



Bringing Sexy Back

THE 5-STEP GUIDE TO
TRANSFORMING YOUR HOME NOW

CINDY GILLIES
Design



Hey there!

Welcome! If you're here, you're ready to transform your space and have it feel more YOU—but maybe you're not sure where to start.

Whether you're designing from scratch or making a few important tweaks, this guide will help you create a space that's not just beautiful, but an expression of your soul.

Our approach is rooted in Transformative Design—going beyond aesthetics to create a space that actively supports recovery, well-being, and renewal. It's all built using our signature process: ***Release, Receive, Redesign***—letting go of what no longer serves you, making space for what's next, and designing a home (and life) that fully reflects you.

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The 5-Step Guide

to transforming your home now

1 **CLEAR. IT. OUT.** *(release)*

Like Brené Brown always says, clear is kind, and that includes your living space. Start by removing EVERY single thing you don't love - everything carries an energy. If the vibe is off, let it go.

▷ Rule of thumb: If it's not a HELL YES, it's a HELL NO!

2 **SEEING IS BELIEVING** *(receive)*

Close your eyes. Sit in the space. Imagine how you want to *feel* in here. Use Pinterest or go old school and cut out pictures from a magazine to create your vision board. Trust me, the visual will help.

▷ Rule of thumb: Let yourself run free here! Think big, allow yourself to imagine and feel the energy of the space you want.

3 **COLOR WITH INTENTION**

I love coloring outside the lines, but suggest keeping it to 3-4 colors so the room still feels cohesive. I typically go with neutrals for my base (very into warm nudes and light browns right now), and then if I decide to color pop, it's woven in tastefully throughout the space (currently loving earthy, grounding greens and rich, cozy browns).

▷ Rule of thumb: Grab paint and material samples and *always* look at them in the space first. Colors can change dramatically in different lighting/settings.

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4 "ONE PIECE AT A TIME" *(redesign)*

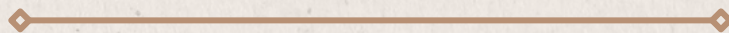
Start with *the* key piece in the room and make sure you LOVE it. In your living room, that would be the sofa. Start there. I built my entire first place around a \$12 bath mat I LOVED that I found before I'd even moved in. Every decision and color choice was driven from there.

▷ **Rule of thumb:** Make one decision at a time, allow the next choice to reveal itself. It's a sequence and a very organic process. No forcing ;)

5 PARTY ON WAYNE

Have FUN! Allow the creative juices to flow, it opens up the channels for new ideas to pour through.

▷ **Rule of thumb:** If you find yourself getting overwhelmed or discouraged, go back to the basics. KEEP IT SIMPLE. Simple is sexy and sexy is BACK baby!



This guide is just the beginning! If you're ready to take it to the next level, let's chat!

DM us on Instagram or visit cindygilliesdesign.com for more inspiration & services.

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