

Put Personality in Your Home Décor

By Sarah Schilling

When it comes to your home, you want it to feel like just that – your home. If your current décor is not giving off quite the vibe you intended, there are steps you can take to help your home reflect your true personality.

“Decorating your home to reflect your current preferences, style, and uniqueness will bring a joyful feeling about yourself and your surroundings,” says **Monica Goldberg**, founder of **Radiant Rooms**, Certified Interior Arranger, Real Estate Stager, and Professional Feng Shui Consultant. “Being in love with your home and your furnishings creates harmony, happiness, and comfort. It brings a newfound confidence to open your home to family and friends, creating good times and great memories. You deserve a home that is inviting, open and beautiful, that is the welcoming place it was meant to be.”

To begin designing the interior of your dreams, you should assess your needs and wants, likes and dislikes. “Every individual is unique,” says **AnneMarie Dresen**, Allied Member ASID and owner of **AnneMarie Design, LLC**, “and their personality is defined in part by their interests and their life’s story.”

Ask yourself the following:

How do you want to feel in the room that you are redecorating or decorating for the first time?

If you want to relax inside the room, there are certain paint colors, upholstery patterns, and lighting styles to choose. “Color and pattern evoke emotion, whether on a conscious or subconscious level,” says Dresen. “They can agitate, energize, or calm us. Lighting is also important and will affect people’s feelings. It is important to have good task lighting where we need it and good ambient light-

ing throughout. It is frustrating and depressing without it, and if it is too intense it is not comfortable for our psyche either.”

What do you want to accomplish in that particular room on a day-to-day basis?

“Rooms are arranged to best utilize the space to meet the needs and lifestyles of the people using them,” says Dresen. A room’s purpose affects its personality. For example, if the room in question is a living or family room, that will determine the finishing materials appropriate for the room’s use.”

What colors do you prefer or have you already used in your décor?

This might be evident in the colors you choose in clothing; they are a clue to your personality and can easily be extended to your home décor. “A lot of people are afraid to use color,” says **Sandy Gordon**, ASID and interior designer with **Sandy Gordon Interiors**. “But, in my opinion, it’s just a can of paint that you can repaint over. Buy a couple little jars and try something. It’s cost efficient.”

What are you passionate about?

Consider your hobbies, culture, travel experiences, friends and family, says Gordon. If you have traveled extensively in Asia or simply have an affinity for Asian culture, for example, you can display this part of your personality by incorporating Asian color themes or accessories. Dresen recommends displaying family pictures to “add personality and give your home warmth and ownership.”

What part of your life story would you like to display?

“Usually people have pieces that have special meaning to them, whether it is an heirloom, something they have crafted, a piece of art, or simply their first bedroom



50 Plus Lifestyles editor Jill Carlson reflected her love of flowers when she redecorated her kitchen.

Photo by John Urban

set,” says Dresen. “This is part of their life story.” Depending on the prominence this person, time, or heirloom was in your life, it could match how prominently you display accessories related to it.

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