



Welcome to Creating YOUR Perfect Master Suite! I firmly believe that every woman should have a personal sanctuary that not only reflects who she is, but more importantly, supports who she is becoming.

Our holistic approach to interior design will ensure that your personal retreat supports your physical, mental and spiritual well-being and becomes a place of restoration, rejuvenation and inspiration!

In this lesson we are going to focus on the following:

- Introduction to Holistic Interior Design.
- The importance of an ideal interior environment.
- Things to consider as you create your ideal interior environment.
- 10 Steps to creating your perfect master suite.
- How to master space planning.

This workbook is designed to serve as a tool to help you get the most out of today's workshop. It contains questions for you to reflect on during and after the presentation.

I am so excited to be a part of your journey as you set out to create a home that you will fall madly in love with!

Yours sincerely,

A handwritten signature in cursive script that reads "Nikki".

The logo for Nikki Klugh Design Group, featuring a stylized "NK" monogram in a light purple color above the text "NIKKI KLUGH DESIGN GROUP" in a dark purple, sans-serif font.

PART 1 – NKDG WHOLE™ MODEL

- Introduction to Holistic Interior Design.
- The importance of an ideal interior environment.
- Things to consider as you create your ideal interior environment.

W – WHY, WHAT, WHERE, WHEN, WHO

W- WHY

Before any home remodeling or decorating project it is essential to understand **why** you are making the changes you are investing in. The other important “W” questions should stay at the forefront of your mind so that you successfully reach the results you set out to achieve.

Why are you looking to design now? What are you hoping to gain from your new space? Who is this space for? Keep all of these questions in mind as you move forward with your project and you will be better able to design for your personal needs. This can very well be the most difficult part of the discovery process; however, it will set the course for the entire project. So, be sure to take the time to be very clear on how this project can and should transform your life.

Why- A Look at Where We Are:

1) Why have I decided to remodel/redecorate my Master Suite?

W – WHY, WHAT, WHERE, WHEN, WHO (cont.)

2) Why am I ready to remodel/ redecorate now?

3) What is my current Master Suite missing?

4) What am I hoping to gain from my new space?

5) What have I seen that inspires me?

Where do I want to start my improvements?

When would I like to see my project completed?

Who will I need to hire to help me successfully complete my project?

H – HEALTH

A healthy home is one that supports the mental, physical, emotional, creative and spiritual wellness of the individuals who live there.

Assessing My Well-Being

	Yes	No
Overall, do I sleep well?		
Overall, do I have an outlet for my creativity?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I have a healthy diet?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, am I at my desired weight?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I need to relax more?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I gather with friends often enough?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I laugh enough?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I get enough exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I stretch and/or meditate?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I accomplish enough at home?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I have enough personal time to reflect?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I take enough time to pamper myself?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I entertain enough?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I spend time developing creative interests?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Reflections

What three things must eventually happen for me to feel I am living in a healthy and purposeful way—a living style that strengthens my sense of well-being?

What are two beliefs I hold onto that may be sabotaging my efforts towards a healthy and purposeful life?

How do I imagine myself to be, and how do I want to feel when I have fully embraced and am actually living my own definition of health, wellness, well-being and vitality?

H – HEALTH (cont.)

Healthy Reflections

What three things must eventually happen for me to feel I am living in a healthy and purposeful way—a living style that strengthens my sense of well-being?

What are two beliefs I hold onto that may be sabotaging my efforts towards a healthy and purposeful life?

How do I imagine myself to be, and how do I want to feel when I have fully embraced and am actually living my own definition of health, wellness, well-being and vitality?

How can my home help me live a more healthy and purposeful life?

O – ORGANIZATION

An organized home is one that supports order, productivity, purposeful activity, and meaningful function, and gives you a feeling and sense of mastery over the environment as well as a feeling of partnership with it. An organized home supports all of the individuals who live there.

Assessing My Sense of Order

	Yes	No
Overall, do I feel organized?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I feel that my home is organized?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I feel that my life is in order?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I feel that my home is clean?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, does my home seem harmonious?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, does my life feel harmonious?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I feel a sense of peace in my home?	<input type="checkbox"/>	<input type="checkbox"/>
Would I say that my car is usually messy?	<input type="checkbox"/>	<input type="checkbox"/>
Are there rooms in my home that I avoid?	<input type="checkbox"/>	<input type="checkbox"/>
Can I usually find what I want when I need to?	<input type="checkbox"/>	<input type="checkbox"/>
Are my kitchen drawers and cupboards orderly?	<input type="checkbox"/>	<input type="checkbox"/>
Does every item in my home have “a home”?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have enough areas just for my own personal use?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have too much “stuff” in my home?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have the proper “gear” for my home to function well?	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

O – ORGANIZATION (cont.)

Assessing My Sense of Order

	Yes	No
Do I feel off-balanced when I first walk in the door?	<input type="checkbox"/>	<input type="checkbox"/>
Does that imbalance come from within the home?	<input type="checkbox"/>	<input type="checkbox"/>
Does being at home stress me out?	<input type="checkbox"/>	<input type="checkbox"/>
Do I consider myself to be “overly organized”?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel that being “organized” means I will be rigid?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel that I burden others with your orderliness?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel my dis-orderliness burdens others?	<input type="checkbox"/>	<input type="checkbox"/>
Do I compare my home and life with that of others?	<input type="checkbox"/>	<input type="checkbox"/>
Are there activities I want to do at home but can't?	<input type="checkbox"/>	<input type="checkbox"/>
Am I embarrassed to bring people home?	<input type="checkbox"/>	<input type="checkbox"/>
Do I tend to put off important activities or chores?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel like I am fighting the disorder of others?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a space I love to go just to feel peaceful?	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

O – ORGANIZATION (cont.)

Orderly Reflections

What three things must eventually happen for me to feel I am living in an organized way—one that strengthens my sense of order and peace?

In which ways have I tried to be overly organized and failed?

In which ways have I been overly organized and in doing so become frustrated, stressed or anxious?

In which ways have I been un-organized and in doing so become frustrated, stressed or anxious?

O – ORGANIZATION (cont.)

What are two beliefs I hold onto that may be sabotaging my efforts for an organized and orderly life that is well-balanced?

In which areas of my life do I feel I have tried to be a perfectionist?

Where in my life have I sometimes felt like just “giving up” (or have already given up)?

How do I imagine my self to be, and how do I want to feel when I have fully embraced and am actually living my own definition of organization and order?

L – LEGACY

A home is the place where legacy is built. This is the opportune time to honor the past and think about how you want your family to remember the time that is now spent together. A memorable home is one that supports peaceful family activity, successful entertainment, positive time together, good communication, meaningful traditions or events, and the creation of memorable moments.

Assessing My Intentions for Creating a Legacy

	Yes	No
Do I have fond memories of my childhood?	<input type="checkbox"/>	<input type="checkbox"/>
Are there traditions that I want to continue?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel I should spend more time with family?	<input type="checkbox"/>	<input type="checkbox"/>
Is that thought a pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel I spend too much time with family?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have structured time with family members?	<input type="checkbox"/>	<input type="checkbox"/>
Do I plan for special events, even small ones?	<input type="checkbox"/>	<input type="checkbox"/>
Is there activity and noise when there shouldn't be?	<input type="checkbox"/>	<input type="checkbox"/>
Do any family members vie for my attention?	<input type="checkbox"/>	<input type="checkbox"/>
Are family members helpful to each other?	<input type="checkbox"/>	<input type="checkbox"/>
Are family members kind to each other?	<input type="checkbox"/>	<input type="checkbox"/>
Are there communication issues that need to be dealt with?	<input type="checkbox"/>	<input type="checkbox"/>
Do family members enjoy doing things together?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel I need more structured family time?	<input type="checkbox"/>	<input type="checkbox"/>
Do I want family time that is unstructured?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have certain traditions?	<input type="checkbox"/>	<input type="checkbox"/>
Am I consistent with my traditions?	<input type="checkbox"/>	<input type="checkbox"/>
Do I want more time for friendships?	<input type="checkbox"/>	<input type="checkbox"/>

L – LEGACY (cont.)

What three things must eventually happen for me to feel I am enjoying good relationships and laying the foundation for creating meaningful memories and traditions?

In which ways have I tried to be too focused on others?

In which ways have I not focused enough on others?

What are two beliefs I hold onto that may be sabotaging my efforts of building good relationships and laying the foundation for creating meaningful memories?

In which ways do I feel overwhelmed trying to manage all of the different relationships in my life?

L – LEGACY (cont.)

When are the times when I secretly want to “run away for a week”—the times I feel the most stressed with the demands of others?

How do I feel I could help all members of the household to relate better to one another and value the time we do spend together?

How do I imagine myself to be, and how do I want to feel when I have fully embraced and am actually living my own definition of what good relationships, meaningful events and traditions, good interpersonal communication, and creating memorable moments looks like?

How can my home better support family activities and communication?



E – ENVIRONMENT

An ideal physical environment is one that is comfortable, functional, eco-friendly and aesthetically pleasing and nurturing to all of the individuals who live there.

Questions for me to answer:

	Yes	No
Overall, is my home a comfortable place?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, is my home easy to use?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, is my home set up to be eco-friendly?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, would I like my home to be more eco-friendly?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I like the way my home looks?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I like the way my home feels?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I like the way my home smells?	<input type="checkbox"/>	<input type="checkbox"/>
Overall, do I like the “vibe” or “energy” from my home?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel I need more comfortable furnishings?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel I need more functional things in my home?	<input type="checkbox"/>	<input type="checkbox"/>
Are there ways i imagine adding beauty to my spaces?	<input type="checkbox"/>	<input type="checkbox"/>
Would i like family members to be more earth friendly?	<input type="checkbox"/>	<input type="checkbox"/>
Are there spaces I must change to feel happy?	<input type="checkbox"/>	<input type="checkbox"/>
Are there spaces I must change to feel energized?	<input type="checkbox"/>	<input type="checkbox"/>
Are there spaces I must change to feel peaceful?	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

E – ENVIRONMENT (cont.)

What three things must eventually happen for me to feel I am living in a comfortable, functional, responsible, and attractive interior environment, one that strengthens my sense of well-being?

What are two beliefs I hold onto that may be sabotaging my efforts of having a comfortable, functional, responsible, and attractive interior environment?

How do I imagine my home to be, and how do I want to feel in it, when I have fully embraced and am actually living my own definition of an ***Ideal Interior Environment*** that is comfortable, functional, responsible, and attractive?

PART 2 - 10 STEPS TO CREATING YOUR PERFECT MASTER SUITE

1. Vision
2. Budget
3. Analyze
4. Inspiration
5. Design Style

6. Focal Point
7. Space Plan
8. Color Palette
9. Furniture
10. Lighting

11. Layers



VISION

This workbook is designed to take the hours of planning out of the process fro creating your perfect personal retreat. It will help you become clear about how you want your Master Suite to feel, function, and look to insure the best results. Let's start by imagining the possibilities to allow your vision to become my tangible.

Questions for me to answer:

1)How do I want to feel when I walk into my room?

Ex: bright and cheery, calm, relaxing, glamorous, sassy, or other

2)How does it smell?

Ex: citrus or fresh and breezy, sweet, spicy or others

3)What does the fabric feel like?

Ex: Warm and wooly, silky smooth, cottony soft, or others

VISION (cont.)

4) What colors can I see in the room?

Ex: Blacks, browns, and beiges, reds, oranges, yellows, greens, blues, violets, or others

5) What music will I play?

Ex: Country, Soft Rock, Hard Rock, Soul/ R&B, Hip Hop, Jazz, Classic, or Other

6) What will it feel like to have my own personal retreat away from the rest of the world?

- This place reflects what I truly feel at the end of the day
 - I have an oasis
 - I have a quiet place to read
 - I feel love here
 - I can be sexy and romantic here
 - It's the place where I can let it all fade away
 - I have a place to feel more alive
 - I feel safe here
-
-



7) Envision yourself in this new space and write everything that comes to mind.

BUDGET

It is important to have a budget in place so that you know where to shop for items that are within your means. Good design is not out of reach even on a smaller budget, but requires the proper guidance and patience.



Questions for me to answer:

How much time will I spend here?

How long will I enjoy this room?

Will I be able to repurpose any of the purchases?

Can I reuse any of my current furniture?

What will be the results of my investment?



BUDGET (cont.)

Am I patient enough to wait for things to go on sale?

Do I like frequenting consignment stores?

Is quality something that I am willing to compromise on?

How will I feel if I continue on with the space I have now?

What am I willing to invest?

Notes: _____



BUDGET (cont.)**MID RANGE**

Item	Cost
Painting	\$300.00
Bed	\$1,000.00
Bedding	\$350.00
Dresser	\$1,000.00
Side Tables	\$600.00
Bench	\$300.00
Lighting	\$800.00
2 Side Chairs	\$800.00
Artwork	\$300.00
Accessories	\$800.00
Rug – 8' x 10'	\$600.00
Total:	\$6,850.00

ECONOMY

Item	Cost
Painting	\$100.00
Bed	\$600.00
Bedding	\$150.00
Dresser	\$500.00
Side Tables	\$100.00
Bench	\$150.00
Lighting	\$100.00
2 Side Chairs	\$400.00
Artwork	\$100.00
Accessories	\$400.00
Rug – 8' x 10'	\$300.00
Total:	\$2,900.00

BUDGET (cont.)**MY BUDGET**

Item	Estimate
Painting	\$
Bed	\$
Bedding	\$
Dresser	\$
Side Tables	\$
Bench	\$
Lighting	\$
2 Side Chairs	\$
Artwork	\$
Accessories	\$
Rug – 8' x 10'	\$
Total:	\$

Item	Actual
Painting	\$
Bed	\$
Bedding	\$
Dresser	\$
Side Tables	\$
Bench	\$
Lighting	\$
2 Side Chairs	\$
Artwork	\$
Accessories	\$
Rug – 8' x 10'	\$
Total:	\$

ANALYZE

Considering your vision and budget, begin to design your personal sanctuary by prioritizing your needs & wants, so that the most important elements can be achieved. Then analyze the space by taking measurements and notes of all the nuances that the room has. Often times an odd problem will have a fabulous solution.

Questions for me to answer:

Take measurements of:

Walls:

Doors:

Windows:

Ceiling Height:

Outlets:

What is my top priority for the room?

Which pieces of furniture will I reuse?



ANALYZE (cont.)

What are the potential problems in the room?

What are some creative solutions to solve them?

What are the architectural details that are currently there?

Will I need to hire professional help to complete project?

What is my realistic timeframe?

Notes: _____



INSPIRATION

Now it's time to find your one jumping off point. We call it your inspiration piece. Once you have found an item that you absolutely love, the other selections for the room will be more easily found. This piece will drive the rest of the design.

Questions for me to answer:

What inspires me in nature?



Is there a family heirloom that I would like to incorporate?

Is there one art piece that I fell in love with years ago and still see in my mind?

What has been my favorite country to visit or learn about?

INSPIRATION (cont.)

Do I love music, theatre or dance?

What furniture stores do I like to shop in?

What rooms or photos of interior design have I seen and fallen in love with?

Do I have a collection of items that I would like to highlight?

Notes: _____



DESIGN STYLE

There are many clearly defined design styles to choose from. You may be able to categorize your style as completely within one style. But, many people find that they are a combination of two or more. After searching for an inspiration piece, you may notice a pattern emerging and be able to pinpoint certain elements of different design styles and form one that is uniquely yours.

Questions for me to answer:

1) Thinking about the photos that you rated in analysis, which ones did you rate the highest?



2) What do I like most about those styles?

3) Of the styles I rated highest, which 2 do I like most?

4) What are the common elements in both rooms?

DESIGN STYLE (cont.)

Do I like clean, straight lines?

How would I define my fashion sense?

Do I like things that are classic or cutting edge?

Am I relaxed or formal?

Notes: _____



FOCAL POINT

Every well designed room will have a focal point. This will be the primary visual wall of interest. It is a wonderful opportunity to bring your personal style to the forefront. It clearly defines the personality of the room. It can bring order or whimsy to the feel of the room.

Questions for me to answer:

Does my room have an obvious focal point?

Does my room have a potential architectural focal point?

Do I need help identifying my focal point?

Do I have a large scale art piece to use as my focal piece?



FOCAL POINT (cont.)

Do I have a collection that I'd like to highlight?

Can I do a fabulous curtain wall?

Can I do a wallpaper accent wall?

Is there one wall perfect for a bookend?

Notes: _____



SPACE PLAN

So many people make the mistake of starting at the purchasing phase without planning the space first. The placement and scale of the room should be completely worked out before you make a single purchase—this saves lots of time and money.

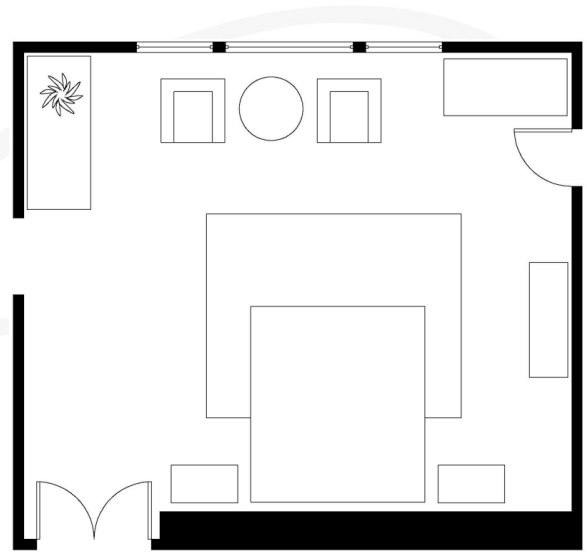
Questions for me to answer:

What direction does my window face?

What is my view out the window?

What is the direct view from my bed?

Do I feel a sense of calm and peace?



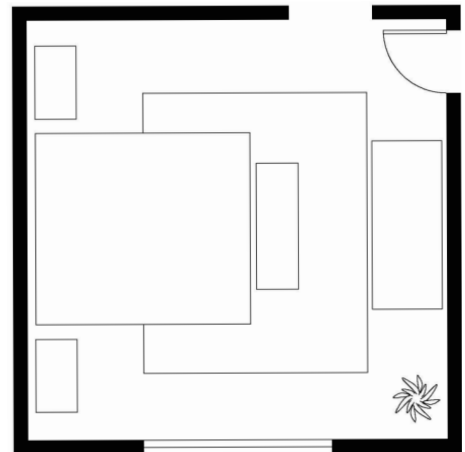
SPACE PLAN (cont.)

Does my room feel too congested or spacious?

Does my room have a natural flow?

Is there an appropriate amount of space between each item?

Notes: _____



COLOR PALETTE

The color palette will set the entire mood and tone of the room. Colors theory and color personalities can be used to create the desired result with a good understanding of the principles. Color is one of the most essential elements in a great design.

Questions for me to answer:

What are my favorite colors?

What colors help soothe me?

Do I want a more vibrant, energetic feel or a calm one?

What is the mood and tone that I want to set for my room?



COLOR PALETTE (cont.)

What color do I see the most in my wardrobe?

What's my existing color palette?

Do I want to keep any of these colors?

Do I want one dominating color or multiple colors?

Do I need help determining a new color palette?

Notes: _____



FURNITURE

Every design style is supported by furniture materials and shapes that help to define the look. It is not necessary to purchase every item in a set. Mixing and matching provides more visual interest and gives the room more character.

Questions for me to answer:

What is your design style?

Do I want my furniture to have longevity?

Which furniture pieces that I love, do I want to keep?

What new furniture piece would I like to see in my room?



FURNITURE (cont.)

Is the furniture the correct scale?

Is my furniture proportional to the room?

Have I mixed wood tones and metal appropriately?

Does the cushion style support my design style?

Do the lines of the furniture pieces support my design style?

Notes: _____



LAYERS

Layers are the final finishes of the room. It solidifies the design style and feel. It is important to plan the layers so that you can capitalize on simple ways to add balance, harmony and contrast, essential design principles, in the room.

Questions for me to answer:

What patterns/shape can I repeat?

How can I use accessories to support my inspiration items?

Based on my floor plan & focal wall what use of color will support balance?



LAYERS (cont.)

Based on my floor plan & focal wall what use of color will Support harmony?

Is there an opportunity to use many texture?

What one or two accessories are conversation starters?

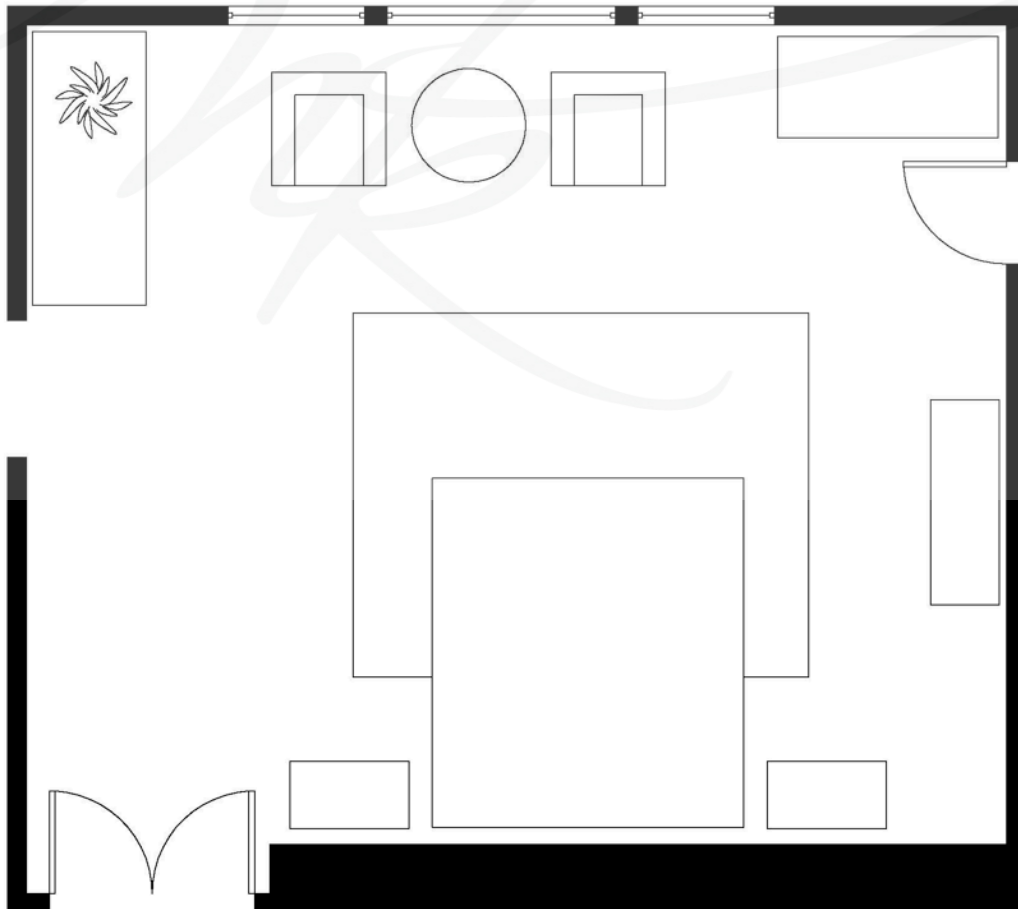
Is there enough contrast?

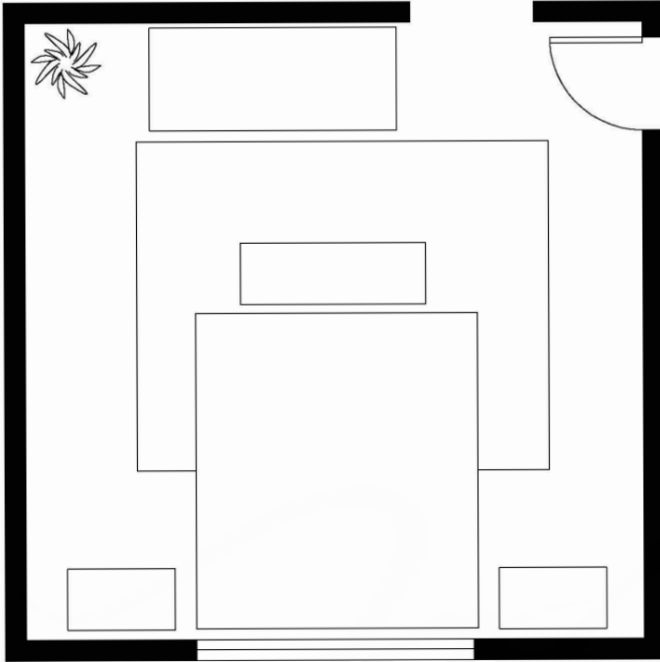
Notes: _____



PART 3 – HOW TO MASTER SPACE PLANNING

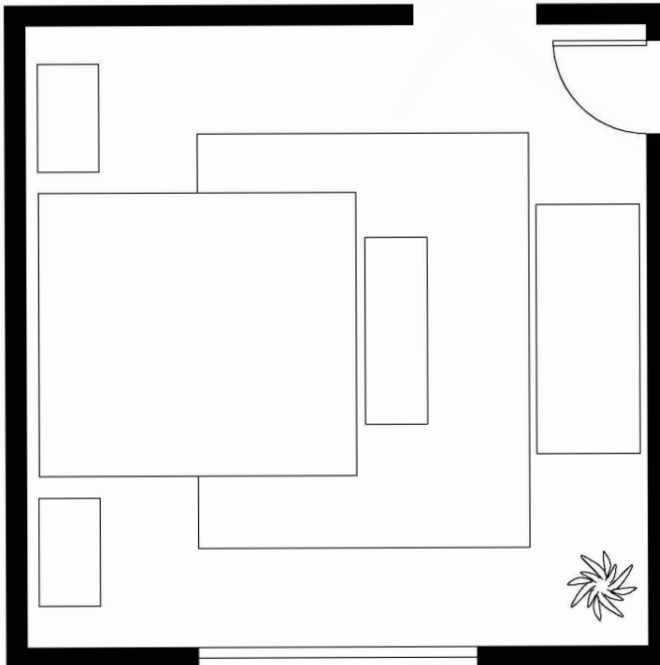
There are so many things that are considered as a holistic interior designer plans a room. I wish that I could teach all of them in just one sitting. But, I feel that one of the most important things that you can do to ensure a successful purchasing phase is create a plan. The placement and scale of the room should be completely worked out before you make a single purchase.





Good

- Proper Scale
- Essentials are present
- Focal wall is maximized



Better

- Proper Scale
- Essentials are present
- Flow is maximized