



interiors
ADDICT

10

top tips to fall
back in love with
your home.

By Jen Bishop, founder and publisher, Interiors Addict

I believe passionately that you should love the space you live in.

I don't care if it's a rented apartment, your forever home or just the right home for you right now. We spend a lot of time at home and if coming through the front door makes you feel more "meh" than "aaaaand relax" that's not a good thing!

Here are my 10 top tips, many of which won't cost you a cent, to fall back in love with your home.



1

Stop comparing!

Yes, we all love browsing our favourite interiors magazines and blogs (oh, the irony!) looking at beautifully styled homes (even the real people's homes are styled to lived-in perfection by professionals) and it is tempting to compare and think your home will never be like that because you have kids/dogs/an average income/no design talent. But that's not a realistic comparison and it will only make you miserable as a result. Get real. Remember your home is not just something to show off when people come round (although there's nothing wrong with a bit of house pride!). It should be comfortable and suit your needs and be somewhere you spend time with your loved ones and create memories. It doesn't have to, and rarely will, in reality, look anything like something in a magazine!

Let me tell you, the perfect images you see of my home on Interiors Addict are definitely not true to real life. Believe me when I say my bedroom (pictured) is, in reality, the messiest room in our house! The natural light, for example, in my living room, is so poor that a skylight is on my reno list! But you'd never know from the professional photos I've shared. And it's not designed to con people, it's just about showing the best version of what you've got. It's human nature and it's also what I'm paying my photographer to achieve! People want to see beautiful images and that's okay!



2

Flowers and plants

Having some nature in your home is the perfect finishing touch. In fact, I don't consider a room finished without some blooms or a plant (maybe not kids' rooms, but most rooms!). I used to treat myself to fresh flowers every weekend but since I learned to keep house plants alive, I invest in them more because they obviously last a lot longer! I just don't think a room looks finished without something green in it. It makes such a difference. Trust me, try it! I've personally had the most success with not killing devil's ivy! Check out this one on my shelving! I call him (don't ask me how I know he's a he!) my beanstalk!

You can even buy plants online these days! Check out [Leaf Supply](#) and [Plants in a Box](#)



3

Get great cleaning products

There are some jobs for which only bleach will do but for your everyday cleaning, invest in some gentler, more natural, gorgeous smelling products and it will make the chore a lot less unpleasant! Who wants to stink of chemicals? Some of my favourite brands are [Bondi Wash](#), [Koala Eco](#), [Koh](#) and [Method Home](#), all available online.

4

Do a proper spring clean

By this I mean a proper once over, not just the grot and grime you can see. Pull furniture away from walls and dust behind it and under it, give your skirting boards a wipe, clean the windows inside and out (or find someone else to: see above!), take things out of your cupboards and wipe them down, dust the blinds, wipe fingerprints off light switches and from around door handles. It's amazing what a difference doing all these little things adds up to. Although you may not notice the hidden dirt and dust day to day, when your entire home is sparkling, you really will notice a big change. You might not want to spend an entire weekend doing this, but you might compile a list and feel good ticking off one or two tasks each week.

5

Delegate

This is one of my favourite tips as a business owner, but it can apply at home too! You don't have to do it all yourself. If lots of niggly jobs that need doing have been getting you down, maybe spend a little cash on getting a handyman to finally get them done. I love [Airtasker](#) or [hipages](#) for this. You can put a job online with what you're prepared to pay and people make you offers. Or you might ask for recommendations in your suburb's local Facebook group. It might be cleaning the oven, a once-a-year spring clean, a spot of gardening or a few handyman fixes. This might even mean getting a cleaner, even once a fortnight, like me. I really think I was the last of my friends to get a cleaner because it felt like such a luxury, and I wish I'd done it years sooner! Life-changing!

6

Declutter

This has been giving people immense satisfaction since long before Marie Kondo started talking about sparking joy! Decluttering can be so therapeutic and make you feel so much calmer and happier in your more streamlined, tidier home. Sometimes the empty space in your home can be as important as anything else. Many interior designers and stylists will tell you the edit is key. Just because you have something nice, doesn't mean it has to be out on display. Sometimes you need to hold a few things back, put them somewhere else, or away safely for another time. When it comes to getting rid of what you no longer want, my favourites are local Facebook Buy/Swap/Sell or Free to Give Away Groups, Facebook Marketplace or Gumtree.

7

Get organised

To help keep things in order going forward, make sure there's a home for everything so you're more likely to stay organised. This might mean labelling shelves and baskets to keep you on track. A friend told me a great tip recently: she has a basket for each room of the house. At the end of the working and parenting day, before relaxing for the evening, she throws anything that shouldn't be where it is in its respective room's basket and puts the basket in the room. I'm thinking kids' rooms in particular! It's like a half tidy up! And it means you don't have to put away everyone else's mess, but you can get it off the floor and stop it irritating you. We'll call it a compromise!

8

Personalise

Your home should speak to a visitor about who lives there. The best way to approach this is to only buy/collect/display things which you really love or have a significance or memory attached to them. Not only will these lead to a more interesting, warm look in your home, being surrounded by them will make you smile and feel happier. If the idea of a family photo wall makes you cringe but you love the idea of having photos around that make you smile, think about less obvious places to display them that aren't so in your face. How about in a powder room, on the landing or down a hallway?



9

Have patience!

It isn't a race. Great interiors come together over time. You can't afford to buy everything all in one go and if you do, you'll have much less success than if you take your time and make considered purchases and design decisions. So make a list of everything you want to get done and everything you'd love to buy/replace and work through it over time. If it makes you feel better, take it one room at a time so you feel like you're getting somewhere when you tick each one off. Break down your list into smaller, bitesize chunks or tasks to complete or items to buy.

10

Be flexible

While it is great to have a vision and a plan (moodboards are great, whether on Pinterest, on a cork board or in a scrapbook), it is normal and okay to change your mind. You're only human. Don't beat yourself up if you change your mind and want to change something. I'm not advocating waste here, but if you really don't like something anymore, try and use it in another room or worst comes to worst, sell it on eBay. Life's too short to live with bad decorating decisions!





If this eBook helps you fall back
in love with your home,
I would love to hear all about it!
Please drop me a line!

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