

HOUSE RULES

Episode 30: Is This It?

I'm Myquillyn Smith and this is House Rules.
Welcome to Episode 30.

Today's episode is a short wrap of the first season of the House Rules podcast.

Last summer, when I decided to try out a podcast for a highly visual topic, I really wasn't sure if I would like it, if you would like it, or if this would even work. But I told myself I needed to give it a season and then evaluate.

Well, it turns out removing the visual aspect of talking about decorating can actually make it easier in some ways.

As of today, my plan is to return next fall with season 2 of the House Rules Podcast. I hope you'll join me.

If you follow me on social media or are on my email list you might already know that for years and years I've kind of followed a teacher's schedule when it comes to being present online.

For the past 12 years my online work and books have been the sole income provider for our family. I'm grateful that we've always found a way for me to take some time away from social media and email during the summer and at Christmas.

Although I'm still working behind the scenes and always in the Cozy Community, summer is a time where I can take a creative break from constantly creating content and a time for me to get to be more quiet and still.

One of my favorite quotes from my sister, Emily P. Freeman – who we refer to as The Soul Minimalist is: "Stillness is to my soul as decluttering is to my home."

For me, the absolute only way I know how to be fully human, present and continue to create work that matters is to have seasons of creating, seasons of sharing what I've created, and seasons where I go dark – in the bright light of the summer sunshine.

Of course, I haven't always been able to step away from parts of my work, but that's okay because I think there are different ways to create margin in your life.

Like me, maybe you delete Instagram from your phone 25% of the year, even though Instagram is my favorite.

Maybe you create visual margin, like we've talked about before here on the podcast. You clear off your coffee table, or remove all of the decorative pillows from your bed for a while.

Create margin in your decisions by wearing the same type of outfits M-F, eating the same lunch day after day, or having a summer coffee order so you never have to think about that one area.

It's so helpful to find a way to rest part of your brain, to play, to be creative. Just because you can't not, not because it's your job and you have a deadline.

In his book *Essentialism*, Greg McKeown reminds us that, "Our highest priority is to protect our ability to prioritize."

Another quote I'm considering right now is from the book *10x Is Better Than 2x*: "If you never fully unplug, you're never fully in the zone." Well, here's to being in the zone.

If you need encouragement in your home this summer, I want to remind you I've written four books, the most recent is called *House Rules: How to Decorate for Every Home Style and Budget*. I promise it will help you right where you are. You can read a few pages, get up, make a change in your home, and have a fresh understanding of how to make great decorating decisions. You can get it anywhere books are sold or from your local library.

The private Cozy Minimalist Community link is always open to podcast listeners. You can join us for summer school: we're doing a few book review clubs. I'm doing mockups of members' rooms, so you can submit yours. And of course you'll have access to the Order of Decor: 5 Phase Decorating Class – you can watch it at your own pace, you can watch it with your kids. We have many older kids work through the steps in their own room, it's a great way to learn an actual skill this summer.

If you'd like to listen to me talk on more podcasts about home, not to worry. I joined almost 50 other podcasters over the past few months, see the link below in the show notes to choose a conversation to listen to while you're piddling around in your house, and I hope it encourages you.

Thank you to Karrie, Megan, Kam and the entire Unmutable team, including Caleb and Jessica and Ana. Also to Yates and Yates and Baker Publishing for partnering with me and helping me get this creative work out there into your home onto your coffee table.

I hope you enjoy my favorite season of the year: Happy Summer!