



10 TIPS FOR NAVIGATING CHANGE

BONUS

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10 Tips For Navigating Change

1. Acknowledge Change Is Stressful

Studies show that even welcome change is stressful. Even if it's something we want, like getting married or moving into a new house, change generates a lot of stress. If you don't acknowledge that fact you likely won't know how to interpret emotions that arise during the process.

It's common to feel apprehensive or scared about a change taking place, and it's easy to interpret those feelings as a warning. You might start to question your decisions and start backtracking.

Here's what you need to know: excitement feels the same as fear. Your body reacts in a certain way and how we interpret that usually that determines our actions. Acknowledging stress is present in good situations will help from feeling as if you shouldn't go forward.

2. The "Why" Matters

Think you're ready to make a change? Think again - with a more critical lens. Spend time thinking about why you're taking a specific action or the root cause of a nagging emotion. For example, let's say you've decided to put your house on the market, but you can't shake the feeling of sadness that comes with it and start to question whether it's a good idea to move. It's easy to tie the emotion to the decision to move.

Dig a little deeper and perhaps you'll discover you're reluctant to leave because you raised your kids in that home, or because it was the first home you ever owned. Get to the root cause of your emotion and you'll be able to process the situation more effectively. That includes finding ways to take memories with you while making the best decision for your future.

3. Avoid "If only..." statements

When deciding whether to redecorate, remodel or move, avoid characterizing a need by saying, "If only I had 'X,' I would be happy. Would a waterfront home, a new pool, a redesigned kitchen or a smaller condo make you happy? Maybe. But when you start a sentence by saying, "If only I had 'X'." It's not the 'X' you're chasing. Go deeper. Why do you think it would make you happy? Getting to the root cause of those feelings is important to make sure you're not disappointed by a big decision in the end.

4. Know What You Want

Visualize the outcome you really want. How do you want it to make you feel? The way you feel about something causes you to attach emotion to it. Emotions and feelings are intertwined. If you're thinking, "I really want to paint this room red." Spend time thinking about how it's going to make you feel when you walk into the room. Do you expect to feel happy? Is red your favorite color and you want to surround yourself with things you love? Or, is it something you liked in a magazine, but your husband hates red,



which means the real reason you want to do it is because you don't want him coming into that room? You're entitled to your feelings, but it's helpful to know what those feelings are when contemplating a change.

5. Home is where the heart is, not the numbers

Budgets are important just like it's important to know your price range, but it shouldn't be the only factor driving your decision to redecorate, remodel or move.

Picture your ideal life. What does that environment look like? What do you see when you look out the window? How does it feel when you drive up the driveway? What happens on the weekends? What's your favorite thing to do within your home? Of course, you have to look at price, but start with knowing how you want to feel in your space. It doesn't matter if it's in your price range, if it's not going to make you happy. If you're going to spend twice as much to make it a place you feel comfortable, it's not the right space for you.

6. Forever isn't always forever

This was "The One." You said so when you purchased your forever home, so why would you ever think about moving? Different stages of your life require you to rethink. There's no shame in that. But depending on the circumstance, there could be a slew of emotions to deal with. For example, did you tell your spouse this was your forever home and now you're afraid to admit you changed your mind? Or is there a practical reason (like an increased commute, new job or new addition to the family) why your "perfect" home isn't so perfect?

It can be hard to reconcile that what you thought you wanted no longer works. It can be even harder to try to fit a square peg into a round hole. Be willing to have a conversation about what's important at this stage of your life.

7. Avoid "Always" and "Never"

Follow the advice of a famous saying, "Always and never are words you should always remember never to use," and you'll be happier with your decisions around whether to redecorate, remodel or move. It's difficult to make absolute decisions in life. Situations change over time. You change over time. Using the words "always" and "never" could back you into a corner and lead to unhappiness in your home. Be willing to change with the seasons in life and make each decision as it comes.

8. Don't buy into the fairy tale of a dream home

Finding a dream home comes with a lot of pressure, because it implies the house is perfect. Checking nine of 10 boxes just won't do. If it's perfect, it has to be a 10 out of 10. The search for a dream home can put buyers into analysis paralysis and add to an already stressful situation. It's rare to find a dream home. It's



much more likely you'll find the right home that becomes your dream home with a little work and planning.

9. Don't take it personally

Becoming emotionally attached to your house is understandable, after all you've worked to make your house a home. Not everyone sees it the way you do. When your house goes on the market, it's not about you. Comparing your home value to a neighbor's might not be a fair comparison based on a number of factors. It can be hard to stomach a lower price than someone living on the same block, but recognize those are your emotions talking. You love your home or you wouldn't be living there.

It's also hard to think of potential buyers walking through your home after it's on the market. People snoop. If you have family pictures on the wall you can bet everyone is going to stop and look at them. That can feel very invasive, so can the thought of people opening your closet doors. They can make assumptions about you or make up stories about you based on what they see in your home. In order to avoid the invasion of privacy, put your personal things away. Make it look staged, or actually stage the house because it takes you out of the equation. Any negative comments or feedback from people viewing your home will feel less personal.

10. Be respectful

Navigating change is an ongoing process. Keep the lines of communication open with everyone involved, whether it's a spouse or other family members, and make sure those conversations are a two-way street. Don't minimize the other person's concerns or belittle the things that are important to them. If you don't understand their point of view, dig deeper and ask qualifying questions. Taking an honest and open approach leads to better outcomes.

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