

ON *the* GO

TO

A full-length portrait of Danielle Graham, a blonde woman with long wavy hair, smiling and wearing a dark, sleeveless, sequined dress with a deep V-neckline and large, ornate earrings. She is standing against a plain grey background.

Danielle
Graham

Co-Anchor of Canada's #1 Entertainment Show

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RENEW AND REALIGN YOUR RELATIONSHIP WITH YOUR HOME



BY MELISSA DAVIS | When people ask me how I'm doing, I'm guilty of the canned reply with some version of "so busy." In our professional lives we're all taking on more work than ever. We also seem busier in our social and extracurricular activities. Our homes can end up being just a stop-gap between commitments. Considering we spend nearly half our household income on rent or mortgages I'd say it's a pretty good place to start making sure that investment feeds our emotional well-being too.

Design enhances how you live. Here are the top 3 emotional needs my clients have on their home wish lists for 2016. It might surprise you to discover the positive impact a well designed home can have.

NEED 1: SPEND MORE TIME TOGETHER

It's so hard to get everyone in the same room let alone at the dinner table together. I know families that spend every evening and all weekend going from sports practices to play dates. That means when we are home we have to make it count. Set yourself up for success and look at your home through a more emotional lens. You might prefer minimalist furniture but let's face it, we all love to watch movies on big overstuffed couches. If you dream of more snuggly movie nights, make sure you have a nice deep sofa with room enough for two. Also, capturing those important moments to chat with your kids and keeping a keen connection with what's happening in their lives might start by creating a

homework spot in the kitchen that lets you prep dinner and chat at the same time.

NEED 2: EAT OUT LESS

It's so easy to say we don't have time to cook at home, but the truth is it usually comes down to wanting the experience a restaurant gives us. The ambiance, good friends and yummy food are too tempting to just stay home. Consider creating a kitchen you enjoy being in and a dining room that feels like you should settle in for the night. A well-worn table sends the message guests can put their elbows up and pour their own wine refills. Indulging in kitchen gadgets or splurging on the latest steam oven will also make the nightly task more fun.

NEED 3: STOP TAKING WORK TO BED

Many of us are guilty of taking our work to bed for another hour or two on our laptops. This is a seemingly innocent behaviour but you'd be surprised to learn just how impactful this can be on both our sleep patterns and

relationship with our bedroom. Creating a calm sanctuary with good quality sheets, blackout shades and generally an environment designed for peaceful slumber can help realign our focus come nightfall. If you must do a bit of work in the evening set up an area somewhere else with a comfortable chair, and reading lamp. Make it your routine to get work done there and leave your devices to charge overnight as you head off to your cozy bedroom.

Our homes are the one place we can truly control every aspect, tailoring them to our wants and needs. Take a bit of time to think how you could use your space to make daily routines faster and even have a little more time for you this year!

Toronto-based celebrity designer and contractor, **MELISSA DAVIS**, is known for her appearances, creative design and reno work produced for various HGTV shows. With almost two decades of reno & design experience her firm continues to specialize in value-adding ROI and resale consultations throughout Ontario and the GTA. www.melissadavis.com • @melissadavis