

CIY: CREATE IT YOURSELF PROJECT

Kat's Intentional Style Design Sheet #1: Page 1 Your Summer Getaway Space Loving Your Space- Home IN

HOW TO DESIGN

STEP 1: Intention

Conscious designing starts with an intention. This is your first choice to make.

- 1- I choose to feel good in my space
- 2- Everything in my space will reflect that choice

STEP 2: Set the Emotional Stage

Draw on your “feel good” senses you experienced to remind you of summer. Close your eyes to hear, see, smell, taste, touch, and heart sense what summer is to you.

- 1- Write down the sensations - one sense at a time
- 2- Turn the sensations into physical connections matching these emotions

STEP 3: Design your intentional space

Designing intentional space is merely connecting to who you are. Turning your emotional experiences into physical objects anchors the experience into your reality of NOW, and quiets the mind to allow comfort.

- 1- Find a space that you can call your own. It doesn't need to be big. My Maui space is a part of a room transformed.

FIND YOUR SPACE

- 2- Decide what functions will be created in the space. (Example: Read, listen to music, journal, Draw, write a book, cook, sew, bead, maybe just be quiet) Something that delights you!

MAKE YOUR FUNCTIONS LIST

- 3- Turn functions into objects you have collected, created, stored, or cherished - they are all there. Gather the objects together to set your summer stage. Intentional designing is easy when you come from what happens in the space.

WHAT YOU DO IN THE SPACE (2) DEFINES THE PROPS NEEDED TO DESIGN THE SPACE DETAILS (3)

MAKE YOUR LIST OF OBJECTS

Because this sensory experience is deeply imbedded in your “feel good” space, you will find you have all the items you need to recreate it visually.

THE INTENTIONAL STYLE PROCESS



STEP 1: Intention

Conscious designing starts with an intention.

Where I felt good was living in Maui. The island is summer to me. Everything in my space will remind me of this feeling
CREATE THE 6TH SENSE - Calm, serene, natural balance.

WHERE DO YOU SEE YOUR SUMMER?

STEP 2: Set the Emotional Stage

Design with the five physical senses:

- HEAR- sound of waves at night, wind through trees, whales and dolphins, Hawaiian music I sang, rainforest
SEE -Lush green foliage, colorful flowers, blue water, natural color sand, colorful clothing, art, my sun hat, wrap scarves
SMELL - Flower leis, ocean, foods, fruits, lahalla/palms
TASTE- Macadamia nuts, fruits, Thai food, ritual pork, tea
TOUCH- Shells, laying on the sand, leaves, pools, tropical plants/ orchids, local quilts, turtles, rattan

USE YOUR LIST TO RECREATE THE SENSES

STEP 3: Design your intentional space

- 1- Find a space that you can call your own.

I needed a place I could feel breeze, see green, have some natural light, hear the rustle of trees to match my emotional experience. I pushed my bed further over to the wall. I created a new 5' X 6' small space.next to the window.

- 2- Decide what you will do in the space.

I will Recline, read, listen to CD's, draw, write, eat, have tea, treat myself to feel special

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Your Summer Getaway Space - 2 1/2 Hours

Functions define the visual details

THE INTENTIONAL STYLE PROCESS Contd.

Project Example: Recreating Kat's Maui island experience

3- Turn functions into objects: I was amazed that most of what I stated in my senses experience was right near by.

What I will do in my space:

Recline: A chair, ottoman and seat cushion were put together to create a Chaise Lounge - covered by a quilt. (The backside gave me white for serene and a touch of Hawaiian feeling)

Read: A place to put my books, light to read by, a table for storage. I had a half round table and 2' X 1' pushed against the left side of the chaise. It will hold the table lamp and books, near a window for natural light

Listen to CD's: I am near a plug, player is portable, a basket for player and batteries if needed

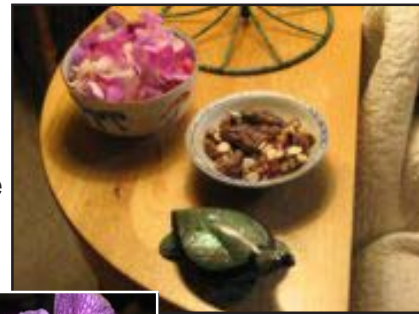
Draw: Set up a basket - (Lahalla for the smell) filled with artist supplies and sketchbook next to me

Write: This is a serene space to work on my books and feel the creative flow. My notebook and pens are there. I see the basket container is needing to be bigger

Eat: A bowl of fruits, nuts, healthy snacks is needed, napkins, silverware, wet wipes - food utensils. 2 baskets

Tea: My electric tea pot, cups, a container of assorted teas (island smells) another small table

Treats: Host Chocolate covered macadamia nuts, cashew honey clusters,



TOUCH- Shells, in a jar laying on sand, tropical plants/ silk orchid petals scented, quilt on chair, turtle statue



SMELL - silk orchid petals scented - flowers as inspiration. Leis



TASTE- I have a passion for Macadamia nuts. It was an island treat. Fresh fruits, the spices of Thai food, pineapple and ritual pork on the beach were summer. I recreated this with a bowl of chocolate covered nuts and a tea set up ready to go. The dishes I found at an island thrift store, and the leaf ceramic tray a friend made there.



SEE- colorful clothing, art, my sun hat, wrap scarves put on a screen for a backdrop - remembrance of ceremonies on the beach



INVENTORY DESIGN NOTES FOR THE PROJECT

- . Green pillowcase with leaf designs
- . Palm tree table runner
- . White quilt
- . Pillow looking like a traditional Hawaii flower design
- . Colors match the cool island feeling
- . Textures also feel right

HEAR- Rainforest sounds and waves at night will be a small table fountain, whales and dolphins sounds, and Hawaiian music I collected on CD's. A statue from a dolphin swim I did, shell sounds when collected, I just have to close my eyes and I'm back.



SOURCE OF INSPIRATION

Green, White, Neutrals
Palm trees. White of buildings, clean fresh feeling, texture of bark, remembering pleasant times with this place near to where I live - assorted greens was vivid



SEE -Lush green foliage, colorful flowers, blue water, natural color sand,

USE THIS FORMULA TO FIND YOUR OWN UNIQUE SENSE OF SUMMER INTENTIONAL STYLE - HAVE FUN, CREATE, AND ESCAPE TO YOUR SPACE THIS SUMMER.