

## The Things That Matter

### Description

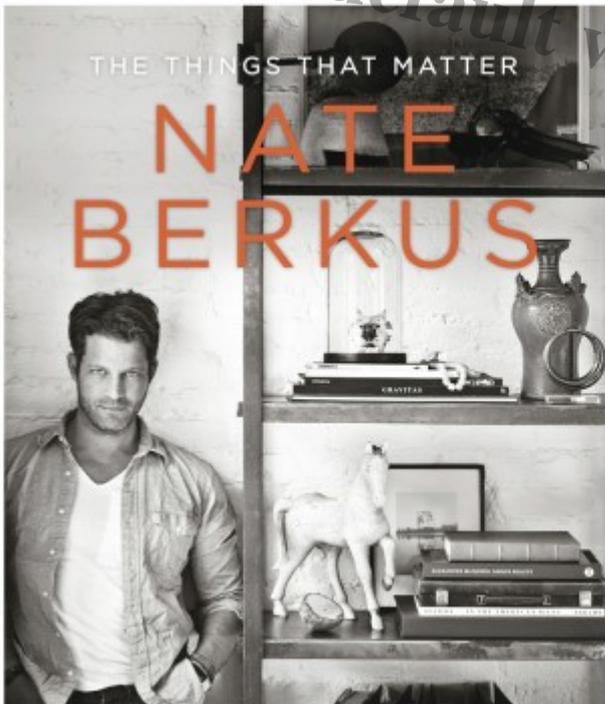


photo via [bhg](#)

I recently watched an interview with Oprah and **Nate Berkus** which was part of OWN's Soul Series. I love decorating, and I'm one of those people who likes pretty spaces. Sometimes decorating gets a bad rap and is considered superficial. I'm in agreement with the motto people matter before things, but I also feel it's important to surround yourself with things you love. A beautiful house won't make you happy if you aren't sharing it with people and things you love. Nate talked about not only the importance of how things look, but how they make you feel. I loved this quote which is from his new book ***The Things That Matter***. "The truth is that things matter. They have to, they

are what we live with and touch each and every day. They represent what we've seen, who we've loved and where we hope to go next. They remind us of the good times and the rough patches and everything in between that's made us who we are. I'm a bit of a pack rat so it could be I like this quote because it helps justify my keeping things like my old Mrs. Beasley and other dolls from the 1970s as well as my large collection of Nancy Drew books. It also encourages me to really look at things with a more discriminating eye.

Nate recommends asking yourself these questions before you buy something?

1. Is this really serving me in my home?
2. Does it represent me and matter to me?

I'm a list person so I decided to come up with a list of things that matter to me in my home. These aren't necessities, but things that I think are beautiful, represent memories, and are creature comforts to me.

- photos (especially old ones)
- seashells (because I love the ocean and they remind me of nature's magnificence)
- my Keurig (I have become dependant on a cup of coffee in the morning or some type of caffeine)
- books
- warm slippers (my feet get cold)
- quotes/inspiration boards
- containers that are pretty and functional so my stuff doesn't look as cluttered
- my grandmother's antique bedroom set
- my laptop computer
- my camera
- my iPhone
- certain pieces of jewelry
- my kids artwork and certain things they've made
- a nice warm blanket
- a comfortable mattress

After listing these things, I realized I really don't need a whole lot. Maybe this new perspective will help in my ongoing decluttering process. What are some things in your home that matter to you?

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