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Listeners. There is something that every great environment has in common. And my guess is you probably don't know what it is because most of our clients don't even ask for it. But it's it's the, it's the end result of everything. And so that is what we're going to talk about today. We're going to talk about the one thing that everybody wants, but they don't know that they need it.

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Before we dive in, I just want to say this is our first season and we are on our last episode. And it's been an incredible journey. And if this is your first time hearing us, I really encourage you to go back to understand all about, the foundation of the Space to be well, which is about wellness, design and wellness.

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Design is not a philosophy. It is a means to an end. It's how we achieve well-being in the built environments, that we we live and work in. And so we set the framework for you guys. We outlined in episodes one through six, sort of the, the resonant framework and what, you need and how to set yourself up for success.

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And then we covered, the principles of wellness design and why they matter. You know, the end result is a space that supports our our physical and emotional and spiritual well-being and really supports our lifestyle and helps us to live our best lives. And so how do we know we've gotten there? Right? That's what that's what we're going to talk about today.

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How do we know that we've we've we've gotten there. And that's what this last I was going to call it a principle, but I don't know if it's principle, but I know that our clients don't ask for this, but it's what we attain for and they attain for. They just don't know it. Valerie, can you guess what that is?

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I can, I can, I can't. And then it's harmony. Harmony? It's harmony. Thank you for saying that. Yes. Thank you for saying harmony. You know, most of our clients, they they don't ask for harmony when they're, you know. No, I, I would agree, I would say I maybe, 1 or 2 in the span of our whole career.

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Exactly that somebody actually mentioned Harmony. I think it's because they can't really describe it. It's not in a static thing. Right? It's like our clients ask for space and that's warm and inviting and a space that is beautiful or, you know, sophisticated or a pop of color. But harmony, it's it's not something I think that's has, any particular inherent, look, because Harmony, by the way, isn't just, delegated to, a space that's about, you know, blue colors and neutral undertones.

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Harmony is achieved through great design, great design yields harmony. Harmony yields well-being. And that's what we're going for. Harmony is the sum of everything that we've talked about in this entire season. It is the the resonant framework where we talked about your why and the why is so important for setting the foundation. We can achieve harmony or well-being without the why.

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Again, the harmony is harmony is achieved when we know we've we are feeling the things that we want to feel. We harmony is the result of, you know, that feeling of confidence when you walk in this space, the feeling of a resonance that you are able to, connect with your space. It's mirroring who you are. It is that, that feeling that it is supporting your behaviors and that it's working with you?

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There's no friction in the space. That is how you know that you've achieved harmony and well-being in harmony is is what we're going for, you guys. It's what supports you. It's reflects who you are. It, it uplifts you. It transforms you. It, really focuses on your, your emotional, your physical and your spiritual well-being through, through these ideas.

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Yeah. And I think with harmony, it's we really have to remember that it really is about finding that balance of all these things. It's not about perfection, right? It's really about finding balance between all these different elements. So that it comes together in the best way possible. You're right. It's the it's the flow. It's the story. It's the, it's the feeling, that happens.

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And in to your point to we change as we go. So in order to create a

harmonious space, we, we want to continue to adapt this space to fit your needs. So we always want to be going back to the resonant framework in evaluating, you know, who you are. You know, maybe your your why has changed. Maybe now you have a family and you have children, young children in the house, or maybe your children have grown and you're, you're downscaling or downsizing your home.

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So your why is changing. And so in order to have that meaningful space, to have a space that supports you, you need to go back and reevaluate your your why and and even who you are. Because we all evolve and change as we grow. Absolutely. That's so well said. And I think that's just, you know, what it means to to have that balance to to find yourself again and to, to make sure that the space is always there to meet you wherever you're, you're at.

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And so I think ultimately, Harmony really becomes this just, powerful entity and well-being that's supporting you. Yeah. Harmony is what we're going for. Harmony is the evolution of life. You know, we talked about nature in nature. You know that what nature's teaching us is that, you know, we're always changing and life changes. And so finding true harmony is moving with those changes and growing.

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You know, we talked about this is what would your what would your younger self. And you know, how would your younger self have designed your space. And and now what we know is our more mature or our older self is quite different from our younger self. And so our space is reflect that. It reflects who we are. You know, if you're opening up a business, I you know, I really want to talk about about that.

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We have a lot of business owner clients and, Harmony is about finding that balance not only for yourself and your employees, but for your customers. And so, you know, really making sure that your space is designed to fit your not only your why, but your brand identity to fit the functionality and the behaviors of the space, that there's enough storage that the flow is proper, that, the space is supporting your, your business in such a way that it's effortless, for your not only for your employees, but for your customers, too.

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Yeah, that that's definitely, a big point is that as we continue to change and grow, that, you know, as your business grows, you know,

you're going to need different things. And so even being able to think ahead, and kind of plant those seeds for, you know, future growth, I think is always just a great way to think about harmony as well, and not only what you need today, but, you know, what might you need a year from now.

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Exactly. And you know, part of that, that growth is learning. And so take it from a business owner of 20 years and, you know, the way I, I got to where I am is by learning and growing, throughout the seasons, throughout the, the growth steps in the company. And it's embracing the change and learning from those, those seasons and maybe even some mistakes that we make, even in design, in the homes that we build, you know, just learning from them.

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So we're smarter, in that the spaces are really supporting us from, the perspective of that life evolves and that it's okay to change and it's okay to to look back and see where we came from. And, and maybe it wasn't quite where you wanted to be, but now you can look back and evaluate in and say, wow, I've really changed or my space has changed and it's really supporting who I am today.

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Valerie, there's always a point in the design process where we've said this is that, you know, we've achieved harmony, but how do we know that? No, that's a good question. You know I think for me it's really there's a deeper connection that I start feeling with the space. You know that it it feels just right. It has that feeling of rightness.

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If that's the thing there's a cohesive quality to it and there's there's no friction. You feel calm, you feel centered, you feel grounded. Every just thing just seems and balance. Right? And, you can definitely tell when you're in a space that doesn't have harmony, right? That's that just even shouts at you that, you know, this is chaos.

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This is dysfunction. This doesn't feel right. But when you have harmony and you have that balance in in this space, and it might be speaking to you kind of quietly, but it definitely it's something that you can feel. I think that's a good point. Harmony is quiet, discourse is loud. Yeah. And so if you're feeling that discourse, if you're feeling that, that chaos because the opposite of harmony is chaos.

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And so it's very easy to identify when you don't have harmony. It's real simple. Yeah. If there's friction in the space, you don't have a harmonious space. And that's not supporting your well-being. In order to support your well-being, you need to have effortless flow. You need to have the key needs to to move through the space. And when the key is moving through the space, you're supported and you're growing and you're evolving and your, your human spirit is elevated.

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And so I think that's something we really need to be thinking about in our spaces, is that sort of evolution of design and how we come to understand when we've achieved harmony in the space we talked about. Harmony is sort of the the end result. Harmony is the sum of everything that we've been talking about. But I also think that harmony is sort of next level in design.

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So, you know, there's there's good design and then there's great design. And so I think that we need to, you know, it's so important you've got to get the resonant framework, you've got to do the work in. Maybe that's where Harmony is next level. It's not just enough to, you know, go back and say, who am I?

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I like the, you know, I like pinks and blues and purples in my environment and in, in having this flow in the kitchen and, and to be organized in a particular way, I think that great design, where harmony is truly achieved is it's in the deeper details. It's like really doing the work. It's really applying it. It's not just doing the work and going through the process.

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Guys, if you want next level, great design. The way to accomplish that is to not just go through the resonant framework, the principles and even applying great design principles. It's about next level work. It's about really taking this to the point of, I'm going to do the hard work on this, because if I don't, I'm not going to yield the benefit.

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The getting the benefit out of a great design is difficult to do. It's not easy to achieve. And that's why I think so many people are

dissatisfied in their lives, because they're not putting the hard work into achieving total greatness. Don't you think? That's so, so interesting. And I think such a great point about about design and really the power of the intentionality that if you truly have to go along with the design and the, you know, the foundation, you know, it's it's almost like you're just kind of skating by.

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Right? Like we all know people can't skate. You can't skate. Yeah. No, no. You know, people who just kind of skate by in life. Right. And and I think that's that's fine. Right. There are allowed to do that. But I think the type of design that we're trying to get at here and that you're mentioning is this higher level, this deeper, this intentional strategy behind the design, and we we can use all these things, but then now we have to just catapult that into the next level.

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And I think at the end of the day, that's where Harmony is living, right? Harmony is living in next level design. It's it's everything that we talked about. It's the sum of everything. But next level, it's, it's what we really desire. And that's what wellness design is all about. Wellness design is about harmony. Wellness design is about next level design.

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Wellness design is about creating environments that go beyond just, supporting who you are. But but helping you thrive in those environments. Because that's what we we truly want. We want to feel relaxed. We want to feel invigorated. We want to have our environment supporting every aspect of our lives so that we can be productive so that we can accomplish the things that we want to accomplish in life.

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And, you know, to love boldly and to scale, you know, dramatically and to accomplish all those things. And in order to be next level guys, you know, we have to live and work in these environments every day. I need you to evaluate. I need you guys to to look to your homes and your your workplaces to sort of second guess and see it's this next level.

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Is this really supporting who I am and where I want to be? As we're wrapping up this season? Valerie, I want to reflect on, you know, why we're why we're even here. You know why this matters. You know why wellness design, I know, is our passion. You know, people are talking

about wellness design. It's not a search term.

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Wellness design. I mean, there's, you know, the the theory and concept of, of well built environments, but wellness design goes much deeper than that. It's it's something that I know I'm passionate about, you know, and I think it's our exposure to these beauty and wellness environments that we create every single day to the point of hundreds and thousands of these environments.

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I think it's conditioned us into a different way of thinking about design that just goes beyond the status quo. You know, we don't settle for great. We settle for next level in our designs. And I think that's what really is important to me. And, you know, having this voice, I, I'm, you know, everybody sees our beautiful designs and what we create.

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And so I want our listeners to really understand our voice behind this. This is our voice every day. Valerie, you and I are the main creative behind, you know, our, our design firm. And so this is our language every day. But I want our customers and our listeners to hear our voice. And I want to inspire our audience to to think about how important these environments are and how they really change lives.

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Absolutely. I think it's been such an awesome journey that we've taken so far, and allowing people to kind of get an inside glimpse into understanding what true wellness design really means and what it's about and how you can achieve that. And I think this language, the kind of vocabulary that I hope that listeners, that I hope that you're now armed with and that you can, can use.

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And, you know, I think the biggest takeaway for me, from the whole season is just this idea, of the power that design truly has on our well-being and the built environment, how, how we can use that and leverage all of these different things to really get us to that place where we can feel great in our every day.

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We can be excited to be in our homes and our workplaces. We can feel inspired, and we all want to do great things right and be that next

level. And so I think it's through, through these built environments. And, you know, that really is just going to help us just live our best lives. And it's attainable for all of us.

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And it's not it's not one of those things where it's just, oh, that's somebody else, you know, I don't have enough money or I, I don't have enough time or this, but, you know, hey, listen, this is attainable for you. Exactly. I mean, you know, and to your point about, about, you know, investing, right? Money, you know, we all drink the green juices, and we, we, we work out, we spend money on supplements and wellness services and eating healthy.

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And this is really taking us back to the very beginning, right? Right, right, right back at the beginning. You can drink all the green juices and eat healthy and work out. But at the end of the day, our built environments place such an important role and the spaces that we live and work in, and they can take away what you've worked so hard for, you know, in terms of the, you know, your health in your, in your well-being.

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And so I love how that this whole season came full circle and so we're, you know, going to finish here talking about, you know, and ending here with the power of design and, you know, achieving harmony through the built environment, which ultimately leads to a place where we can all, live our best lives and feel our best in our in ourselves.

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And isn't that really what we're talking about here in the space to be, well, the space to be well and that's that's it. The space to be well. I hope you enjoyed the journey, listeners. Stay tuned. We're we'll be back for season two. More on that to come. And Valerie, what a what a journey. This was fun, I loved it.

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Let's do it again.