

LAKE NORMAN

# Woman

CELEBRATING THE SUCCESS OF WOMEN

AN LKN *W* SPECIAL SECTION:

## Mothers & daughters

BEST FRIENDS  
*OR*  
SPARRING PARTNERS?

GIRLFRIEND getaways!  
BRING MOM FOR MOTHER'S DAY!

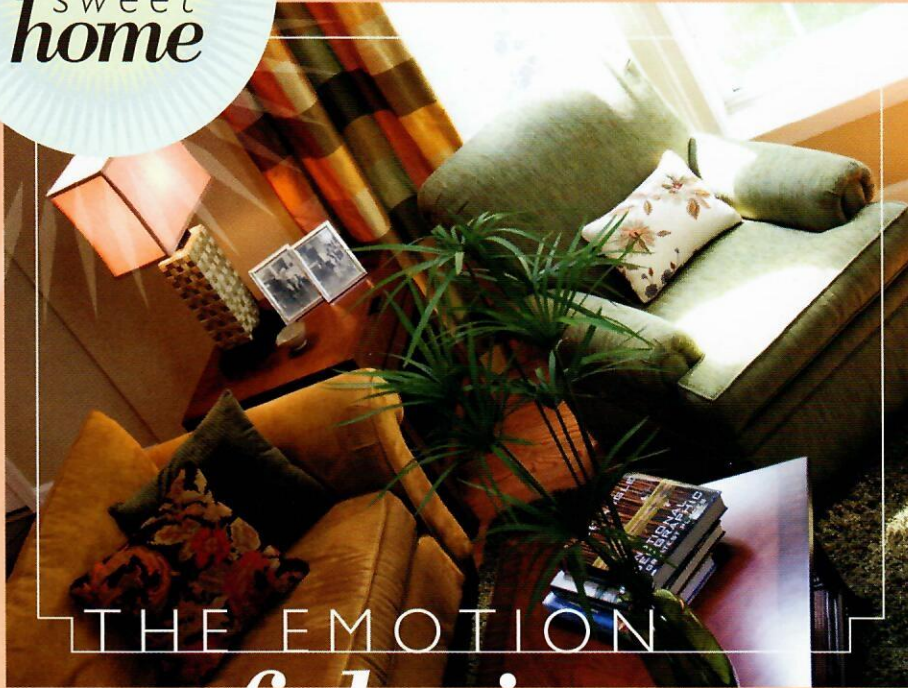


KAREN PIRO

triathlete, mother, & inspiration

FRUSTRATIONS & ORTHODONTICS  
**HALIGER**

HOME  
sweet  
home



## THE EMOTION of design

*Your surroundings affect your emotions and sense of well-being.*

**IN MY PROFESSION,** I often come across people who say their home makes them anxious or they never really feel comfortable in their spaces. If you feel this way, you know design matters. You may not know what it is, but you know that when you enter a room the surroundings make you feel a certain way.

Stores know this, too. They stage crystal chandeliers and pretty wallpaper and ensure you have room to move because they want you to feel like the items are worth more than similar items in a store that just piles it high and lets it fly.

You should be able to walk into your home, exhale, and say to yourself, "This is where I belong." If you identify with any of the above questions you know that design matters. It affects your emotions and sense of well-being.

How can you improve your satisfaction?

♦ **MAKE A LIST OF HOW YOU WANT TO FEEL AT HOME.** Dream a bit. Think about places you have been that you would love to go back to again and again. List all of the emotions you want to feel in your home.

♦ **CHOOSE ONE ROOM ONLY.** Start with a room you spend the most time in or wish that you did. This is the one place in the world that is all yours and should look that way. Now, looking around the room, note everything that does not fit your emotion list. These are the things you should change.

♦ **PLAN YOUR CHANGES CAREFULLY.** Decide on your complete look before you start shopping, or you will again end up with pieces you like, but may not all go together. It is like going to the grocery store without a list right before lunch and coming home with cookies and junk food instead of a well-planned meal.

This should start you on your way to loving your home! 🏡

**Do you feel uncomfortable in your own space?**

*{Ask yourself these questions:}*

- Do I feel anxious or lethargic in this space?
- Do I feel ready to greet guests in my home or would I rather just meet them at Starbucks?
- Are there rooms that I avoid because they just aren't comfortable?
- Does the layout or flow from one room to the next hinder your productivity? Do you avoid some rooms altogether?
- Are the colors or patterns too overwhelming or too bland?
- Did you inherit a lot of furniture that feels too formal when you are more at home in a casual environment?
- Do you have a sloppy, overly squishy sofa that makes a room look disheveled, instead of neat and tidy?
- Do you find it difficult to find a good place to read a book? Watch TV? Play cards? Pay bills?
- Do you feel like you are in someone else's house?
- Would you rather be in someone else's house?



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