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Today we are going to be continuing the conversation of wellness design.

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And for those of you who have been on this journey with us,

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we covered the four dimensions of the resonant framework as crucial to achieving well-being in your home, in your work environments, in the spaces you live, work, and breathe in. And we talked about how important it is to follow this aspect and to, you know, if you are somebody who loves design and you are somebody who loves wellness, we're making those two in this podcast.

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And so we're talking about interior design and we're talking about wellness, and we're talking about making dreams come true

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now aren't we Valerie Putman. And, you know, so that was, you know, if you if you've missed it, listeners, you know, please go back and listen to, you know, the, the episodes about the resonant framework because that's the foundation of creating wellness at home.

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That's simple. And so, but we are not done. One would think we were done with the diamond, but there's a center part, right? So we had

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in the resonant framework, we had the identity, the rituals and the behaviors. We had the connection and then the how of how we bring it all together. So those are the four sort of dimensions of the resonant framework, but there's a center to it.

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And that is the why. And that's how you make dreams come true.

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You know, we talked about in the last episode is design sort of being a funnel. You know, for us, you know, we have a very process driven

system for creating well-being. And in, you know, great design through this sort of funnel, at the top of the funnel is sort of this discovery, you know, when we're talking about process.

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So, you know, when you're planning for a project, your why is crucial, right? Why are you doing this? Why are you building a home? Why are you remodeling your home? Why are you renovating your business? Why are you, renovating your bathroom or your bedroom? And so understanding your why is crucial. But the challenge here, and this is where we're going to go deep is the unspoken.

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Why? Because listen, we're not going to talk superficial here. Meaning your superficial why doesn't matter to me. We're all about authenticity, right? We're all about authenticity. And so it could start with some superficiality. Meaning, you know, you find a Pinterest picture and you want your space to look like that, but there's an unspoken why, like, how do you want that space to make you feel?

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How do you want this space to reflect who you want to become? What is the the depth and the breadth of what you really want to accomplish? Because it's that unspoken why? I will tell you right now that you think about it. When you think about your why, it's when you start to feel, that you'll know you've had it.

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Because your why has to do with the inside. We design from the inside out when we're creating well-being through design. So that's the the big takeaway we're designing from the inside, which is here in the heart out to create design. So when you start to feel your why you will know how to accomplish great design. And that is sort of the core of how we take this sort of large funnel and chisel away at it with your why being part of every aspect of those design decisions, those, questions, those answers, those materials, those finishes, those colors, that layout all should resonate here.

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Why I love that. That's so, so well said. Michelle. And I think, you know, when you think about there's there actually are a lot of different types of whys. And I know we're going to be talking about that today, but, you know, for me, you know, as I was kind of preparing for today and, and thinking about, well, what are what are

these reasons, what is the deeper meaning?

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How do you make that connection? There was, you know, even just this underlying thought that to me, like in some ways, whether it is, at surface level at first, that's where, you know, there's actually more to it because it's never just about the surface. It's a sign. It's a sign. If you're looking at the surface, that's a good sign to know that you need to go deeper.

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Yeah, absolutely. And I think through kind of each of these different types of lies because there could be different stages of your life. Right. This is circumstantial. Why it's that we have or that on the surface level, the superficial lies. But, it's only when we get a little bit deeper with, you know, even understanding what our aspirations are and those type of wise, I think all of those all together, along with the unspoken why, really, there's room for all of those kind of elements as you kind of figure or figure things out, like there's, you know, there could be multiple of those whys, but at the end of the day, they're all coming

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together for that true, deeper meaning and emotional response to really like, what the heck am I? What am I doing here? You know, if I'm remodeling and going to spend, you know, \$30,000 or \$100,000, like, really am I, how am I going to really get out of this? What I really need, what I need, you know, out of that.

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Exactly. And so I think really good conversation. Really good conversation. You're exactly right. I think we could almost define it as your central truth. Right. So if you, you have your sort of your circumstantial why that could be, your downsizing. Right. So you're, you're, you're buying a smaller home and you're, it's more about quality over quantity.

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You're downsizing. Or maybe you're just starting a family. Right? So you're building a new home, to, you know, to build a family to grow a family to to to plant roots. Right. That's a little bit circumstantial. So we all have usually some level of circumstantial influence is to what's going on in our why. And that's important.

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That's part of the central truth. What you're describing. Right. There's the you know, the superficial. Why? Like I have to have this home, you know, it's sort of shows where I am in my career. You know, it's sort of like a statement of of who you are, and and that's great, and that's fine. But I think there's more to it, I think to superficial.

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Why is something to talk about? The superficial why is, you know, you know, if you want to just keep up with the Joneses, okay. There's something deeper than that. Maybe it's more about belonging. Yeah. And fitting in than it is about, you know, this superficiality of just, you know, wanting the bigger house, but, you know, it's more about fitting in and belonging.

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And so maybe it's about creating a design that really focuses on connection, because at the end of the day, is that really what's inside of you that's driving this, you know, wanting of this? You know, particular home style or design, you know. But remember two we talked about the who. So we want to make sure that, you know, you are looking at who you are, what you, what drives you, what colors you love.

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You know, what styles you love, you know? So we do need to look to the superficiality. And then the circumstantial, you know, which. Why are you doing this? What sort of, life events are happening that is triggering the the circumstantial. Why? And then there is the, the aspirational way to, you know, it's like you need to look at the aspirational why of who you want to become.

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Maybe you're in a place that you're you you don't want to be in. You want to be in a, in a different place, a better place. You are wanting to focus on health and wellness. You're wanting to focus on building a family and so, you know, that aspirational Y is something that needs to be part of that central truth.

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And then there's that that deeper aspect. It's the it's the feeling part, which is the unspoken why they all go together to be, you know, to bring together a central truth.

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Valerie, at the heart of every design is a deeper reason for being.

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How do we get there? Tell our listeners. How do we what what are some of the questions that we need to be asking to discover that that deeper level of being, to accomplish their why, so that we can be successful with their design and that they can be successful, that they can yield a successful result by really, uncovering their.

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Why? How do we how do we do that? Wow. I'm sorry. That's a that's a lot. Right. It is a lot to kind of get to that point. But I think, you know, some of the best ways are really even just to start with, you know, a lot of times people will go to look at like, Pinterest or, you know, have visual images that that kind of are inspiring to them, those sorts of things.

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But I think if you start to go down that path, you know, right, then you need to be kind of cataloging. Well, what is it about this? Why why do I like this space or what is it about, the idea of this, that maybe is going to yield me a different, you know, results in my own my own space, you know, is that does it foster more connection?

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Does it foster, really who I am as a person and or who you want to be? You want to be? And is there, you know what things are actually, like, really important to you just at the very core of who you are? That's really, really important to you. You know, on a daily basis, but maybe your current environment just isn't giving you I think it's in those kind of hard looks that like, what is it.

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Am I missing that sometimes. Yes, yes. You know then always necessarily just saying. Oh well I want this. I have it all planned out in my head because usually a year plan isn't necessarily always aligning with your heart. And,

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No, I love that that that is so true. Because maybe it's not even necessarily circumstantial. Maybe to your point, you're it is.

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That's the question right there. What am I missing? You know, if you're thinking about remodeling your space or you want to make a change, let's say you just want to make a change. You know, it. It could just be, what am I missing? You know, and maybe even it is that well-being, you know, what is well-being? It's, you know, so it's emotional.

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It's physical. It's human connection. It's about feeling good. It's about feeling confident. It's about, a space resonating who you are as a person. And so that could simply be the why. It's missing the who, right? Yeah. Maybe. Maybe it could be, you know, not circumstantial, but it's just, you know, the space is not, functioning correctly.

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So now we're sort of, you know, tapping back into the second, dimension of the resonant framework is sort of the rituals and the behaviors. But maybe it's not working.

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What are we missing? That is the key, Valerie, to really discovering your why. Or one way to discover your why is through. You know, when you ask yourself why?

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What am I missing? What's not working? Is this reflecting who I am? Am I missing connection? Do I want more belonging? Do I want to fit in? Do I want to feel better? Am I depressed? You know, it's. It doesn't have to be a life or a life, you know, change or circumstances that can really push you to understand your why.

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And it's through the why that we discover our essential truth. And the truth will set you free in design.

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Right? Because in and for us, I have found, Valerie, that the more we can resonate better with our clients when we understand their true whys, you know, it could be, you know, I think about of. Right. You know, I think about a client who okay, I almost got emotional thinking about them, you know, and they came to us and they were having, you know, they came to us with a sad story.

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You know, they had lost a business partner, and they were just sort of felt a little demoralized. And, you know, there was competition opening up around them. And, you know, I could just sense that they needed something to lift them up, meaning they wanted to almost reinvent themselves to really represent who they were at their heart, you know, which was and this is a business, right.

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And I resonated so much with what they were telling me that it was the driving force behind the design. When we know your central truth, when you know your central truth, it's you now have a driver, you have something pushing you to the end result. You know, I think there's something always that drives us, you know, personally. And it could be a past hurt.

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It could be, you know, something we aspire to be. And it's through that, that discovery that allows us to be the driving force to to to become a better person, to become who we should be to, you know, attain well-being. Absolutely. And isn't that, you know, you're just talking about all this. It's it's growth, right. So as, humans to, you know, kind of that next level, our next stage in life, that next, whatever's next, always growth.

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And I think

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and design can be, catalysts to support, to support your growth, whatever that is. Oh, my gosh, I love that. Valerie. Support, healing and support. You know, this is what we're talking about. Us and the sunlight and the power of design. Oh my gosh, Valerie, I absolutely love that. You know, and even thinking about growth, you know, that's such you know, we're thinking, you know, that really touches on this aspirational.

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But we're always you know, and I think that is part of wellbeing is we're always, growing, you know, who we are. We talked about this in another, you know, episode of, you know, the space to be. Well, we were talking about, you know, our child, you know, who we were in our 20s and we when we're thinking about design and what that what that

means to your, you know, 40 year old self who is now in a different, completely different place.

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And you see, just by looking back how your style choices have changed, that's because you've grown and you've matured. And I think has a lot to do with who your, your true self is and has a lot to do with your central truth, because I really believe that the more we focus on our central truth, we're going to design a space that, you know, stands the test of time.

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And that's something that we've talked to, you know, all of our clients, so many of them, they come to us because they want to yield a good return on the investment. They want a timeless space, but a timeless space is rooted in truth. And when you focus on that truth and you focus on who you are, and you focus on the real meaning and depth, you create a space because you're more tapped into that.

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That stands the test of time.

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And really it's becomes very timeless. And you can live with it for longer, right? You know, instead of outgrowing something, that could just be a sign that you, you're, you're growing. Yeah. Thanks. I was just thinking the same thing. I feel like I don't know if you've ever experienced this, but I know personally that I have that, you know, that sometimes I have that itch for for change.

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Me, like, something just needs to change. Whether that's, my environment, a lot of times or whether, I don't know, there's something it just feels like I can just feel that. Right. And a lot of times I do feel like, well, that's that's that's where I'm growing. And, and I, I welcome the change in that regard.

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I feel like whenever you listen to that, it gets you to that next kind of stage. And whenever that is, you know, wherever, like, I love that. So it's a little bit intuitive too. So, you know, it's not even just looking at what I'm missing. What are my life circumstances? But maybe it's just that, that yearning, or that that, you know, a little bit of intuition that is, you know, prodding you to grow into change and that

or even ready for this to be prepared for change.

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Something's coming. Right? You know, it's that feeling, like, like life is going to change in that year and you're sort of tapping into that instinct of, of, of change coming. And it could be life changing and then it becomes circumstantial. So you want to tap into those truths so you're not blown away by those life changes you're prepared for.

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Life changes, you know. And so the more we're focused on our inner truth, you know, again, designing from the inside out, we're more prepared. And that is why we keep saying how important the space is. And how important design is, because it reflects the emotion of what's going on in your world. And maybe that's change and that is it's it's telling you, you know, we need to be ready.

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It's it's, helping you and, and sort of holding your hand. We talked about design as a therapist and in

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your space is even, like a therapist. You know, it's your space talks to you. It holds this emotional quality of of your life. And, whether it's the pictures on the wall or the art or the layout or the design or the colors or the finishes, your design will speak to you and tell you where you need to be and where you need to go.

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You need to pay attention to it. I love that right? And stop and smell the roses. Stop and smell the roses. Exactly.

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we're talking about designing from the inside out. I think that you could also our listeners can think about this more, by room versus just big picture. Right. You know, so I think that maybe you need to go stand in your foyer and think about your why. Right. You know what I mean? It's like, I need to do that.

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I need to stand in my foyer and think about my why. You know, in the midst of the the boxes everywhere from the, you know, a ridiculous

amount of deliveries that we get at the

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house. So,

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my why is when I come home, I want to clear my head of all the noise that's happening, you know, at the office or, you know, throughout the day, you know, the when you walk into your foyer or this is a place to, provide that transport or that, you know, providing that idea of transformation and the shedding and the releasing and the letting go of the

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outside noise and and coming home to

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a place where I feel relaxed and refreshed. And so my y in my foyer is, is that and so based on understanding that, I think it will allow us to make decisions about what we need to do in terms of a design to really allow that Y to resonate and to come to life. Right? So if I'm wanting to feel that transformation, you know, something that I'm, I'm just going to have to do is, you know, and I've been planning for a remodel of my for year for quite some time is I really need to think about stacking and receiving.

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You know, that needs to be now we're getting into the ritual and behavior aspect, but that allows us to go to the ritual and behavioral aspect of creating a design because we understand the truth. And that truth allows us to dig deeper into the the behavioral aspect of that and even who I am as a person. Right. I think first impressions matter, and I think first impressions are crucial.

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I mean, I think we can apply this to any room, don't you think?

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Absolutely. Yeah,

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another great example of that would be, you know, it may be your

bedroom or your primary suite or even your closet. How you know, when you want to end or start your day in the best way possible, you know, do you have clothes everywhere?

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Do you? Is it chaos? Is it not allowing you to really get to the place where you're really feeling like I can have a restful night of sleep, and I can be the best version of myself, and I think understanding what it is that we really need out of out of the space, what your truth is about that, will allow you to to really, again, make the best decisions possible with that.

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Right. It's like calm versus chaos, right. And so the why is, you know, the why is is that you want to feel rejuvenated in the morning. You want to feel restful at night. And, it's important to be on your game because, you know, you're starting a new business or you're, entering into a new relationship, or there's something in your life that's happening.

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And at the end of the day, this is all about well-being and transformation. And and wellness. And so by, you know, even looking at your why, room by room, I think is a way to, understanding your central truth. So, listeners, this is so important. You know, we talked about the resonant framework and, but the center point of that is your Y and your central truth.

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And many times that's unspoken. And I say, when you start to feel, when you start asking your why and you're starting to feel something, you know, you've hit that y. And that's where the real work begins. It's like a therapist, right? That's where your therapist can start doing the work. Your designer, to to create a place that's truly transformational and reflects, you know, true well-being and helps you to get that to that place of wellness.

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Yeah, absolutely. So, listeners, drop us a line, let us know what you think. What is your Y. We'd love to hear from you. And, you know, continue joining us on this journey. This first season. We're halfway through the first season now, and the first part of the season, we talked about the resonant framework really helping you to understand that wellness design is a philosophy.

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It's not a style. It's how we achieve well-being through design. The second half of this season, we're going to talk about some fun things as it relates to wellness design in this philosophy. Next week we're going to talk about a really fun subject. And that's luxury. So we are going to be talking about luxury and wellness and why they work together.

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So if you love this aspect of luxury, wellness and design, be sure to join us.