

Deana
Murphy



21 Ways
TO MAKE
H O M E
THE SAFEST
MOST PEACEFUL
AND TRULY
FULFILLING
ENVIRONMENT
YOU KNOW!



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TO MAKE
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KNOW!

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"Order is heaven's first law...
Set 'peace of mind' your
highest goal, and organize
your life around it"

— Brian Tracey



People today are seeking ways to find peace not only in their home but in all aspects of life. These tips were developed to help you avoid stress, chaos and confusion, encourage you to renovate your heart, to design with purpose, and elevate your way of thinking so you can ultimately seek a successful lifestyle that captures, supports, and reinforces order and peace.





– INTRODUCTION –



Home

The Safest, Most Peaceful and Truly Fulfilling Environment you Know!

Congratulations! By purchasing this E-Book you have just taken a HUGE first step toward achieving a life of peace and bringing peace into your home. I applaud you!

Most often, people think of home only as a place to relax, entertain, and seek shelter from the outside. They may also see home as opportunity for decorating and making it beautiful. More importantly, the home is a place where everyone's emotional, physical and spiritual well-being should be nurtured. It 's purpose is sanctuary.

Simply put, what you think about yourself, the way you view life, and the way you see others has great impact on the atmosphere of your home. That's because YOU are there, and YOU reflect and carry-over whatever is inside of YOU.

You see, everything that's brought into your home environment has either positive or negative energy, or consequences. In your home you bring your thoughts, ideas, and words (intangible energy), and you also bring your furnishings, a décor, personal items, and YOU (tangible or physical energy).

It appears that the common denominator here is, well, it is YOU. It is you who is responsible for bringing both the tangible and intangible elements into the home. From this we can conclude that it is also your responsibility for the physical, emotional, and spiritual well-being and up-keep of everyone there.

Now, the GOOD NEWS is this, by applying the 21 steps in this book for 21 days, you and your entire household will experience change in your heart, your life, and in your home.

You will begin to see yourself as the strong, loving and creative person you were created to be. You will see the positives and possibilities of life. You will see others through the eyes of love. You've begun your journey of DESIGNING FOR SUCCESS and moving from chaos to order. Now your home will become the safest, most peaceful and truly fulfilling place you know. And the added benefit is this peaceful energy will spill-over into the other places you go.

May peace be with you always.



– WHAT'S INSIDE –

Preparation

Communication

Initiation

Dedication

Determination

Observation

Application

Preservation

Exhortation

Designing Within



– PREPARATION –

1.

BECOME PROACTIVE

Recognize that design carries the responsibility for everyone's emotional and spiritual-being. Make prayer and biblical meditations the source for all spiritual transformation.



2.

TAKE INVENTORY

Cleanse your heart of the things that are contrary to life and godliness. Whatever is in your heart and mind will come out of your mouth and eventually manifest negatively in the home environment. A clean heart creates a clean, chaos-free home environment.



– COMMUNICATION –

3.

BECOME OPENMINDED

Discuss with family any factors that bring disorder to the environment. Conflicting interests in a living environment can be avoided if they are discussed with the resolve to compromise. Be determined to make corrections even if it means you are the one who must be flexible.



4.

PRACTICE RESPECT

Everything contributing to the home's atmosphere must welcome the presence of the Holy Spirit. Welcome Him as a guest there. Know that everything you purpose or plan to do in your home attaches itself to the home's atmosphere. Respect His presence.



5.

STRAY FROM EMPTY WORDS

Listen and think before you speak. Do not allow your temper to quickly flare. Ask the Holy Spirit to help you keep your anger under control. Speak words of edification or say nothing at all.



– INITIATION –

6.

DON'T BE RUSE BY YOUR FEELINGS

Create an atmosphere of love. Recognize and refuse the enemies of love—strife, selfishness, pride, bitterness, unforgiveness, jealousy, and envy. Loving is the only way to live free and design caringly.



7.

PREPARE TO LEAVE A LEGACY

Accept the responsibility of teaching biblical orders to children at an early age. Sowing these seeds prepares them for a safe, peaceful and fulfilling life and way of living.



8.

PROTECT GATEWAYS TO YOUR SPIRIT

Listen to your spirit when watching questionable television shows, reading compromising materials, listening to objectionable music, or associating with negative people. Whatever has your focus will get into your heart and ultimately spill-over as a negative word or action.



– DEDICATION –

9.

WHAT DOES YOUR HOME COMMUNICATE?

Let your home design communicate who you are by what you allow to go on there. What do you want it to communicate to you and others? Designing with the purpose to promote peace and unify family creates a safe and fulfilling atmosphere.



10.

ITS ATMOSPHERE IS IN YOUR HANDS

Create an atmosphere of worship there. Turn on soft worship music and make this an essential design element as hanging curtains. It ushers in God's presence and brings peace in the environment.



11.

IT'S NOT ONLY ABOUT YOU

Design an environment that functions in harmony with all users' needs. Include everyone's input in all the set-up and design decisions.



– DETERMINATION –

12.

THINK OUTSIDE THE BOX

Avoid compromising the way you live according to the structure or layout of the home. Design your home to serve your lifestyle instead of you serving your home. Use spaces in untraditional ways if necessary. Always seek God's wisdom.



13.

WORK AROUND DIFFERENCES

You are fearfully and wonderfully made. Respect each others differences. Show this by your words, deeds, and the inclusion of barrier-free design solutions so that everyone can enjoy the joy of living at home — that is, well, within limitations.



– OBSERVATION –

14.

WHAT ARE YOU BRINGING IN YOUR HOME?

Be aware that everything in your home is speaking. What are the elements saying in your home? Do you know its origin? Take a good look at all its contents. What does or doesn't "feel right" or "sit right with you"? Be spiritually discerning.



15.

DÉCOR & MORALITY. HGH?

Everything that looks good and fit well may not be sanctioned by God. Observe your home's atmosphere with and without décor elements that may be questionable. Your home should always read peace and serenity.



16.

THEIR SPACE BUT YOUR HOUSE!

Protect children and the home environment by governing what is allowed in their space. Observe how and with what their rooms are decorated. Monitor the TV shows and games. Become proactive and learn about the things they like and why. Gently ask questions.



– APPLICATION –

17.

FORWARD THINKING

Make a list of ways to create your living environment around family desires and needs. This expresses to them they are loved and they matter.



18.

WISE THINKING

Before home can be functional and beautiful, home should be safe, healthy, loving, and peaceful. Putting a smile on the hearts of others ushers in peaceful living. This will undoubtedly put a smile on the face of your home.



19.

CREATIVE THINKING

Your home should be acclimatized to serve your lifestyle instead of you adapting your lifestyle to serve your home. Don't slip into the comforts of status quo and carry the stress load of a dysfunctional living space. Pull on the creativity that's within you.



– PRESERVATION –

20.

KEEP THE WEEDS OUT

Don't allow grass to grow under your feet. Kindness and courtesy should be the norm at home. The happiness is even greater, according to other researchers, when the acts of kindness are directed towards those we know as opposed to strangers. We benefit from feeling good about ourselves and from creating or deepening relationships. Maintain a tender-hearted and a forgiving spirit. Never judge or criticize. Never go to bed angry. This keeps the atmosphere fresh, peaceful, and warmly predictable.



21.

CARRY PEACE AND THANKSGIVING

You may not live in your dream home, but you can create a home that reflects your values and interests. Home is what you make it. Don't pick it apart, murmuring and complaining about it. Fill the atmosphere with thanksgiving and enjoy your home. Create a system so all family can share in its upkeep. Let them know you are thankful for them and for what they contribute.



– EXHORTATION –

YOU CAN MAKE IT HAPPEN!

In a study conducted by Stanford University psychologist Sonja Lyubomirsky, students who performed five weekly acts of kindness were happier than a control group who didn't, with those who performed five acts a day being the happiest of all.

Similarly, I believe you can experience results like these if you would consciously practice the 21 steps in this book for 21 days. Here are some points to use as your measuring stick:

- How does my family feel about our home?
- How does our home environment feel to others?
- Does our home environment radiate joy and peace?
- Does our home environment suffocate with confusion, hostility, and stress?
- What are we allowing to come into our home?
- What kind of music is being played there?
- What am I watching or allowing to be watched on my television?
- What kind of atmosphere am I allowing in my home?

Most of you are probably your own interior designer when it comes to the décor of your home. Be motivated by the following words of wisdom from some professional colleagues in the interior design industry:



“Every home should be a sanctuary: entering it you should immediately feel physically and emotionally protected.”

—John Saladino, architectural interior designer

“... the test of a home is whether it makes the visitor feel at ease.”

—Philippa Tristram, interior designer

“Neither good taste nor wealth ... can transform a house into a home, for a home does not consist in the quality of its architecture or decor, but in the quality of the lives that it expresses.”

—Philippa Tristram, interior designer

“Everything in a house should be simply and yet so ingeniously contrived that life flows through it easily.”

—Sybil Colfax, interior designer

Author and motivational speaker Zig Ziglar encourages that motivation is key:

“ Motivation is the fuel necessary to keep the human engine running. Motivation gets you going and habits get you there. Make motivation a habit and you will get there more quickly and have more fun on the trip.”

Be motivated and practice these 21 steps for the next 21 days and make them a habit. You can expose the root of stress, chaos, and confusion. You can renovate your heart, elevate your way of thinking, and begin seeking a successful lifestyle that captures, supports and reinforces, order and peace. It is the peace and structure within you that will undoubtedly spill-over into your home environment, making it the safest, most peaceful and truly fulfilling environment you know.



– DESIGNING WITHIN –

Here is where you will begin to structure within and design your heart with the words you speak. The benefit is it will also design your life and where you live. Out of these good treasures of your heart you will begin to speak the positives and possibilities that are desired and envisioned.

In addition to the 21 steps in this book, I admonish you to speak aloud three times a day these designing within principles on the following pages. Write them on a 3 x 5 card. Keep them in your pocket, wallet, purse or wherever you can easily grab them. They are your indispensable *Designing Within Express Cards*, so don't leave home without them!

FAMILY

I train up my children in the way they should go; and when they are old, they will not depart from it. (Proverbs 22:6)

My sons and daughters (put their names here) will not forget God's teachings but will let their hearts keep His commandments. For length of days and years of life and peace will they add to them. They do not let kindness and truth leave them; but bind them about their necks and write them upon the tablets of their hearts. So they will find favor and good repute in the sight of God and man. (Proverbs 3:1-4)

The Lord shall increase me more and more in (fill in what your need), me and my children. (Psalm 125:14)

God has set before me life and death, blessing and cursing: therefore I choose life that both my seed and I may live. I know that my home shall be in peace and I shall visit my habitation and shall not sin. The wicked are overthrown and are not but my house shall stand. (Deuteronomy 30:19; Job 5:24-25; Proverbs 12:7)



SAFETY and PROTECTION

Today there is safety for me and my loved ones for there is no wisdom nor understanding nor counsel against the Lord. (Proverbs 21:30)

I hear the voice of the Lord through His Word. Therefore, I dwell safely and am quiet from fear of evil. (Proverbs 1:33)

No evil will conquer me; no plague will come near my home. (Psalm 91:10 NLT)

I am the righteous in Christ and He gives me internal and external peace. Therefore I live in a peaceable habitation, in a safe dwelling, and in quiet resting places. (Isaiah 32:17-18)

LOVE

I let love be without dissimulation. I abhor that which is evil, and I cleave to that which is good. (Romans 12:9)

I will not stir up quarrels, but will love and make up for all offenses. (Proverbs 10:12 NLT)

Because I prosper in love, I forgive the faults and trespasses of others. I do not dwell on them. (Proverbs 17:9 NLT)

I love the Lord my God out of and with my whole heart and out of and with all my soul, my life, and out of and with all of my mind, with my faculty of thought and my moral understanding, and out of and with all my strength. (Mark 12:30 TAB)



JOY

Today I shall have joy because I shall speak words that bring life to me and others. The joy of the Lord is the strength of my life, so I can do all things through Christ who strengthens me. (Proverbs 15:23; Proverbs 25:11; Nehemiah 8:10; Philippians 4:13)

No corrupt communication shall come out of my mouth today for I speak words of faith and edification. Therefore, my words bring life and joy. (Ephesians 4:29)

I will have joy by the answers of my mouth so today I speak words of power. I will enter into the joy of the Lord today and I will be a helper to the joy of others. I will not dominate or boss others but instead will speak words of faith to them. (Proverbs 15:23; Matthews 25:23; 2 Corinthians 1:24)

HOME

My home is built and established on wisdom and understanding. I can see by the knowledge of God's Word the rooms filled with all precious and pleasant riches. (Proverbs 24:3-4)

Wealth and riches shall be in my house and my righteousness endures forever. (Psalm 112:3)

I will walk within my house with a perfect heart. I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me. (Psalm 101:2-3)

In my house is the uncompromisingly righteous and there is great priceless treasure. There is no trouble or vexation. (Proverbs 15:6 TAB)



– WE WANT TO HEAR FROM YOU –

Our desire is this publication will help you and enhanced your life, your family and home living. We would love to hear about your journey.

Write to us here:

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WE LOOK FORWARD TO HEARING FROM YOU SOON!



– ABOUT THE AUTHOR –

Deana O. Murphy is a multi-talented inspirational speaker, lifestyle expert, TV/Radio personality, author, educator, master trainer, and visionary. Recently included in New York's Metropolitan's Registry of Who's Who with Executive & Professional Women in Construction, and featured previously in *O At Home* magazine, Deana Murphy is unique among design experts as the woman who's been responsible for developing *The Kingdom Blueprint™* in lifestyle design.



Deana's awarding winning *Designing for the King: From Chaos to Order by Designing Within* is distributed internationally. A flourishing lifestyle whiz Deana now has transitioned and invests most of her time in the life enhancement and personal development trenches to passionately support the success of people everywhere by showing them how to design their best life. Known as **Dr. Enhancement, The R Expert on Lifestyle Design™**, Deana is a living chronicle having combated tumultuous difficulties and knows how to identify your specific challenges and develop a tailored blueprint to attract extraordinary results to experience an extraordinary lifestyle. Deana's core mission is designing possibilities for the mind, heart and home™.

A featured expert on HGTV and Fine Living and also marked one of Greater Philadelphia's finest designers, Deana is a passionate woman of faith driven by her convictions; a devoted wife to her husband; a loyal follower of Christ, and has tapped into an undeniable force in the space/form relations in environmental design and, more importantly, the embodiment of the change she envisions for the Christian family lifestyle and home living. Her desire and love of helping people take their lives from chaos to order is sure to become her hallmark.

Creator of the popular **TransformMeR™** Training earning rave reviews and inspires her social media followers, Deana is your **Go-to-Resource** for promoting a successful transformed lifestyle, whether you seek one-on-one consulting, group trainings, virtual workshops or live lifestyle makeover events.

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