



143: At Home: Start With Your Senses (with Myquillyn Smith)

I'm Emily P. Freeman, and welcome to the Next Right Thing. You're listening to episode 143. This is a podcast about making decisions, but it's also about making a life. If you struggle with decision fatigue, chronic hesitation, or if you just need a few minutes away from the constant stream of information and the sometimes delightful but also distracting hum of entertainment, you're in the right place for a thoughtful story, a little prayer, and sometimes a conversation, but always a simple next right step. As I shared in episode 140, I'm still on a kick of working to do the opposite of my regular rhythm. Specifically, I'm attempting to disrupt the cycle of overthinking and try to get out of my own head by paying attention to my body. Namely, my five senses.

This is not my most natural way, I'll go ahead and say that. I'm real good at thinking and feeling not as practiced at acting, although I am improving in this area, but if you can relate, I hope that intentionally seeing, touching, smelling, tasting, and hearing might prove to be a grounding practice for you as we consider together our next right thing in several different areas of our life. Today, I'm glad to have my sister join me for a conversation about how to start with our senses at home, after literal months of not hanging out it's such a gift to have time with my sister as well as other members of my family.

In fact, our episode sponsor ancestry.com is providing hours of fascinating conversations with them. As I've been reading out loud to my parents the names and birth places of family members dating back to the, listen, 1600s, and that's all from just a few clicks on our family tree and ancestry.com. Plus with an Ancestry DNA test, you can learn exactly where your ancestors lived and you can trace paths of your recent family members from place to place and learn not only where they moved, but why they moved there. The Ancestry DNA test helps you uncover personal stories about your past in a unique interactive format.

Maybe you'll discover a photo of your great, great grandmother as a little girl, or find a famous relative you never knew you had. Plus you can make it an activity for your family near and far and let your shared past bring you closer together. It's sparked many meaningful conversations in my own family, and you can start exploring your family story today too. Head to ancestry.com/nextrightthing, to get your Ancestry DNA kit and start your free trial. That's ancestry.com/nextrightthing. Now on to today's episode where I'm so glad to talk with my big sister about how paying attention to our five senses can help us make better decisions in our home. Listen in.

Emily: So a couple of weeks ago, I was sitting with my girlfriends from more than six feet apart from one

another, and the conversation came up about Instagram and Instagram stories, and it was the age old did you guys see the story where? And it came up that it was the story where you went into a store and started shopping for your house, which is I've now realized my favorite show on Instagram. So my sister, you have written a book called Welcome Home and it comes out on September the...

Myquillyn: It comes out on September 15th.

E: So if you're listening to this before then it's your lucky day because there's all kinds of wonderful goodness that you can get if you pre-order the book, but, and I'll tell you about that, but first I just want to say we were sitting around with friends and it was one of those things where when you have a conversation and people tell you, you should watch this, or did you see this? It always is interesting to see the thing that it is that you're talking about. And this time it was, you were going into, was it Hobby Lobby?

M: It was Hobby Lobby.

E: You're going to a Hobby Lobby, and you, before you walked in, you told us on Instagram, "Okay, here's what I'm looking for and here's what I want to keep in mind." And then you went through the store and you proceeded to show what you were going to get, what you weren't going to get, and why, and the whole thing was fall is approaching and I need to make sure that I'm not buying a bunch of junk. And here's the thing, I'm her sister, so of course, I'm going to talk with my friends about all the wonderful things I think my sister is doing, but I didn't bring up that conversation. And we proceeded to talk about you walking through that store for the next 15 minutes.

And though it was fun and it's like, "Let's decorate our home for fall," but I think the thing that really struck me and struck in that conversation with my friends was so many times we all want to have a beautiful home and we want to create an environment around us where we feel comfortable, where it feels relevant, where it feels, even we might not realize it, but even seasonally relevant, but we don't know how.

And I think the thing that was so magical about that story was you very simply and clearly showed us what to look for, and how, and it made our decision making process so much easier. So can you tell me and the people, first of all, what is it when you think about decorating your home for the seasons and having your home feel like the season that we're in, what is some of the main things that you keep in mind?

M: Well, when I think about decorating my home for the seasons, first of all, I have to go back to how I used to do it. And when I used to decorate my home, the only thing I knew to rely on was visual decor. That was the only tool in my arsenal. So I thought, oh, if I want my house to feel like fall, or if I want my house to feel like Christmas, or if I want my house to whatever it is, then I need to go to my favorite store and I need to buy stuff that I can set around that will signal to us visually that, "Hey, this is going on." This is Christmas, this is fall, whatever it is. That was all I knew to do, but the problem with when you only rely on visual decor, it fills up a lot of space and your home begins to feel more cluttered.

E: Okay. Now I'm thinking, because you're right. When you said I only ever relied on visual decor, my first instinct is like, well, what else is there?

M: I know.

E: Like, of course you did, because that's what you see, that's why you decorate, it's what you see, but you propose to us that it's not only what we see, but it's also what else?

M: Well, it's what we feel. It's what we can smell. It's what we hear, it's what we touch. So we already have said the words, how you feel in a home.

E: Yeah.

M: We didn't say...

E: How you see in a home.

M: Exactly. And so we're talking about, we want a feeling and think about when you walk into any place, the first thing you notice is the smell. If it smells bad, it doesn't matter how pretty it is, it doesn't matter what music is on you notice.

E: That's so true.

M: And so that's so powerful. And if we're not using that and the beauty of anything that is a scent is it takes up zero space. Well, whatever's making the scent, I guess, takes up a little bit of space, but you can fill an entire home with scent and technically it's not really taking up any area.

E: So, okay. I have so many thoughts, all of a sudden. So we talk about decision making and doing your next right thing. And number one, I think something that paralyzes us in all of our decisions is that we try to do all the things at once, which is why I'm always coming back to what is just my next right thing. And that is true for huge vocational decisions, relational decisions, decisions in our work, but also in our home, because I've said before that I am much more comfortable inside my head than in my body. And that I definitely can get stuck inside my head and I think in some ways that serves me well, but also our gifts can be our burdens and sometimes I get real busy in my head and I have a lot going on in my head. And then I realize I've been sitting for an hour inside my head and I'll do that with my home.

E: I'll look around my house and I'll think of all the things that I see with my two eyes that are quote, unquote wrong, or don't feel like me, or make me feel uncomfortable, but I don't know what my next right thing is in order to make it right. And I love that you're encouraging us to consider not only what we can see, which is sometimes where I can get stuck, but all these other elements as well. So can you travel with us, if you will, what are the things then that we are to pay attention to? If we can just take the season of, because this is the season we're in, we're entering into fall in the Northern hemisphere, that's kind of where at right now. So if we could just use that maybe as an example of, so, okay it's more than just what I see. What are the ways that I can do my next right thing in my home so that it does feel in all the ways,

not just the seeing way, like fall?

M: Well, I think it is really helpful to literally think through the five senses. So think about if your, let's say your kids are at school and they come home, and you have some hot cider on the stove, you can smell it, and they're going to be able to taste it.

E: Okay.

M: They have a candle, you have a candle lit, maybe a vanilla candle sitting on the counter. Maybe you have your favorite, like some banjo music. I know to me, banjo is so fall. You can't play banjo in the spring.

E: God forbid.

M: It's a fall music, and so you have something that just feels fall playing. Maybe you have a movie queued up for them and some cozy throws on the sofa. Now, there has been no it's fall y'all cute decor. There's no pumpkin's out.

E: There's no it's fall y'all pillows.

M: There's not none of that yet.

E: Not yet. Okay.

M: But if they come home from school and you have those three or four things happening, what are they going to say? They're going to say, "Oh, it feels like fall in here, mom. Oh my gosh. It's fall." Without any visual cues because of what they hear, because of what they smell, because what they're anticipating tasting, because they get to go get all cozy on the sofa with the cat, and the throws, and the pillows. So you've set the mood without even having to get out any pumpkins, any gourds, any cute fall decor, which we all love, but I have found that if I start with the other senses, first, it takes the burden off of the visual decor and I still want to add that. I love it, it's my favorite, but I don't need as much to get the feeling that I want.

E: Okay. So your next right thing is to do the visual last.

M: It's to do the visual last.

E: Oh, I didn't know that.

M: So you do the visual last, so what, and I think is probably different for everyone, the very first thing I do in transition... So let me back up a little bit, is the thing no one likes to talk about, which is editing out. So at the end of summer, which I feel like we're kind of ending summer and it doesn't have to do with the temperature. I think we all think like, well, how dare I talk about fall if it's not Fall Equinox yet, but it's not about that. My life looks really different in the end of August than it does at the end of July even if the temperature is the same. I need different things for my home. My behavior is different. My life, what I'm doing every day, my schedule, same with my kids, my husband, it's just different whether I want to admit

it or not. And so I require different things in my house so that it serves me really well.

And so the first thing that I do at the transition of a season is just kind of walk around and say, what are we done with, what can I put away? And so for us, whatever toys and games that means in your life, even though my kids are all kind of grown, we still have toys and games that we're kind of done with.

E: Toys and games!

M: And so we're putting that away, we're putting the beach towels that we had out, and just anything that's kind of summery that I know we're moving away from. So first to create some space in every room of the house, it just takes a minute, just kind of walk through and say, what are we done... Maybe there's a stack of, for my kids, it's car magazines, they're kind of done with, now they're going to be looking at their textbooks. They don't need a stack of car magazines for fun. So just little things like that, that I'm putting away first. That's the first step.

And then I have found the next thing that is really helpful that I really, really enjoy, it costs nothing, is to begin listening to my fall playlist. It gets me in the mood. It's always, and I didn't know this until I just started paying attention, but that's the first thing that I do with every season, is before the season technically gets there, I enjoy just having that playlist going and so we'll do that. And the next thing that I find that I really want is I want to smell the season.

E: Smell the season.

M: That smells so gross. No, or it sounds so gross, but it's true. I want to have a fall candle. I want to have my fall diffuser blend, whatever that means to you, whatever scent feels like fall to you, it's such a strong trigger or whatever word you want to use. I think we think that getting our home ready for fall means that we're picking out a Saturday, we're dragging out the bins, and we're spending four hours unpacking stuff and setting things that are really cute and pretty on all of our surfaces, but it doesn't have to look that way.

E: I love how you say that because, and you often talk about how you take your cues from creation, and that we all know how creation works. It's a gradual transition. There's a season to season change from one to the other, but it's not you... Now, sometimes you do wake up one day and you're like, "Oh, it's cool out," and it's a surprise, but that's the exception. That's not the rule. That's why you notice it, but because it really happens gently. And I think that, wow, if we could learn to do that in our homes more slowly and more gently, there would be less pressure about how do things look, and now it's time to do this. And I guess what I'm trying to say there is that when we talk about doing the next right thing and being stuck in decision making, I think we often overlook the role our environment plays in our decision making lives.

In his book, *Atomic Habits*, James Clear says, "Environment is the invisible hand that shapes human behavior." And I got that quote from your book actually. And I had to write it down because I thought that is exactly right, which is why it's so important to pay attention to our environment, our home that we're in day in and day out, even more so lately than ever, and these are the walls within which we decide to do our next right thing in every area of our lives. So don't we want those walls to reflect not only who we are, but also who we are in the fall, who we are in the summer, in whatever season it is. I love how you said, you and I, we talked before this conversation started being recorded, but you talked about how the weeds look different at the beginning of summer than they do at the end of summer. Can you give some examples of things that you have been noticing? Because I feel like you train your eye to see creation

differently because you think about how to bring it inside.

M: Well, I think this is true, whether you live in Florida, or you live in Minnesota, or you live in North Carolina.

E: Yes.

M: If you just begin paying attention to what's happening in your backyard, I know that again, even if the temperature's the same on May 1st compared to August 26th, I can spend a couple minutes outside and I know what season it is because of the color of the grass. My cherry tree, my cherry tree already is losing yellow leaves.

E: Wow.

M: And I know by the weeds that are growing, I know by how loud the... if it's a lot of frogs, then it's spring, if it's a lot of cicadas and locusts then I know it's the end of fall. The sky looks hazier, it looks brighter usually in May, and then it looks bright again in October. And so they're just local things, what I see, what I hear, what I feel that triggers and that informs what season it is outside, even though it's still hot outside. And so to notice those things and then to bring them in is such a fun way to feel like my house is in tune with what's happening outside, because I feel like for me, our home is kind of the sixth person in our family.

So it is partnering with me to serve our family. And that means it changes with us, not changes in a burdensome way like, "Oh, I have to change things," but no, no, no. It has to be flexible. It has to have agency. It has to be ready to do whatever I need it to do. So maybe that's the kids staying home and homeschooling now, or maybe that's having an unexpected guest, or maybe that's having lots of people at the house, or maybe that's just having a place for myself where I can be quiet, whatever those things are our home has to be so at the ready to be able to do those things. That is what a high functioning home is for me and so for our home to reflect the seasons, it's just part of that. I want my home to know that it's not December and I think we've all walked into a house maybe in the middle of July and the house feels heavy and it feels dark, and we're like, oh, this house doesn't... it thinks it's still January.

E: Yes. Oh my gosh.

M: And so I just want my home to be in keeping with the season. I want it to feel perennial and so it's almost like just a rhythm of home. So for me that means, oh, I'm cutting those yellow weeds. So I was on my way to Emily's house, we live an hour and a half away, and all the weeds on the side of the road in August in North Carolina are yellow, but if you were driving in April, all of the weeds on the side of the road are pink and purple, and doesn't that just feel right? I don't know if it's that way in the rest of the country, it probably isn't, but where we live that feels like fall to me. And so that's why I naturally, maybe I never even put it together, but in the spring I kind of long for some pink and purple in my house, even though my colors, I don't really decorate with pink and purple on my walls.

I wouldn't buy a pink sofa, but I want that little flash. I want a stack of books in pink. I want to go outside and cut the morning glories or whatever it is, just like weeds growing around my property that feel like it's reflective of what is happening outside. It also just kind of slows us down. I feel fall happens one leaf at a time. And how freeing is that in our home that, oh, we don't have to, well, yesterday my house was

summer, and now today it's fall, and then that's going to be Christmas, and it's going to be winter. No, no, it can just be a really slow, step-by-step, almost you can't even pinpoint it process, and that makes it more enjoyable.

It actually frees you up like, oh, whenever the farmer's market has pumpkins, that's when I'll get my pumpkin. I honestly don't even know when that is. Okay. I can look back at my Instagram feed last year and see when I had my pumpkin out, but I don't know when pumpkins are ripe, but I know when they are I'm going to buy one. When they're ready in my little county farmer's market that's when I get to go have a pumpkin.

E: I just think you articulate so well what so many of us want our homes to be, like an extension of our families and an expression of our lives at this time in history, at this time in the year. We don't know how to move across the gap from the hopeful vision that you just cast that was so beautifully said to kind of what we see right now. Like you said, because I have felt that way in the middle of July, I'm like, why does it feel like November? And I don't understand why that is, but I know that I don't like it and my five senses are telling me something is off. And so do you have... What would, if someone is feeling that way, I love all those words she just said, I have no idea where to start and what to do next. So what would you give as like a first, or what would you give as a first step or two, would it be walk around in your yard and pay attention?

M: I think starting with creation and the creator is a great place to start because of our tendency to start with consuming and thinking, "Okay, I really want my house to feel like fall and I know Hobby Lobby, Target, Michael's whatever, all of our favorite glorious stores have beautiful aisles full of fall." The tendency is the first thing to do is to walk in the store, and walking in the store and buying something can be a great way, but when we start there, it just puts us in the consumer mindset and then it's all visual. It's just all stuff that we have to store away.

E: Oh, that's right. Right, the visual. The visual.

M: Yeah, so let's start someplace that isn't the visual and maybe one of those things, I think we're also different in what really speaks to us, what sounds like it would make a difference? What sounds appealing to you? Does having a fall playlist sound like something that is exciting to you? I have a fall playlist. You're welcome to borrow mine.

E: I was going to say, because I have your fall playlist. Do you change it every year or is it the same one?

M: I add to it every year and then as I'm listening to it, if something doesn't sound right, I will delete songs off of it.

E: Oh, wow.

M: So I build on it every year, but I always look forward to it.

E: So you can share that with us. I can share that in the show notes.

M: Yes, you can share that in the show notes.

E: Yes! Okay.

M: So I have one for every season and also, let's just FYI, I do not count Christmas as a season. Christmas is a celebration. Winter is the season.

E: Tell us more.

M: So I have a winter playlist, that winter playlist will sound right on November 30th, or January 5th, or February 28th. So you're driving home in the dark at five o'clock in the afternoon and you want to hear music that feels right for the season and that's why I create a winter playlist. I also have a Christmas playlist for sure.

E: Right, but that's for the celebration of Christmas.

M: That's for Christmas. Mm-hmm (affirmative). And so yeah, I have all kinds of playlists for you. And I think it's fun to listen to someone else's playlist, but what you're going to be like, "Well, that doesn't sound like... That doesn't sound like fall to me." And that's good because I want to.

E: Right, because then you know.

M: Yeah. I want you to pick what sounds like fall to you and what will happen is as you play that playlist, especially year after year, that's what's going to feel like fall to your kids. That vanilla candle, when your kids move out to college, they're going to be like, "Mom, what's that vanilla candle because I want it. I want it to feel like fall in my apartment." Or when they get married, you have set these rhythms or these even traditions that are almost silent. They don't, you didn't even have to think about it. It doesn't have to be this big ordeal that's a burden. We traveled to the mountains, and we pick apples, and we have to all take off of work and organize, which is wonderful. You should do that too, but you could just light a vanilla candle every year in September and that will automatically build this nostalgic feeling that's powerful. The same with music, I mean we have Grandma Moreland Christmas album, it's the most ridiculous songs.

E: It's ridiculous.

M: Half the songs aren't even about Christmas.

E: It's like tiny babies singing, by the way, I'm crying now as she's talking about nostalgic lighting a vanilla candle for your kids.

M: Yeah. That's all it takes. And I have boys and you know, one time I had a candle lit in my house, this was not a seasonal candle, but my youngest came in from school, "Mom, why does this smell like a dentist office in here." Sent has power. Let it work for you.

E: Right. It has power in it for good and for evil.

M: For good and evil.

E: Oh, that's good. Well, if this is a compelling conversation as it is to me, because I'm sitting here crying about like... Because I'm sitting here crying about something that's like, you would think it's a neutral thing like, oh, well we're talking about home decor, but we're not talking about home decor. We're talking about creating home. It's like, it's really powerful like you said. And I think that those five senses that we ignore... That I can ignore... I think we're all prone to some other than the others and probably, maybe, I think the visual is probably a big one, but I think smell is one that we forget we can control, but it's one of the most powerful. They say it's connected to memory more than any other of our senses. So how about we proactively create some memory and make it smell the way we want to, rather than having it accidentally smelling like a dentist office, like that's the worst.

M: Yeah.

E: would be the worst thing to smell like. The book walks through the four seasons and not just the seasons, but also celebrations. And can you give just a brief set up of how this book is maybe different from books you've written before?

M: Oh yes. I think this book, which is about decorating for every season, and then hosting, and really thinking about what Thanksgiving, and Christmas, and Easter, and what that means to host because those two are connected, which I'd never realized. Those are the questions that I've probably received in my online work of encouraging women in their homes more than any other types of questions in the past 13 years. I mean, people want to know how do I shop for sofa? How do I hang drapes? How do I deal with this house that isn't my dream house or isn't perfect? Those are big questions, I answer those in other books, but the nitty gritty in our everyday life is, I want my home to feel current in, and not current like with the trends, which that's fine too, but I want my home to feel in keeping with what's happening.

I want my home to know who lives there and to be really serving us. And so how do I make that happen? And so this book meets us where we are right today in whatever season we are. So it's broken up in the seasons and we talk about getting your home to feel like the season to you personally. And that might look really different to what the season will feel like to your mother-in-law or to someone who lives in a different state and discovering what that looks like for you and your house.

E: So the book comes out September 15th, if you're listening to this before September 15th and you pre-order the book, which by the way, if you love and support an author, pre-ordering their book is the number one way to sit on the front row and to have that number one foam on your hands like, "Yes! I'm a big fan." But it's a perfect time to do it because we are in a transitional time of seasons and to get your head straight about what it looks like, what it could look like to do this. If you do pre-order, tell us about the pre-order freebie that people get that I have already gone through and I'm obsessed with.

M: Well, sometimes I feel like I write a book just so I can create the pre-order bonus. It is so fun to think about what is a good companion for this message and we created 10 videos. It's called Welcome Home Prep School and we just walk through really, really simple little actionable projects from embellishing a store bought cake, to adding nature to your home that doesn't need to be watered, it's not going to die on you.

E: Oh, preach it.

M: So you can go through the entire school and graduate in under an hour. It's really simple. You can sit there with your kids and watch it, or your sister, or what have you.

E: Which is exactly what I did. I sat there with my girls, we watched it, and one thing I love about it is, first of all, my kids are all in virtual school right now like many of you probably are. So all their school is online and so when I did this, we did this on a Saturday, and it was like just another part of school, except it was fun school. And the way you have this... I mean like, listen, I'm a sucker for a good name and it's called Welcome Home Prep School, and this is the freebie, you get this all for free when you just... just for pre-ordering the books, if you're going to get the book anyway, this is the time because you get the freebie. And it's like each thing is like, it's like a class.

M: Yes.

E: What... Can you remember some of the... Can you tell me some of the...

M: Yes, so we have charcuterie boarding school.

E: Charcuterie boarding school.

M: So it goes through... And we have mixology 101.

E: There's a PE one isn't there?

M: Yeah, so it's the study of home bases.

E: Yeah, home bases.

M: Which is PE.

E: Yeah, that was PE, and then the mixology 101.

M: We have natural resources, which is the one that I talked about with the natural things that don't have to be watered.

E: Do you have a math class?

M: No math.

E: No math. School with math.

M: There's no math. Yeah, there's extra credit. There's hot lunch.

E: There's extra credit, but no math.

M: There's no math.

E: Hot lunch?

M: Yeah. There's recess.

E: What was recess? I forget that one.

M: Recess is foraging

E: Yes.

M: And using what's in your yard, or your neighbor's yard, or your mom's yard and bringing that in and how to really do that. So how to find just free branches, or weeds, or sticks.

E: It's like.... Yeah. It's like if The Nester had a show, this is her show, and I wish... I want you to do one of these every month, like a Welcome Home Prep School. Can you do that every month for us please?

M: I would love that. That would be really fun.

E: Well, even if you can't do it every month, at least you did it this time, and the way to get it is to... Tell them how they can get the book.

M: Anywhere books are sold. I don't...

E: No, but you have a website, thenester.com.

M: Go to thenester.com.

E: All the information is that thenestor.com, but listen, this is my final thing I'm going to say is, my second favorite show is on Instagram right now because y'all, I mean, I know I talked about this at the top, but just it's one thing to talk about, it's one thing to talk about doing this and kind of the why behind it, but then you taking us shopping with you in stores that we all know and love and teaching us how to make decisions about our home while we're standing in the fall decor aisle at the Hobby Lobby is priceless.

And I, you are my actual literal sister biologically, and I have heard, we've talked about this stuff forever and every single time you share something on Instagram, which by the way, Instagram @thenester, follow on Instagram, in her stories y'all, every time I learn something new. Every time with every story and I'm like, "Oh my gosh, why did I not think of that?" Of course I wouldn't get that particular thing, or of course I should get a pillow that is a feather pillow, because you can zip it and unzip it and it stays alive forever. Instead of getting those foam pillows that your husband takes a nap on, and then it's flat.

I know these things, but I don't know these things. So just those little tips, she takes us shopping with her. It is such a fantastic show. I'm learning so much, but more than anything, thank you for teaching us how to pay attention with all of our five senses so that we can do our next right thing in our homes and have it, like you said, be an expression of who we are, and who we hope to be, and who we want our kids to remember, how we want our kids to remember our home and their growing up years. We have some control over that and I love it so much. Any final words for the people? She loves it when I put her on spot.

M: My final words are, if lugging out your bins feels burdensome this year, there is another way.

E: And it's called Welcome Home by Myquillyn Smith, The Nester. Sister, thanks for being on my podcast.

M: Oh my gosh. Thanks for having me. What fun.

E: This was really fun.

Thanks for listening to episode 143 of the Next Right Thing. I hope this simple practice of using your five senses to make better decisions at home can be just one more rung on the trellis upon which your rhythm of life can continue to grow, because it's true this is a podcast about making decisions the bigger truth is that our daily decisions are actually making our lives. If you couldn't tell, it's always a joy for me to be with my sister, but especially this week, because we haven't spent much time together over the last six months. Just like you, I'm sure that you've been distant from family members and so being together even for just a little bit of time is always a gift, but most of all, I hope this conversation does for you, what it did for me. I hope it helps you learn ways you can welcome yourself home.

As we already mentioned, this idea of decorating and hosting all year round is not just one conversation, but it's based on an entire philosophy of what it means to have a welcome home, taught beautifully and thoughtfully in my sister's brand new book simply called, Welcome Home. If you're listening to this in real time, good news. We're one week away from the book release, which means you still have time to pre-order so that you can get access to her Welcome Home Prep School, which is a mercifully short, highly visual, lighthearted 10 video course that you can complete within an hour and that comes free with your pre-order.

You'll find loads of simple inspiration along with instantly applicable ideas to incorporate into your home. If you're feeling stuck, that pre-order bonus is more than worth the price of the book, and you'll also get access immediately, like right now, today. I watched that course myself and then I instantly made at least four decisions for my right now house and that was a welcome catalyst to get me out of my head and into my home in a meaningful way that I could actually take action on. Well, to learn more, just visit thenestor.com or you can find Welcome Home by Myquillyn Smith, wherever books are sold.

In closing, I'll read a few lines from the book itself. Myquillyn writes, "When it comes to decorating, hospitality, and being okay with your less than perfect home and life, you are ready for this. You don't have to fall into the trap of over-planning, overthinking, overspending, and over decorating to the point

that even the thought of having people over is overwhelming. No, we're going to keep it so simple. Hosting is never about the host and hospitality is never about the house.

Thanks for listening and I'll see you next time.