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How to reconnect with your home

Aside from food and water, shelter is one of the most important human needs. Where would we be without a place to call home? Whether it is an apartment, a townhouse, a tiny home or a mansion, our home should be a safe space where we feel respite from the problems of the world.

There could be some issues with your home that you just put up with. Maybe you have a house with tricky access or facing the wrong way for sunlight. Possibly it's hard to heat or too far away from your place of work. Perhaps it feels too small or too large or there are dated features in need of renovation.

You may have been thinking for a while – should I sell or shall I stay? My suggestion is to spend a few minutes thinking of the things **that you do like** about your home. Find at least 3 aspects that you love. Is it the family memories, the birds you can hear outside, the view, proximity to a certain school or the friendly neighbours?

Walk the perimeter of your property. Touch the back fence. Visit every part of your home and garden that you haven't been to in a while. Pause and take a few minutes to just be in that space. What can you see? What can you hear? Use this as a reminder to enjoy every part of it, not just the spaces you use every day.

Set an immediate goal to improve one aspect of your home. This should be a task that is actionable in one weekend. It could be to plant a fruit tree in your garden or set up a bird feeder on your balcony. Perhaps paint a wall or even do a declutter or spring clean. It doesn't have to be a big investment. The idea is to give your home some love and attention.

The next step is to add something bright and new. It might be colourful cushions for your living room, a new duvet cover or rug for your bedroom, new towels or candles for the bathroom or even a houseplant.

Now that you have completed these steps, do you feel more connected to your home? If it still has its downsides and there are aspects which you don't like, say this sentence out loud and see what comes out:

"I love the fact that our home....."

Finally, weigh up the pros and cons. If you are finding the positives are outweighed, you might be better off making the decision to move (which you may have been putting off).

As you can imagine, in my line of work I see the good in every home. I notice the aspects that future owners will fall in love with and it is my job to promote those features when you decide to sell.

If you are considering a move in the near future, I would love to help you present your current property at its best so you can maximise its value and use it as a springboard to your next home.