retreat.



# about valerie:



I love faith, family, and furnishings.  
And alliteration.

I inspire renewal in hearts & homes.  
I'm an encourager dedicated to  
helping you dwell beautifully in the  
life God's designed for you. I believe  
the process of renewing our hearts is  
the most rewarding renovation on  
earth because the ripple effects extend  
to our home in heaven.

Let's connect



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## *home*

I've worked in the interior design business for over 20 years – long enough to see trends come and go and some come back again, whether we want them to or not. I love the challenge of finding beautiful solutions for people to create a place they love coming home to. **{Learn more}**

## *heart*

I hope to inspire renewal in your heart, by helping you clear the clutter of your soul, so that you can enjoy the beauty of dwelling daily with your Creator. It's what I want for myself, and it's why I write these words for you. **{Read more}**

## why we need *renewal*



Renewing your heart is a worthy endeavor because it is the place, the inner sanctuary, where you **live with God**. Christ not only dwells with you, but He is redesigning your thoughts, your character, your desires, and your activity to reflect his righteousness. **{Read more}**