

Better Homes and Gardens®

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Plus:
Redo Your Bathroom in a Weekend



STYLEMAKER

“You can get pulled in all directions by what the neighbors have. You have to create a life that reflects *the true you*.” CARRIE MCCARTHY, CO-AUTHOR AND FOUNDER, STYLE STATEMENT



WHO Carrie McCarthy and Danielle LaPorte
WHERE Vancouver, B.C.; carrieanddanielle.com

BACKGROUND Carrie, far left, and Danielle believe that the better you understand yourself, the more comfortable you are making style decisions. The duo's consulting business guides clients in discovering their “Style Statement.” “This declaration is meant to be a compass in helping you make empowered decisions—from your wardrobe and home to relationships and work,” Danielle says.

HOW DOES IT WORK? Participants answer questions, from the playful (“What would you wear to the Academy Awards?”) to the profound (“Where do you feel most at home?”). The answers are distilled

to two descriptive words. For example, Carrie's Style Statement is “Refined Treasure.” Words that describe her include dignified, well-mannered, and a touch old-fashioned. “Once you know your statement, you might discover you make different choices to better align your life,” says Carrie, a former interior designer. “You might get rid of a chair you've hated. One of my clients repainted a beige bathroom bright orange.”

DO IT YOURSELF Their book, *Style Statement: Live By Your Own Design*, contains questions, journal exercises, and real-life examples.

Does your home reflect who you are? Turn the page to find out.

Trust Your Instincts

Carrie and Danielle's advice to live your style

- Edit what isn't working. “If you hold onto something that has no meaning, you won't have room to introduce what you really might enjoy,” Carrie says.
- Consistently communicate who you are in all you do—from the way you dress to how you decorate your home.
- “Walk through your life, from your living room to your relationships, and make a list of what's uplifting and what's bringing you down,” Carrie says.

Mom AND SO MUCH MORE



Being a MOM is more than being a caregiver — it's about being a multi-tasker.

My job description includes:

- Being creative and calling fellow moms to plan great play dates—for the kids and for us.
- Managing every family member's schedules so we can stay connected even when we're not together.
- Covering all the bases to make sure everyone in my family can keep in touch with their own friends at a price I can be happy about.

My fave thing about being a mom is my role as the problem solver.

I'm the one my kids call when they need help—whether it's a tough school project or they need a ride to a friend's house. It makes me feel connected to my family.

To keep my family on track and in touch, I rely on T-Mobile®. They offer the myFaves® Family Plan, so everyone in the family gets unlimited nationwide calling to each other and all other T-Mobile® customers, plus each family member gets unlimited nationwide calling to their five closest friends on any network, even landlines.

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ideas **STYLEMAKER**



What's Your Style Statement?

These types of questions can give you an idea about whether your home reflects the true you.

- *Where do I feel most at home?* At the park with my children? At a café in Paris? Watching a movie with my husband? At dinner with my family?
- *What is the intention of my home?* Shelter, play, healing, inspiration, comfort, motivation?
- *How do I want my living space to feel?* Like a sanctuary or a resort? Luxurious, quaint, impressive, private, special?
- *What do I want to express through my home?* Passion, values, knowledge, creativity, legacy?

How to interpret your answers: What themes are showing up in your answers? What words or concepts are important or intriguing to you? Take inventory of your living space. Are there objects that run counter to your answers? Does your furniture and its arrangement support your answers? Is your decorating style in sync with the mood you want to project?

Here are examples of Style Statements:
Refined Treasure—Polished, poised, and put-together, this statement represents sophistication and elegance. A dream home could be an old Georgian house in the city with an English garden.

Structured Magic—These personalities tend to build things: systems, structures, achievements. They have a gift for recognizing and analyzing patterns and group dynamics. Architecture and furniture with symmetry and pops of color can be appealing to this person.

Organic Treasure—This person is typically mindful of connections between parts—whether in relationships, systems, or physical things. This person's sanctuary is in the bathtub with lots of bubbles.

Cherished Playful—A collector of friends, experiences, and well-worn things. When "Cherished" loves you, you know it. These personality types can be generous to a fault and are adventuresome and cheerful. A cherished possession could include a French scarf discovered at a flea market during a trip to Europe.



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To see rooms that represent these sample Style Statements, visit BHG.com/findyourstyle