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Welcome back to the Space to Be. Well. Hi, Valerie.

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We're going to have some fun today.

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For our listeners, we are in our first season of the Space to be. Well. And we are talking about wellness design as a philosophy. It's sort of a big picture, right, in terms of achieving

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wellness and well-being in your homes, in your work environments.

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You know, we touched upon the fact that many people think of wellness design as a an interior, you know, that looks like a spa or replicates a spa. But we understand that wellness design is a means to an end. It's how we accomplish wellbeing in our built environments through the resident framework. And this is what we're talking about today.

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You know, we touched upon this in our last episode. That the resonant framework is the key to achieving true wellbeing in the built environment. So we're talking about wellness design as a philosophy and a means to an end through the resonant framework which has four dimensions. So last episode we talked about, renaissance and resonance as it relates to the interior, how we resonate with space through our identity and how we relate to the space and how the space nurtures us.

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And that's how you achieve part one of wellbeing in the space. And you have to follow all the dimensions to achieve this. So today we're focused on the second dimension, which is behavior. So this is a big one. It's a big one. It's a big topic. It is a big topic because, you know most people are familiar with the term form and function, right.

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I think the second dimension is more of the function. Maybe the, first dimension, which was identity, was focused a little more in form potentially. But the second dimension is definitely all about function. And it's focused on our behaviors. It's focused on our daily activities. It's focused on our rituals. And it has a lot to

do with layout and flow, which is really like it's huge.

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How we flow and move through the space can either hold us back and create friction, or let us flow exactly who doesn't want us to? Who doesn't want to flow, right? We call this lifestyle driven design. Lifestyle driven design. So lifestyle drives the design. Identity drives the design. Lifestyle drives the design. And in order to do that, we're going to tap into these ideas that help support how you move in your space and thinking about what you do every day, how you sleep, how you eat, how you move, how you create.

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You know, even in your place of business, right? It's sort of like your silent copilot that is helping you move throughout your day. And it really isn't that which design and having a well designed, should that feel like automatically your space is just, you know, like your best friend that's just right along with you, throughout the day, just making life easy.

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Like. That's fantastic. Exactly. But you got to put the hard work in to get the dream right. The result? Exactly. Because, you know, once you really do this deep dive on your lifestyle and your rituals, you know, from when you wake up in the morning to when you go to bed, what are the things that you're doing over and over again?

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And how is this infused in your design so that you are flowing from the minute you wake up to the minute you go to bed? I love it, and that's what this episode is all about. Shall we dive in? You know, this is I talked a little bit about form and function. This is all about the function and this.

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And what that means is it's all about the details. I've always said you, you know, we talk a lot about this design is in the details or successful design is in the details. Right. Successful design is in the details. That's what, you know, that's how you have to dig into really working through these details, how your behaviors are infused into the space and how that happens.

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And, how you design the space for flow and functionality and to move through the space from, you know, what's what's holding you back, you know, storage. Are you frustrated? Are you flowing. You know. I love it. Yeah. I think one of the things that we could touch on here too is, you know, just even thinking and there I want to challenge

our listeners again, you know, to really be thinking again, it's so easy just to go about our day to day and just be like, oh, you know, this, you know, maybe you do get a little frustrated, but it's just like, whatever, you're just moving on, right?

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It like move, there's so many things to do. But it's and again, taking that step back that we can really evaluate, hey, wait a second, why do I keep doing the same thing over and over? And I'm frustrated every day? Why don't I change it? But it's just like it doesn't. It doesn't always click right, right in the moment.

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Like I should change this. And so I think we want to ask our listeners today too, you know, when you have that moment where it's just like you have that friction, you have that hesitation of like, oh, this is frustrating, or this isn't working for me to take action and, and make a note of that. And, and just, you know, find, you know, let's dig deeper and find a solution with that 100%.

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It's about what, you know, what's holding you back. And I think it's asking those questions, you know, and not just accepting the frustration. Right. Okay. So confession okay okay. So my foyer is an Amazon graveyard. And it's not by my not by my father okay. Talk to the Harvey. He likes to order in quantities and so. Okay.

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All right. Fair enough. We never run out of paper towels. However, I have, an Amazon graveyard to deal with in my foyer, so. And it's sort of frustrating. It's, like frustrating that, you know, while we enjoy the convenience, you know, if it being delivered to the home, we're both, you know, working professionals and, and while it's convenient for certain certain products, at the same time, I think it needs to be thought out, you know, now that you have this kind of new thing, right, where you have all this incoming deliveries to your home, what happen like, and I'm, I know I'm not alone.

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I know I'm not alone in this. You know, we get deliveries to our house all the time. In fact, when we're designing our businesses for our customers, we think about receiving, you know, where where did the deliveries go? Who's receiving them? Where does it go? I think we have to have that same mindset when we're thinking about our our home.

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And that's the level of detail and care that I'm talking about. You

know, there may not be an immediate solution because to life's biggest problem, sometimes there's not. Yeah, exactly. But if we want to fix the problem, we need to give it time and attention. And I think that's why we go through life, you know, sort of, you know, just accepting the friction, accepting the things that are not working and just moving through the day.

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But and we're going to talk about time. But what would that really save you if you really took the time to think about what's not working and, and what is in your home? Absolutely. I have, and, you know, a home office that you just recently remodeled, as you know, and, I think for me, it kind of got to that point where it's just like, you know, I use it as a creative space, but it also needs to function for, you know, my day to day if I'm working remote, and those sorts of things.

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And, and so there's a lot of kind of planning that went into it. And that wasn't just an overnight thing, where it's just like, one day I woke up and I'm going to redo my office, which sometimes that does happen right where you have these over overnight thoughts or it's like, I'm doing it this weekend, but I, you know, really took a pause on that because I really wanted to evaluate and dig deeper myself and kind of do this kind of review of like, what is it that I'm actually need to have in my office?

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What can I get rid of? What can I, how can I better organize this? How is this going to work for all of these different reasons of how I'm going to use my space and, you know, really by doing that, I was able to, just really consolidate? I feel so, so much more productive. It's the spaces, you know, generally it's uncluttered, it's clean.

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I can think, you know, like sometimes, like, I've had that thought where I've been in this space and it's just like, there's just so much stuff you can't even think like, I know I'm not. All right. No. And so anyway, the it's just I'm going down this road, this path here with you just, and thinking that, this really change your life, these thinking about your behaviors or rituals and these things of how we can improve those and move past that.

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It's not an overnight thing, but when you do the work, it really yields a good result. Like, I feel so productive in my space now. I think that's just a small example of how small things can really make a big impact. Absolutely. Want to change your life? Change your

behaviors. Oh, I like it. Oh, that just came out.

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Why don't change your life, change your behaviors, and also change what's supporting those behaviors. If you want to quit drinking it, get rid of the alcohol right? You know, but on a on a bigger level it's the. And I think you're exactly right. You know, you want to change your life. You have to think about these details. That's holding you back.

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That's sort of a a big idea, right. But it's really all about the smaller ideas. Like what is it every day that's holding you back? You know? And so you need to be thinking about these details. Design is absolutely in the details.

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Valerie. Let's talk about this idea of time and productivity, because you're talking about your office. But it just it doesn't have to be an office. It doesn't have to be your work environment. But even at home, don't you want to be productive? Whether you're working or not working, you want to be productive. And I think there's something to the idea that when your space aligns with your rituals and behaviors, particularly the positive ones, that you will ultimately save time.

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I mean, time is so important. I think for everyone who believes such busy lives, whether it's you're taking the kids somewhere, your, you know, it's it's a work, you know, environment. And yet any of these things that we do on the day to day, that it's just, like, just feels like there's never enough time.

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And so I feel like if there's a way and there is for us to be able to, to get back, you know, a half an hour, an hour extra a day or a week that that's time that we could have back to used for self-care to, you know, make better, connections with friends and families. There's just put it towards things that, like, I feel like are the things that really matter, that make us happy.

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And that's wellness right there. And that's what we keep talking about. You know, it's this resonant framework. It's it's doing your due diligence. It's creating a space that supports your lifestyle. It supports your identity. And when you do that, in a sense, you pick up time. And that's time that is spent on your self and reflection and, meditation and in caring for yourself, caring for

others, sharing life with other people.

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And all of this contributes to the well-being in our built environments. And I think that's such an important aspect of understanding how time impacts well-being. You know, if we're always hurried and we're missing a step and we're, we're we're stumbling over things that are friction. You know, you didn't think about your closet, right? Your your your clothing.

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Right. You know, I'm a fashionista, right? And I have not. I'm in the planning stages of my new closet design. And wouldn't it be nice to not have to think about what you're going to wear? It just was effortless, right? The way it was organized and seasonally, you know, organized by season, organized by, you know, lifestyle.

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And that's sort of what's going into my closet design, right? Whether you're going to the country club or you're going to work, you have an event or you're just lounging, you know, your lifestyle for, you know, active activewear and how that all falls into, you know, your organization of your closet. I mean, this is something we do every day.

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We get dressed. Right? So that's what we keep talking about is this idea of these things that we do every day, like get dressed, like going to the kitchen and making your protein shake, you know, and how that all aligns with your lifestyle, especially those positive behaviors and positive rituals that you do. So it enhance is that I think is beyond beneficial.

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Oh my gosh. Yeah. I think there's sometimes so many decisions that we make in a day. I know myself sometimes even just even just from work, there's all of the decisions that we make and let alone all the ones that you make for yourself during the day. From when you wake up. So you go to, to to go to sleep at night.

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The most common one at my house is what's for dinner. Right. So, like, if, if, if I eliminated, you know, all of those, those little tiny pinpoints and roadblocks. Right. Just like we don't have to have that conversation. I don't even think people realize, how how decision making, can be such a burden on your day to day.

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And these little things, they add up, you know, and that's what we're talking about. Let's let's save time. How can we be proactive? How can the space support me to make this easy, that we can just flow through, through our day and, just be like, living our best life? Exactly. Eliminating the friction, eliminating the roadblocks, eliminating the pain points and finding flow, which is while being,

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And so I challenge our listeners to think about here's the challenge. What can you do today? What can you do today? Maybe not to if not today, this week or this month, that you can change in terms of design in your life that would positively impact your overall well-being, that being your happiness, that being your flow, that being your time.

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And so I think the way you go about understanding what that is, is really understanding what is causing the, you know, how to recognize the pain points, right? If you are frustrated, if you look at something and you're not happy, you know, just in a it could be a room, maybe not the whole house, but there's a room like my foyer, right?

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I want a foyer to be welcoming and beautiful and open and have this organic component to it. And, you know, instead, I've got boxes, and that's not fun. It doesn't make me happy, you know? So I'm going to solve that. It's a big investment, but I'm opening up the front of the house and I'm putting in a new foyer.

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And this foyer is not going to be gargantuan it but it's going to be larger scale. And I'm adding, a beautiful sort of minimalistic storage closet. You'll never see it because it's going to blend in with the walls. So as we get the boxes in, you know, we we stacked the closet, there's a place for it. And then the boxes go to recycling very quickly and so they're sometimes it's not an easy fix.

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And that's what we're saying from the very beginning. Sometimes to change your life, you have to make big decisions. I think there's ways to solve problems. You know, like I said, think about it. What's the one thing you can do today, this week or this month? There's always something we can do to change your life, to support your lifestyle.

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But then there's the planning, there's the the decisions. And you just know this is not working. You know what is it that you can do, like your, your, your closet, your walk in closet that's not working for you? You know, it can be better. What are you waiting for? And then what are you waiting for? Right. If it's, you know, it's sort of the catch 22, you know, if it's going to save you time, but you don't have the time to invest.

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You know, you have to sort of just make that decision that in the long run it's going to save you time, and time is money. I believe that I believe that time is money. And I think that it's worth investing in your yourself so that you can focus on the things that you want to do. You want to focus on your business.

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You want to be successful, right? Let all those other little things, you know that that if life's flowing, you can focus on the things that are important to you, like running and managing your business. You know, without the the little hiccups that get in the way, thinking about what you're going to wear to work every day or what you're going to have for dinner and how you're going to prepare it, and to make it easy and and to make it easy, you know, if you have your meals delivered to your home like I do, you know, I have an area carved out.

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So when I get that Sakara Life box, with with my meals, they go, you know, right into the refrigerator. It's an easy, easy routine. But there's a place for everything and everything has its place. And that's what behavioral life style design is all about, is supporting that lifestyle,

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Let's talk a little bit about quality over quantity. We touched a little bit about this. This in our last episode. This striving right. We're always thinking about, you know, bigger better. You know I'll be happy when I'll be happy. If you know it's I think that if you want true well-being, well-being to me and a wellness driven life is very present and so we have it's great to plan and it's great to have goals.

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But I think it's also very important to be satisfied where you're at in your life. That's that's what well-being is being present, being happy, being content and and also revolving your design around that lifestyle. So, you know, I'm a big proponent of quality over quantity. Less is more. And so I think that's something we really, I



think that's a big topic, right.

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You know, is taking what you have the, you know, even if you don't have the biggest house and making it work for you instead of focused on the striving, focused on the here now, in the present, we can't predict the future. We certainly can make decisions that help us forge forward and have an amazing future. But it's also important to focus on the here and now.

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Absolutely. And I think, just to piggyback on what you're saying to Michelle, there's really this the grass isn't always greener on the other side. And I feel like is so true. And, you know, finding even just starting with the smallest of things to to make that change in your own, world as it is right now, I think really can start to give you that, mental lift that, like, hey, I'm making change.

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And doesn't it always feel so good when you make a change and you, you put something in motion, it's like, yeah, I'm moving forward. And like, this is great. I, I'm, I'm feeling good. You get I get a little high about that. And as far as I'm concerned. And so I think there's something really cool that, that you could tap into here where if you're really focused on just even everyday making these small rooms, that it's going to help lead you to, to feeling your, your best and really contribute to well-being.

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So, listeners, you heard that you heard my challenge report back to us. Report back to us. What you what is that one change that you can do that would help bring flow to your life through design. And that could be storage, that could be moving some furniture around, whatever that is. Report back to us and let us know what those what you did and how it changed your life.

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Maybe it's it can't happen today, but a realistic, timeline of doing that. You know, this week or this month. And it could be the the smallest of detail I think would be key to accomplishing that.

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Here's a fun one, Valerie, what would your house say about you in terms of the flow? If it could speak, would it would it say that you're, a wellness, fanatic? Would it say that you like to relax? Would it say that you like to entertain? Yeah, I think I think a little bit of all of those, actually.

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Yeah. I think I think it would say come on in that feel you feel welcome here and you know, like let's, let's have a conversation. You know, let's, deepen our connection. You know, I think that's the big thing at my house is just having with the flow of everything. It's just, having these areas for connection.

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And, just that really flows anywhere you go in the space. Upstairs, downstairs there's always, always this opportunity to, you know, connect. Exactly. And that's what, you know, that's part of the behaviors. Right. You, you know, if you like to meditate, does your house say that. Would I know by walking through your house that you like to meditate, you know, was there a place carved out for it?

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Is there space for entertaining? Is the house? Is it more of an open plan where you could tell it's very conducive to to inviting people over? I, I'm a big proponent of the open plan, you know, and I have a big island, right. That means it's like big parties, lots of conversation, lots of connection. Right. So I think that's something else to be thinking about is, you know, what?

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You know, what would your house say about you in terms of your behaviors, especially as it relates to how you think your life is or how you want your life to be? If you're a wellness fanatic, does your house really show that? Do you have, a beverage center set up somewhere with, you know, lemon water and, tea, you know, so that it's easily accessible.

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All it's really supporting your lifestyle. It's like thinking out of the box, thinking about your greatest experiences and how that supported your lifestyle and what that that even makes me think of, you know, this, I'm working on the design of my kitchen right now. And one thing that was so important to me was really to put to put my true wellness foot forward, so to speak.

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And, and I wanted my, my kitchen and that environment to really support my efforts of trying to be as healthy, eat healthy, to have, accessible food that's healthy and just to have that be my world instead of, you know, being tempted by other, you know, snacks or things like that, that, you know, you don't really need. And, and so one, one way that, you know, I'm really leaning into this is kind of thinking out of the box a little bit and really just deciding, you know what, I just don't want a freezer.

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I want, a refrigerator in my kitchen that is, has a full glass, front. And I want it to feel like I'm shopping at, you know, my, neighborhood grocery store, where it's just the freshest produce is available. I open my door, and there it is. I can see it. Grab something. And it's just.

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It fosters my priority of wanting to be healthy and to eat healthy by, by including something like that. It's a little bit out of the box. But I think not. I think so farm to table. And then that solves your issue about what to have for dinner, right? It's like, what to have for dinner, honey, are you kidding me?

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Today? And you have all the freshest ingredients, and, you know, it's it's all prepared and and ready for you. And so I would say that when I've seen your kitchen, you know, it does speak to your, your, nod to to wellness and supports your lifestyle.

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You know, Valerie, when we're working with our design clients and our design clients will recognize this. You know, we we start out our design process by asking, we having them fill out a questionnaire and all that is, is just, providing us with information to review prior to having a very large kickoff meeting.

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And so the questionnaire is really in two parts. The first part of the questionnaire, it pertains to the overall look and feel. That's the brand, right? That's the overall look and feel. That's the identity of the space. How do they imagine it to look and feel? That is touching on what we talked about last week, which is, you know, the top of the resonant framework, the diamond.

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It's the it's the first dimension. And the second dimension being behavior is what we touch on with our customers in as part of this questioning. And this is where we're really diving into the floor plan and the layout. So this is why it's so important to identify the behaviors. It's talking about, especially when you're getting into layout. You know how many people will be in your living room at any given time.

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How many people do you want to seat at your dining room table? So

when we're talking about design is in the details, that's the level of detail that I'm talking about. Not even just removing the friction, or just, you know, eliminating the hiccups or the pain points, but helping with the flow. You know, when you're laying out your kitchen, it's the layout is a big part of it, right?

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That's the foundation for everything. And that's why this second dimension of the resonant framework is so important, because it really pertains to two really big things your layout of your space. And that's your furniture and your flow even. Where is the door located on the room? Because it all matters in terms of flow and function. Right. And the connection between space, even how you're moving from the primary bedroom to the primary bathroom to the walk in closet, you know, to getting your car keys, right.

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So that pertains to the layout, and the layout is the foundation for everything. So if you're planning a remodel or you're planning to build a new home, you know, maybe it's not just about the little change. Maybe this is a big project that you're working on. This is why I don't like cookie cutter homes like this idea of just, you know, one size fits all because I don't see everybody's a different size and shape, right?

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Everybody is different. Every family is different. And so, I think it's important to be thinking about putting together those details before your meeting with your architect or before your meeting with your builder, and even maybe meeting as a family. You know, if you're planning on expanding your home or, building a new house is to be remembering the fact that one size does not fit all and that you want to create the flow to fit your lifestyle.

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And it's okay to be different. Yay yay, everybody be different, be different. You be you. I be mean and we like that. Makes me happy. Yeah. Me too. And this is why we, you know, do this deep dive at the beginning of the design process. And, and you listeners should be, you know, thinking about that, whether you're working with a designer or not or an architect, is to make sure that, you know, you've fully communicated all of those wants and needs in a, in a list of, of what is, you know, what's important to you in terms of the flow and functionally, how many people are going to be in this room?

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Do you want a place to read and have a cozy little nook? Do you need a Hebrew emergency room? You know, where are you going to do those?

Creative, creative, plans and ideas, you know, where are you doing your planning? And so I think that's something that's really important, don't you think, Valerie? Absolutely. Very important.

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I think, if you're working with a designer or an architect or somebody who hasn't been asking you those questions, or you're you're not going in prepared, I think you're doing your, a disservice because really, that's the best way to kind of start that process of making sure that you get what you actually, you know, need what's actually going to, to let you have that true wellness space and design that it's going to help you live, you know, in the best way possible.

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Exactly. And that's why I'm also a big proponent of living in a space before remodeling it, or even buying a home that has good bones that you can transform to fit your lifestyle versus just building something from scratch. Because the when you build something from scratch, that you better have thought through every single detail. And I know personally people who have built homes from scratch, and at the end of the process, they're always like, oh, I made this mistake and I made this mistake.

00:34:59:23 – 00:35:23:04

Unknown

I wish I would have known this. I wish I would have known that. And, when you're building a home, there's a lot of pressure because, especially, you know, working with certain home builders and they're, you know, pushing you through this process and especially if you have limited funds. Right. And so you have a limited budget, you know, you're really forced to make decisions very quickly.

00:35:23:06 – 00:35:56:02

Unknown

You know, what countertop materials do, what what handles, you know. But at the end of the day, this is what we're talking about. Design is in the details. And so you may miss those details. And so when you purchase a home that has good bones that has the opportunity for expansion, you can live in that space. And then you start the planning phase of how now, how do we transform this house to truly fit the lifestyle and that is where the magic really happens.

00:35:56:03 – 00:36:25:13

Unknown

Absolutely. The transformation that I think you can achieve after you've really sat with a space and really observed your behavior, like how how you, you know, where you like to drink your morning coffee, you know, maybe you have the perfect spot, but you, you know, you need to add, an expansive window and that just makes it even tenfold better.

00:36:25:15 – 00:36:52:00

Unknown

There's all sorts of things I feel like you can you can pick up and and learn from by just being able to sit with a space. And that is what we call lifestyle driven design. Yes. Right. And so, yeah. So, you know, if money's, you know, a concern, but you're, you know, you, you saved up and you're planning for a new home.

00:36:52:02 – 00:37:04:20

Unknown

I really encourage you to do your due diligence and to think through all of these details. Haste makes waste, right? For sure.

00:37:04:20 – 00:37:35:02

Unknown

There you have it, Valerie. We have the second dimension of the resonant framework. Remembering that wellness design is a philosophy, and it's through design and the resonant framework, which is identity. What we talked about last week and lifestyle, what we talked about this week. And there's more to come that ultimately brings well-being emotionally, physically into your world, in the built environment.

00:37:35:05 – 00:37:51:15

Unknown

I love it. It was so much fun. It was. And I again encourage our listeners to drop us a line comment. Let us know what you think and what change you made to change your life. We want to hear all about it. You see you next week.