

Ask any contractor what the most bang for your buck is when it comes to a remodel, and they'll give you these needle movers:

1. Kitchen improvements - updating things that improve flow and make it easier to cook.

Likewise, for your remodel, you need to have flow in the kitchen. Start cooking if you don't already, and keep cooking if you do!

FACT: Home-cooked food is healthier, and cleaner and you have 100% control over what goes into each meal.

TO-DO: Bulk cooking, mise en place, freezer meals, menu plan for the week (or month) ahead, and create a grocery list. (Check out our eCookbook library!)

2. Bathroom upgrade - good lighting, storage, and special things like a soaking tub!

FACT: A 20 minute Epsom salt bath has been proven to help reduce inflammation in muscles and joints.

TO DO: Make your bathroom a sanctuary - candles, music, and a clean and uncluttered space will help to soothe and relax you.

3. Upgrade your master bedroom - buyers can picture themselves in your space - a private sanctuary.

FACT: A bedroom with calming colors, lovely linens, and optimized for light, noise, and temperature will optimize sleep.

TO DO: Get to bed at a decent hour! Your circadian clock optimization is between 10 pm and 2 am. Avoid blue light, have a dark, cool room, and give yourself (ideally!) 4 hours to digest between dinner and bedtime, with no snacking in between. Do a sleep meditation to help you relax and drift off to sleep. (We'll also be doing a webinar on gut healing soon - this is crucial for sleep!)

4. Curb appeal - first impressions are important! Clean up your yard, put out flowers, paint the front door, FRESHEN IT UP!

FACT: First impressions are crucial and can make or break an opportunity or someone's opinion - of your home or you!

TO-DO: Clean up! Haircut? Makeup? Get out of your sweats! People formulate opinions about you (and all of these factors) in 20 seconds! Clean up on Aisle 5!

5. A little more space - square footage adds to the value of your house.

FACT: Studies show that our homes are often a direct expression of where we are emotionally and psycho-spiritually. This can show up in our spaces.

TO DO: To make more room, declutter, clean out, and create your space.

Loving your environment will help you and actually aid in helping you live your most vibrant life.

Are you ready to remodel?