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Annie: Hi friends, welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I am so happy to be here with you today. Today is a great show.

Before we dive in, I want to tell you about one of our incredible sponsors. Y'all know I love [AG1](#). When it comes to supplements, quality is not negotiable. We're going to talk today about what is negotiable and what is not. Quality is not. And that's why AG1 has been my go-to for so long.

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Okay, let me tell you about some of my favorite ingredients in AG1. We're talking prebiotics, probiotics, digestive enzymes for gut support. Yes, please. So if you want to replace your multivitamin and more, start with AG1.

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Intro: Today on the show, I get to talk with my dear friend, Myquillyn Smith, also known as the Nester. You know she is our favorite friend to help us decorate our spaces on a budget. She's been with us on episode 243 and episode 116. They are both linked in the show notes below.

Today she is back to talk about her brand new book, *House Rules*. Y'all, you are going to love it. It is a beautiful book that will teach you how to figure out your style, your look. You gotta know the rules to break the rules. There are 100 universal decorating truths in it that apply to every home, style, and budget.

So if you have some summer house projects in mind, or if you just want to do a little moving around, *House Rules* is your answer. And for sure, she autographed a copy for us, and we're going to give that away today. Stick around to the end of the show. We'll tell you how.

So here is my conversation with my friend, Myquillyn Smith.

[00:02:28] <music>

Annie: Welcome back to That Sounds Fun.

Myquillyn: I'm glad to be here.

Annie: I'm so glad you're here. The problem is, when I sit down with you I want to tell you everything, and I forget that lots of our friends are listening.

Myquillyn: I want to know everything, and I so wish we were sitting in your place right now, but this is the next best thing.

Annie: Oh, thanks. Okay, so because it's our 10th year of the show, we are starting with our favorite question of, what sounds fun to you right now? What are y'all doing for fun?

Myquillyn: What sounds fun to me is riding my e-bike.

Annie: An e-bike? So you can pedal part and then go part.

Myquillyn: I thought it was going to be like a motorcycle where you just sit there and you don't pedal at all, but you actually get, what is it, like points for exercise. But we live in a hilly town now and I like to ride my bike. It has a bell, it has a basket.

Annie: Do you ride it to the store?

Myquillyn: Yeah. I ride it to the coffee shop, you ride it to the brewery. I can ride it to the river. We ride everywhere. Chad has a crate, bungee cord to the back of his. We can go to the donut shop and get a dozen donuts and then bring them home. It's the best life.

Annie: So you pedal whenever you can and then if you just need a little bonus-

Myquillyn: It just goes.

Annie: Okay. So some of my friends live down the street here, and they take their e-bikes every week to our soccer matches, to the Nashville SC matches. I'm always like, "That is so far to bike," and they're like, "You don't know how this works."

Myquillyn: You don't know. You have to try one. Just ask next time they're around. Ask if you can ride it, and you will have to buy yourself one.

Annie: Does it know when I want a bike?

Myquillyn: Uh, huh. No, it knows. It's amazing.

Annie: Oh, wow. Okay, e-bikes. Okay, well this show is brought to you by e-bikes. Let's get an e-bike sponsor. For real, it's brought to us by Wayfair, which I'm grateful for. But your new book, *House Rules*, you know I love talking about this with you so much. You are my center inspiration for how I decorate every space. Back us up. For our friends who maybe are being introduced to you or haven't heard your story in a while from us, because you've been on the show in 2018 and 2020, how'd you get into a book called *House Rules*? How is home your thing?

Myquillyn: I don't know. I didn't choose it. It chose me.

Annie: Really?

Myquillyn: You know my sister, Emily P. Freeman-

Annie: New York Times bestselling author, Emily P. Freeman?

Myquillyn: The exact one. We grew up playing Barbies and she was the most frustrated little sister because she wanted to have dramas and stories and I wanted to play with furniture.

Annie: Wow.

Myquillyn: That's where it started.

Annie: What's y'all's age difference?

Myquillyn: I'm three and a half years older.

Annie: Okay. So you would want to move the furniture around and she would have the people really working out some things.

Myquillyn: I was the most boring person, but my Barbie houses looked amazing.

Annie: You shopped the house.

Myquillyn: Totally. Oh, I did. My mom had a little pretend African violet and I used it as a corner floor plan and it's one of my favorite things.

Annie: Oh my gosh.

Myquillyn: Right.

Annie: Then as you and Chad get married and start having your boys, who I adore, every man in your family, then you move a lot.

Myquillyn: We do. And I did not choose that. I did not want that. We are in our 15th house. We've been married almost, well, like 29 years. So we've moved a lot. I can barely remember my zip code. For the first few moves, I hated that. I hated that life.

But now looking back, I know that's how I learned all that I know. That's how I learned all of these house rules. That's how I learned how to create home and the importance of setting up a home fast and working through imperfections and even if your circumstances aren't right, just not waiting around. Because I waited around sometimes and I regret that.

Annie: We're gonna jump into the *House Rules*. One of yours, I'm gonna have to look at the front, one of yours that really stood out to me... this is real profound for me because I just had to move into a place in New York that was not furnished, and I did not have the budget to furnish a house the way I would furnish a primary home. I never intended to have more than one home, and so to have this little season of having to decorate. Other ways to pay, Myquillyn. Because that is one of the big things I learned in New York was I can pay money for a desk or I can use my time and build a desk, or I can use my time to look for a desk on Facebook Marketplace.

Myquillyn: And then have to slope it home.

Annie: My worst day in the city. I thought, what have I done? This was the dumbest move. Life does not have to be this hard. Life is hard. You didn't have to do this. Why are you standing in the snow waiting on a friend to come help you bring a desk up four flights of stairs? Will you talk about the other ways to pay? Because I think what you're saying is a lot of people think the only way to decorate this house is to use a lot of money.

Myquillyn: Right. That's just one way. There are so many ways, and I think it's helpful before you start a project to think about, what resources do I actually have and what resources do I want to spend? Money is the first one we all think about, and we think, Oh, if you have money, then you get beautiful everything. Yeehaw!

But maybe you have a best friend who is a decorator who you can barter with. Maybe you love Pinterest and you love watching YouTube videos and you're really skilled at just learning things and you're not afraid to take a risk and you love

changing it up. That is almost better than having all the money in the world, honestly.

Maybe you just have time and you have your weekends free and you can get up early and you can be the first one to the yard sales. And you are great at Facebook Marketplace and connecting with other people and making sure they know you're not a killer and they love to sell to you. That is a fantastic skill. Right now Facebook Marketplace is on fire.

Annie: When I tell you my mattress, I got on a Buy Nothing site in New York. I mean, who gets a free mattress? And it wasn't gross. It was brand new. She just didn't like how soft it was.

Myquillyn: I love that. And you still paid. You didn't pay with money, but you had to pay with your time. You had to pay with... how in the world, I don't even know how you got a mattress from someone's place to your place.

Annie: Oh, the back of an Uber.

Myquillyn: Okay.

Annie: We got an Uber XL, me and my friend Meredith, shoved it in the back and then lugged it up four flights of stairs.

Myquillyn: Yeah. So that was the cost.

Annie: Broke my spirit. Yeah, yeah, yeah. Free mattress broke my spirit.

Myquillyn: High price to pay. So multiple ways to pay. And it just is a great reminder to think about that. I think just what we think is we have to wait until we have better circumstances, ideal circumstances until we can make meaningful change in our home. And that's the lie we tell ourselves.

Annie: We have to move. It'll be when we move. It'll be when we make more money.

Myquillyn: Nope.

Annie: No.

Myquillyn: Do something now. Small changes really do make a big change, even if it's just changing your mattress. That changes every night. How do you feel?

Annie: Yes. Okay. Talk about shopping your house, because this is what I do... Once a month I change a room in my house, but I do not buy anything.

Myquillyn: It's so fun.

Annie: All because of you.

Myquillyn: It's so fun. So shopping your house is exactly what it sounds like. You know, we all have a store in our own house and we like everything in it and everything is free. You know, I think part of our job as people who are curating meaningful beauty in our home is to make sure that everything in our home is in the place where we can best enjoy it, best use it. And maybe in the winter, that's a different place than in the summer.

You know, right now the peonies are blooming. And if you're going to walk outside and cut something from your yard and you need a big wide mouth vase, well, you might be walking around your house looking for maybe turn the Kleenex cover upside down and that turns into a vase or you put your Mason jar in that. Just looking around kind of with fresh eyes, asking yourself, Okay, here's something I need, but before I run out and buy it, do I have something, maybe that's already in use, maybe it's in the back of the cupboard, that I can bring forward and use in my house?

I think the second part of shopping your house, which we don't always think about... You know, sometimes we think, Okay, I need a chair for my dining room. Let's say you want to get two in ends chairs, you know, the captain's chairs or whatever. You never, ever, ever, ever, ever want to start shopping in the furniture store. You want to start with what you have.

Annie: Oh, okay.

Myquillyn: So you say, Okay, I think I want a pair of chairs, additional chairs for my dining room. I'm going to start by dragging the two chairs from my living room to my dining room table. And I'm going to evaluate and say, Okay, the seat is way too high, so I know I can't have a 20-inch high seat. And I like that they're on legs. That looks really good on my table. I don't like that they're dark. I think we need white.

So you're using what you have to build confidence because it helps you know what you do and don't want based on the pieces that you have. It is priceless. So even if you're going to buy a sofa or if you think you might need a side table, pull your nightstand in. Do you like the dark wood or do you like the paint color? Do you like the height?

The whole idea is for us to make decisions in confidence. We feel so much better about that. So when you can use what you have to kind of riff off that, it makes it so much easier.

Annie: I'm thinking about that a lot because I don't know how long New York lasts. And I'm like, well, I have an apartment worth of stuff that is not high-end things, but I wasn't able to borrow anything. Whereas I hadn't even registered, Myquillyn, that for... Let's see. I've been out of my parents' house for 25 years. So I have 25 years' worth of stuff technically with me in Nashville, because I still have a few pillows that I had when I was in college. And my guest bedroom suit here is my childhood bedroom suit.

Myquillyn: Aw.

Annie: So for my whole life, for 43 years, I have to end up there. It was like, well, this place is literally empty and you have the four pillows you purchased when you lived there in the fall. So it was such a unique experience to go, what do I really like? Because for the first time and maybe the only time for the rest of my life, I'm starting at zero.

Myquillyn: Was that fun for you or was that difficult for you?

Annie: I want to get out of pain as quick as possible. So thanks... not thanks to our sponsor Wayfair, except I do love Wayfair. They didn't give me anything for free. I bought it all. I made very good, fast decisions.

Myquillyn: Well, and they get it to you fast too, which is nice.

Annie: That's right. But my big win... I'd be curious about your thoughts on this. The biggest thing to me up there was I want a couch I enjoy sitting on. That is the thing that I put a little more money into, is I was like... It's still Wayfair. But I was like, I want a little bit of a nicer couch because I want to be comfortable when I'm home, because you're not home very much.

Myquillyn: Absolutely. And if you can't sit on it, the next best thing, thank you internet, is the reviews. You can read the reviews and they say, I'm 5'4", and I like a cushy sofa, and I like to lay down. And you can read just about every opinion someone has.

Annie: Oh, it made me wish that I was a better reviewer, because I was like, I'm just a taker here, but I read every review of everything.

Myquillyn: And you're happy with it.

Annie: Yeah, I'm super happy with it. I'm curious when... because the other thing that really came up to me when I was reading this... I mean, for our friends watching on YouTube, there are just tabs all over this book, because we're going to talk about a lot of it. But on number 48, Trust the Homey Trinity. So I wish I'd have read this before I was doing my New York house. I'm so thankful that I can read this as I'm thinking about what happens next in Nashville. Will you talk about what the Homey Trinity is?

Myquillyn: Yes. The Homey Trinity, in short, is your right size rug, the correct size rug, drapes hung correctly, and layered lighting. Those are the three things, Annie, that I think for the first 15 years of setting up a house, I didn't realize that they made a big difference.

I relied a lot on pretty much just tchotchkes. Like you go to HomeGoods, you get a plant, or you get a clock, or you get a vase, or you get a stack of books. That's how I decorated. I wanted all my style... my poor tchotchkes, like the pressure of setting the style for my home was on a four-inch plant, which is never going to make the style of your home. So then I ended up with clutter because I would add more and more stuff thinking, well, my surface looks empty or my coffee table feels empty or the room feels echoey. I didn't understand.

It took me just really paying attention to some rooms that I pinned on Pinterest. I love Pinterest. It's so helpful. But after I pin some rooms and look back at them, and then I would look at my own room, and I would think, okay, my room is full of stuff, but it still doesn't feel finished. It feels almost empty.

But then I would look at these rooms on Pinterest that I loved, and they actually had less stuff than I had in my own living room. At one time, no one needs to do this, but I'm a nerd, I counted it. I'm like, I'm going to count the stuff in this-

Annie: Oh my gosh.

Myquillyn: Yeah. So it was a Lauren Liess living room. I counted her items and it was like 28. And then from where I was sitting on the sofa, I looked up and I counted my items and it was maybe 54.

Annie: Wow.

Myquillyn: Almost twice as many items. And I realized all the stuff in the rooms that I liked, they were larger things. Every item kind of had a voice and it had presence. Whereas my things were all little tiny things piled together and so nothing... it felt really weak and I was afraid to take a risk. Plus I had to buy a bunch more stuff. I had to take care of a bunch more stuff.

Annie: Dust a bunch more stuff.

Myquillyn: I had to dust a bunch more stuff. And I also noticed that I didn't really have drapes. I mean, here even in your office, you have window treatments. I didn't have that. I didn't have rugs the right size, and I didn't have layered lighting. And those are both functional, and they add beauty, and they make a room suddenly feel cozy. First of all, literally less echoey.

You know, one of my goals is to get the most amount of style with the least amount of stuff. If you have the right size rug, you think about it takes up like half an inch on your floor. You're not taking up precious table surface space. You're not taking up space on your sofa with cute pillows, which I love. But when you get a rug down, it changes the feel of the room, it suddenly makes it welcoming. When you hang your drapes high and wide, it makes the room feel bigger.

Annie: Also, drapes are not for your windows, they're for your walls. You taught me that.

Myquillyn: There it is.

Annie: Drapes are not for your windows, they're for your walls.

Myquillyn: Drapes cover the wall, not the window. Now, every now and then, you know, if it's a privacy issue, but for most of us, we want decorative drapes, not functional drapes. We're trying to decorate and make our room look better, and they actually are supposed to hang in front of the wall, so we're not wasting any of that beautiful natural light.

Annie: So, layered lighting is something... I had not even heard that phrase until I read *House Rules*.

Myquillyn: I mean, I'm looking around in this room, and you do it well. You have sconces, you have shaded lamps. And we're in a work environment, which is amazing. But even more so at home, you know, you move into a place, and the builder put that one awful light bulb over it, and it makes us look 108 years old, and in the winter it gets dark at five o'clock, you can't see a thing.

When you have a couple of lamps in your room, or a wall sconce, whether it's a plug-in, or you have the electrician come, it suddenly creates these little welcoming, warm light pockets of beautiful, like come over here in this corner and read a book. Come over here and bring your computer and do your little morning routine.

So creating those little areas sets this welcoming environment. James Clear in Atomic Habits says environment is the invisible hand that shapes human behavior. Like decorating is really powerful and it has effect on us just alone in our home or if we're having a party and everything in between.

Annie: Layered lighting. So is one layer the outside?

Myquillyn: One layer is natural light.

Annie: One layer is natural light. And then whatever's in the ceiling is probably a layer and then whatever you add.

Myquillyn: Whatever you add.

Annie: Okay.

Myquillyn: And that's where most of us are lacking. Sometimes we add nothing. I mean, I think I have seven types of lighting in my family room.

Annie: Oh, wow, okay.

Myquillyn: A lot. So when you look at this book-

Annie: Does that include candles?

Myquillyn: Well, that number does not include candles, but I think candles are a great way to layer light. I think whenever you learn a new concept like this, one of the helpful things is to kind of think, I wanna see proof of concept. So go to the most current Instagram image that you saved of a room that you loved, or a shelter magazine you have, or a decorating book, and just say, I'm gonna look... what? I never thought about the lamps. I'm going to count the lamps in this room. Or what plants? I've never thought about how many plants to have. I'm going to count the plants. And you will be astonished at the things that... once you start realizing that they're intentionally added and layered in, it opens up a whole new world.

Annie: Yeah.

[00:18:11] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners that we've already been talking about, [Wayfair](#). Okay, just like I told Myquillyn, so many things in my New York apartment, meaning all the things,

are from Wayfair. When I got up there, I needed to make the apartment feel like home since I'm spending so much time there this year.

Plus, I've been having lots of friends come and stay, so I wanted it to feel like a happy and homey place for them as well. I love my bed. I love my couch. Y'all know I love my couch. And every rug in the house is from Wayfair.

Wayfair really is the go-to destination for everything home, no matter your style or budget. They have a huge selection of home goods, ranging from appliances and area rugs, bless the Lord, I have them all, to beds and wall art, I got that too. Everything you need for your living room, outdoor areas, bedroom, bathroom, and more. Wayfair makes it easy with fast and free shipping, I mean, so fast, even on the big stuff.

They'll even help you set it up. Listen, listen, the one piece of furniture I got them to help me set up was game-changing. Every style is welcome in the Weberhood. So visit [Wayfair.com](https://www.wayfair.com) or get the Wayfair mobile app. That's [wayfair.com](https://www.wayfair.com). Wayfair, every style, every home.

Sponsor: Y'all, we all love something that is customized to us, getting our favorite outfit tailored to fit just right, getting a custom piece of art for your house, listening to a playlist that's customized for us based on what we like to listen to. So why not use custom hair care?

We all have different hair textures and types, and switching to a custom hair care routine has been so helpful for me. Like, my hair looks healthier and shinier. Plus, [Prose](#) also has custom skincare, which is so great because we definitely all have different needs for our skin too.

With Prose it is all about personalization. You do their in-depth consultation, and they come up with your made-to-order products. There are millions of possible formulas, but only one is uniquely yours or mine. Prose isn't just better for you, it's better for the planet. They're a certified B Corp, they're cruelty-free, and they're the first and only carbon-neutral custom beauty brand.

Prose is so confident that they will bring out your best hair and skin that they're offering an exclusive trial of 50% off your first subscription order, you guys. Just go to prose.com/thatsoundsfun. So you get your free consultation, then 50% off at prose.com/thatsoundsfun. That's prose.com/thatsoundsfun.

Sponsor: Shout out to [Claritin](#) for supporting this episode and providing us with some samples. So if you have read That Sounds Fun, you probably remember the story of me trying to get a dog and then realizing I was allergic. Sad day. This is why I'm

glad I found Claritin D because an allergy attack is literally the worst. So I am thankful to have it on hand around my friends, pets, and other things.

Luckily for those of us who live with the symptoms of allergies, we can live Claritin-clear with Claritin D. It's designed for serious allergy sufferers. Claritin D has two powerful ingredients in just one pill. This double-action combination of prescription-strength allergy medicine and the best decongestant available relieves sneezing, a runny nose, itchy and watery eyes, and itchy nose and throat, and sinus congestion and pressure with ease. Amen to that.

There are also a lot of seasonal allergy sufferers over here at AFD Inc. and at the That Sounds Fun Network. So Claritin D really works for this crew.

Ready to live life as if you don't have allergies? It is time to live Claritin-clear. Fast and powerful relief is just a quick trip away. So you can find Claritin D at your pharmacy counter. Just ask a pharmacist for Claritin D at the pharmacy counter. And you don't even need a prescription. Just go to [Claritin.com](https://www.claritin.com) right now and you can get a discount so you can live Claritin-clear. Use as directed.

Okay, now back to our conversation with Myquillyn.

[00:22:05] <music>

Annie: Even tchotchkes though, if we back up a little bit, I am the queen of them because I like seeing things, I like the visuals of what I remember. Like my office is three shelves full of stuff but it's like important prints and frames and awards and memories and bobbleheads of my friends from when they play in professional sports. Is that bad?

Myquillyn: Nope. And I'll tell you, I noticed even when we went in your office, I think you did it so well because you created collections. You created stories together. So you had a big... it wasn't really a shadow box, but just for this, let's say it was like a shadow box where you had a couple of different things in one big frame. So that gave it presence. And it didn't feel like you were framing a little postage stamp and now you need 37 more things on your wall. You created this big moment and you put meaningful things in there.

I am all about smalls and collections. We do have the rule of pineapple, which is if you are trying to style something and you're going to Wayfair or TJ Maxx or Target, don't buy something smaller than a pineapple and think it's gonna make a difference in your room. It doesn't mean you can't own anything smaller than a pineapple. I have a million things.

Annie: Just don't put expectations on it.

Myquillyn: Exactly.

Annie: Yeah. Okay. So how often do you go to a TJ Maxx or a HomeGoods?

Myquillyn: As often as I can. They're my favorite places. I don't always buy something, but I love to look around and just see what's out there and interesting things. I love being in any kind of shop. It can be even, Chad, the outdoor shops, they often have rocks and shells. Just the way things are styled, I think, is really inspiring.

Annie: I don't know that I can tell you where Home Goods is in Nashville. I got so frequented at the Home Goods in New York, I could tell you when something was new.

Myquillyn: Wow.

Annie: I was going every weekend two or three times because I didn't have trash cans. I didn't have, you know, all that kind of stuff that I was like, "Oh my gosh." I mean, you can imagine. I was like emailing my business manager, and I was like, "Listen, I see what you see. I understand. By March, I will be done" because I was only there half-time, right?

But I got so into going to HomeGoods and going like, Oh, that's twelve dollars. Let me wait and see if that goes down in price this weekend or next weekend. But then also it's like, well, they've only got one of those. My favorite thing in my house is a little marble bookend that is shaped like a puzzle piece. And I have all the puzzles stacked under it and the puzzle mat. And I was like, I'm going to wait on that. And then by the end of my shopping trip, I was like, "It's the only one in the building. I love it. I have to take it now." So when you go to HomeKids, are you buying something every time?

Myquillyn: I am not. Probably half the time I'm returning something. So I'm big on keeping the tags on, putting around your house and see if you really love it.

Annie: Oh, like use up your 30 days.

Myquillyn: Oh, all the time.

Annie: Wow.

Myquillyn: They know me. They know that I am returning. I would say 30% of what I buy I return. I don't buy every week, but I do look. And especially if you're moving to a

new place, you're going to be in a season where you're buying more stuff. And if you've been in a place for a while, you'll probably be in a time where you don't need anything else.

Annie: Oh yeah. I mean, I took a whole suitcase of blankets one time to New York. I was like, I'm not going to buy blankets. I have a basket of them in Nashville. I'm just going to use a suitcase.

Myquillyn: So smart.

Annie: I don't know about that. Okay, rule 23, find your own timeless classics. This released so much pressure for me that I'm... and you said this way you get to decide what your neutrals are too, because pink is a neutral to me.

Myquillyn: There it is.

Annie: Pink's a neutral in my house. In every house, I'm going to have a lot of pink and I don't consider that a bonus color. Are you sure that's okay that we can pick what is classic to us and we can pick what is a neutral to us?

Myquillyn: I can't think of a better example of someone's timeless classic than Annie down saying pink or maybe glitter. But that makes so much sense to me because you know that you are naturally gonna be happy when you're surrounded by it. Yeah, it's always gonna work. Your nails are pink like it's never gonna go out of style for you. That's the trick to knowing yourself. I think so many of us wait to make a decision because we feel like we don't fully know our style.

So doing little practices like this, so finding your timeless classics is just kind of walking around your house and paying attention. What have you had for a really long time that you've always loved that even if it's not, you know, on the front of a magazine or being sold in your favorite store right now, it doesn't matter. You're gonna love it forever.

Maybe it was handed down or you had it in high school or you bought it a long time ago, you can work it into almost any room, you wish you had three of them. All of those things kind of help us really locate. In the book is a picture of a white dresser. That's my timeless classic.

I'll tell you, one of the good things of moving 15 times is I really learned my timeless classics because we move so much. That dresser has been truly in my kitchen, in my bathroom, in the hallway.

Annie: Have you painted it different colors?

Myquillyn: It's always been white. Here it was in my living room and now it's in the hallway and I've always used it. So what that does is it gives me information. Oh, I've always liked this white dresser. Let me look at the style of it. It's like a little bit country but pretty traditional. It's a matte finish. It's a wood piece. It's on legs. Like all of those things. It's not too big. It's not too small.

So it helps me next time I need maybe a piece of furniture to know, well, I always like painted white things, even if it's not... you know, even if the farmhouse style isn't the most trending thing, personally, I'm probably always going to be able to work that in. So that can give you a lot of confidence.

Annie: I am interested in it because I have this chair in my house here in Nashville that I call my swirly chair. It's where I sit every morning to read and pray for over a decade, for 15 years probably. I mean, it's swirly. It is brown with black swirls on it. It screams 2003. I do not care because of my attachment to it. You know, I've had my friend, when I moved into this house in Nashville about six years ago, was like, can we get this recovered? And she was like, you can keep the chair, can we get it recovered? And I was like, no, I think it really matters to me.

Myquillyn: I love that.

Annie: So we're just allowed to pick that. That's a house rule we're allowed to keep.

Myquillyn: You are allowed to pick that. And if you love it, then you have done it correctly.

Annie: Okay. Find your personal neutrals, 84.

Myquillyn: That's it.

Annie: I just found it.

Myquillyn: That's the pink one, yeah.

Annie: After you were on the show in 2020, in September of 2020, we'll link to this in the show notes so people can go back and listen. You taught me this about reproofable pillows. And to make sure you're buying pillows, and I tested everyone at HomeGoods.

Myquillyn: Way to go.

Annie: Make sure you're buying pillows that you can take the cover off. Will you explain why that is?

Myquillyn: Yes. You know, if you've ever bought a pillow from a place and then you brought it home and maybe took a nap on it, and then for the rest of its existence, it's about three inches flat, and it's like a square, and it never reproofs because it has that teddy bear stuffing inside-

Annie: You called it Satan in here.

Myquillyn: It's of Satan, yes. So we don't want pillow stuffing of Satan. We want what God created, which is Down feathers, or if you're allergic, you can get a down alternative. What is so great about this is you can actually use the pillows. You can take a nap on them. Your kids can build a fort. You could run over it with a literal car and it will fluff back up. If you throw up on it, you can put it in the washer and you can wash it and it's going to fluff back up. It's beautiful.

That is what we want. Because we want the things in our home... They're there to serve us. We don't want to be like, whatever you do, do not use that pillow. It's only there for looks. No. So the inside of your pillow matters, but also your pillow should actually have two parts. So we're talking about decorative pillows here, not your bed pillows. I sleep on a feather bed pillow as well.

Annie: How dare you?

Myquillyn: I'm such a nerd. I love it. But you wanna be able to fluff it back up. So in the store, you can feel it, you can flatten it out, step on it, see if you can smoosh it and then shake it back out and it gets really fat.

The second part is the pillow cover. So if you buy a pillow with two parts, the feathers are gonna be inside this white fabric and it's gonna have a zippable, removable cover. And that is the part that's very fun and exciting.

Annie: That's the dream.

Myquillyn: That's the dream. Because, of course, it's fall, and you have this warm, rusty pillow cover that you found, and, you know, it's insert is a wonderful, reproofable down insert, and then it turns to Christmas, and now you want, say, a really textured green pillow. All you have to do is you unzip that pillow cover, and you know that you have a 20 by 20 insert, and you're gonna get, you know, a 20 by 20, or... a decorator trick is to get a little bit smaller cover — you don't have to do that — so it's really stuffed in there. So your pillow is really tight and so fun and full. And then you're just gonna go on Etsy or go to your local shop or wherever and you just get the pillow cover. You don't have to buy another pillow.

Annie: So much cheaper.

Myquillyn: They ship it to you in the mail in a little envelope. Pottery Barn, West Elm, all of these places, Wayfair, they all sell them like that. Really the only places where you can buy a pillow with the cover on is gonna be your Home Goods or Target, you know, a few places like that.

But once you grow up to a big girl status, you're gonna get these big feather pillows and you won't have to buy an insert anymore. You just keep it.

Annie: I have entire shelf in one of my closets that is just in the different seasons. I mean, you taught me that. So I have these really beautiful ones for spring. They're kind of blue and white and kind of look like a sailor vibe. And some of them I keep all the time. I keep the leather ones all the time because they're like light brown. But then at Christmas, I turn those blue and white ones to red ones. And in the summer, it's all white and the two leather ones all next to you.

Myquillyn: It's so fun. The storage is nothing. And you feel like you're decorating seasonally, but all it took was like a little basketful. And if they get dirty, you can wash them. It's the best of every world.

Annie: So we are in spring cleaning time where everybody's taking some part of their weekend. Like we just finished Mother's Day. Everybody that did not probably get to do a lot around the house on Mother's Day. Mom for sure didn't. But now it's like, okay, school's ending, we got to get some of this out of here. What do you do with stuff that you are done with? Do you sell it on Facebook Marketplace? Do you give it away? Do you call your friends? What's the move?

Myquillyn: Well, I've learned there's two types of "done". One is a seasonal "done". Because I have learned my own self, which is every January, February, March, I love teal and green and I want to be surrounded by these juicy colors. And then come summer, I want blue and white. And then in the fall, I want...

So if something is just a color that I'm kind of done with, I do remind myself, I'm probably going to like that next year. So I have a little shelf in my basement that I pack stuff away. Now, if it's just decor and I know, you know what, we're in this house, I don't have a place for this anymore, I either give it to a friend, give it to my mom or my sister, I give it away.

The reason I don't sell it is because then it gives me a great excuse to buy a bunch of stuff I don't need because I think, well, I'll just sell it later and kind of recoup and now I have a part-time job selling. I think that's great if you're a person who can do

that, but me personally, it just gives me a great excuse to buy too much. So my punishment is that I have to give it away.

Annie: Okay. One of our friends here, I mean, she is a Facebook marketplace wizard, but it does take a lot of time. She's like, "Oh, I can't tonight. I've got to pack these things up. I got to go to FedEx. I got to pick up this." Because she's always like, "Well, I sold those shoes for \$2."

Myquillyn: Wow.

Annie: I bless you and your adventures. But I'm always thoughtful of: I don't want to fill landfills. Sometimes goodwill can feel like a landfill because you just don't know when it's ever going to get somewhere. Am I just adding to a pile? I like your "why don't you just keep it"? Why don't you call a friend and then give it away?

Myquillyn: And your FreeCycle group that you were talking about.

Annie: Oh my gosh, Buy Nothing groups on Facebook.

Myquillyn: Buy Nothing, that's it.

Annie: But FreeCycle's a word I did not know until now. Layered lighting, FreeCycle. The Buy Nothing group on the Upper West Side of New York City, sis, listen, nicer than anything I could pay for. I mean, I scoured that thing. I got an olive plant. It's not real, but it's in my living room, this big olive tree.

Myquillyn: Those are expensive.

Annie: I know. She was done with it. She didn't even meet me at her door. She gave it to her doorman.

Myquillyn: Wow.

Annie: I do not have a doorman.

Myquillyn: That's the life.

Annie: Yeah, she gave it to her doorman. I was messaging her and I said, "I'm almost there." And she said, "I've walked my dog. You can just get it from my doorman." I was like, "Then I had to walk 20..." Did I text you when this happened? I walked 20 blocks because the subway was busted, whatever. Three men told me how much they liked my plant. I was like, "Is this what I'm doing wrong? Is this my dog?"

Yeah, do I need to start carrying a plant around? All on Buy Nothing. So finding those groups in your neighborhood is a great idea.

[00:34:52] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Liquid I.V.](#) Every day of my life, you guys, Liquid IV is in it. And summer is on the way. It requires some serious hydration, especially around here in Nashville. Y'all know I love Liquid IV all year long, but it is especially helpful in the summer.

With three times the electrolytes of the leading sports drink, plus eight vitamins and nutrients in a single stick, it is clear why Liquid I.V. is the number one powdered hydration brand in America. You just tear, pour, live more. One stick in your water bottle, and it'll hydrate you better than water alone.

There's so many flavors to choose from, too. Our team loves the sugar-free flavors around here. White peach, green grape, raspberry melon. I haven't tried raspberry melon, but I want to. And the lemon-lime. The white peach just tastes like summer to me. I love it. I literally have some in my water bottle right here beside me. So turn your ordinary water into extraordinary hydration with Liquid I.V.

Get 20% off your first order of Liquid IV when you go to [liquidiv.com](#) and use the code THATSOUNDSFUN at checkout. That's 20% off your first order when you shop better hydration today using the promo code THATSOUNDSFUN at [liquidiv.com](#).

Sponsor: Y'all, I love when my [Thrive Market](#) box shows up at my door because it means some of my favorite snacks and cleaning supplies have arrived. And I didn't even have to leave my house. Thrive Market has these protein shakes that I am addicted to. Plus, I'm on a bit of a gluten-free journey, as you know, so they have a ton of gluten-free snacks that I love, like all the Simple Mills crackers and Siete chips.

I save money on every order. There is a deals page that I always check out, almost daily. It's embarrassing. I typically save about 30% on every order.

Here's the other thing I love. Thrive Market only allows trusted, top-quality ingredients while restricting 1,000-plus harmful ingredients like artificial flavors, high-fructose corn syrup, and more. Whether you're looking for organic kid snacks or low-sugar alternatives or high-protein essentials, you can curate your own shopping experience with a few clicks and trust that you're getting quality products so you can shop worry-free.

Save time and money and shop Thrive Market today. Go to thrivemarket.com/thatsoundsfun for 30% off your first order plus a free \$60 gift. That's thrivemarket.com/thatsoundsfun. [Thrivemarket.com/thatsoundsfun](http://thrivemarket.com/thatsoundsfun).

Sponsor: Okay, picture the thing that you've always wanted to learn. Maybe it's how to play chess or creative writing or gardening. Now picture learning that thing from the person who's literally the best at it in the world. That is what you get with [Masterclass](https://www.masterclass.com/).

Masterclass is such an easy way to help you learn more about something you're interested in. You can seriously find classes on everything from turning your passion into achievements with cultural icon Martha Stewart to principles of improv from Amy Poehler. Are you kidding me? Y'all, I did a cooking class with Gordon Ramsay and it was so much fun. With Masterclass, you can learn from the best and become your best.

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Right now, our friends get an additional 15% off of any annual membership at masterclass.com/soundsfun. That's 15% off at masterclass.com/soundsfun. masterclass.com/soundsfun.

Now back to finish up this conversation with Myquillyn.

[00:38:35] <music>

Annie: How often can we change rooms? Some of our friends listening, like me, have been in the same house for six years, 10 years. How often are you changing rooms?

Myquillyn: Well, you're going to hate me. I wrote a book called *House Rules*, and there are no rules. You learn the rules so that you're confident to break them, and that's the whole point. I think rooms are better when we break the rules on purpose.

Annie: Learn the rules to break the rules. That's right. Number one.

Myquillyn: I don't want you to break the rules because you don't know better. I want you to break the rules because you believe your room's going to be better. But I do think there's an evaluation process that should happen, especially if you're feeling like,

"Oh, my house is too small, I need to move, or this is never going to do, this isn't suiting me. When you're feeling those angsty things, I think that's a great time to evaluate and say, Oh, am I really spending time in every room in my house? Is there a room that's kind of sitting empty that I thought, you know, we're going to use this dining room all the time, and I really need a library? That is a great time to consider how your house is serving you and if every room is being used fully.

Annie: Yeah, kind of removing the like, "this is the dining room, this is the living room, this is the..." and going, "what else could this be?"

Myquillyn: Exactly. It's called ignore the builder. It's one of the house rules. I don't know the number, but it is helpful to remember because we do get that in our head. Like, well, this is supposed to be, you know, the office. So I guess that's all it can be.

Annie: Yeah, that's right. Okay. I love number 14. This is such a good reminder. Having it all is a lot to keep clean.

Myquillyn: Amen.

Annie: I know. I think about that a lot when I see people buy mansions. I'm like, I bet you have to furnish all those rooms too.

Myquillyn: Jokes on them.

Annie: And I bet you have to clean it all. For those of us that are in smaller houses, my apartment in New York and my condo here are both pretty small. Do we need to have every room full? Do we need to have stuff on every wall? Will it look smaller if it's busy or will it look smaller if it's empty?

Myquillyn: I don't know the logistics. I've heard lots of things of like if you paint your room dark or if you put more things. The truth is it should look the way you want. I think we all have a personal threshold of how full our surfaces, our walls, our bed, our pillows need to be. So we all get to be the judge of that.

Now, obviously, our house is going to have some say on the size, but I think if it feels too full for you, that probably means you should empty it up. If it feels too empty, then you have permission to add more stuff.

Annie: Bigger than a pineapple.

Myquillyn: Bigger than a pineapple is gonna have more impact. So you wanna nail that scale because I think a lot of us, what we're looking for is personality. The only tool we know in our toolbox is like, well, I better buy more stuff and I'm at the Goodwill, so

I'll just buy these \$2 tiny things. So having it all is a lot to keep clean when you think about if you just buy items with scale. Like you have a large plant in the corner with a large planter. Well, that visually has the same impact as if you would have six tiny little plants, then you'd have to have six planters and them all lined up.

So the scale is really the difference in what makes a room feel really decorated and finished and a little bit risky and a lot your style.

Annie: For our friends who do have a lot of kids or a bigger house because that's their neighborhood or where they live, how do we determine...? I'm thinking about like if I had a mansion-

Myquillyn: If you had a mansion.

Annie: If I had a mansion, how would I determine which room I'd work on first?

Myquillyn: You get to choose. And sometimes you're gonna say, you know what, I'm gonna pick the room that's closest to done, or I'm gonna pick the room that's bothering the most, or I have guests coming this weekend, I gotta work on that room.

So there's not a right or wrong. But I think a lot of us know in our heart, we let the spirit lead, and we know what room is bugging us the most, and I think that's usually a great place to start. But you're exactly right. When you're making a lot of decisions, and I know decorating is supposed to be fun, and sometimes it is, but it doesn't mean it's easy, we're spending money, we're spending time, it is really, really helpful to do exactly what you said and kind of just work one room at a time and say, "I'm not gonna think about my bedroom. I'm gonna just think about the family room and I'm gonna make it feel right until I move forward. Otherwise, you're out shopping or you're on Facebook Marketplace and you see a bed-

Annie: Constantly.

Myquillyn: ...and you're like, it's impossible.

Annie: I'm telling you, Q1 of 2024 for me, that was so... because I was always like, When I got home from whatever, it was like, I should look and see if there's anything I need. And it was hard.

Myquillyn: And that was such a unique situation.

Annie: Totally.

Myquillyn: Because you had another home here, you had a time limit-

Annie: I was only there part time.

Myquillyn: So that is a little bit of permission to break all the rules exactly how you wanted it.

Annie: Thank you. Thank you. I'm really interested in that because you told me when I bought my condo here in Nashville, I remember we were on the phone maybe, and you said, "Do one room a month. For your budget, for your brain, just do one room a month."

And I adopted that in New York, and I did one room a month, where I finally said to some friends, I was like, "That corner, I will not be going toward until March. So just be fine that that's gonna look like that until March, because that is my March job, not my February job."

Myquillyn: I love that.

Annie: If we are doing that, one room a month and making it fit the life we want, rule 29, know your splurges and your don't cares. So it's May and we've decided, Okay, we're going after our middle child's bedroom. It just is not serving him. It's not serving us. Know your splurges and don't cares. How do you determine that? What does that mean?

Myquillyn: Well, for some people, it's really important to have a really nice bed that they know when so-and-so moves out and they are graduated from college, they're going to take this beautiful bed. That's what we do in our family. We have nice bedroom suits that they take with them. And then other people say, no, it's really important for me for them to get to be part of the process and pick out whatever bed they want. Or I've always wanted a canopy bed and my daughter wants a canopy bed, that's most important.

So you get to decide. But I think understanding and deciding what is most important first and knowing your splurges and don't cares. For some people having all new things for each child is really important and you keep it forever and that's their stuff. And for other people, getting it done quickly is really important. So again, just knowing yourself and asking what matters the most today in this room for us, what's going to make us happier, happiest when it's done is going to help guide your decisions.

Annie: I hadn't done anything in my kitchen here in Nashville. My dining room is kitchen is one room. I hadn't done anything except I have a table with two benches as chairs. My dad has asked me multiple times, will you please get a chair for when I'm here because benches really hurt.

Last August when I had surgery and I was very drugged, they found some and had me order them. And so they arrived and I was like, "You used me while I was drugged to order chairs." And I sit in them all the time. They're great. They're great. They're also from Wayfair, actually. They're wonderful.

But even having just someone help me go like, "Hey, this room needs attention. Let us help you as you're drugged up to hit order on Wayfair chairs." But it helped me to have someone else go like-

Myquillyn: Yeah, we need a back on a chair.

Annie: We need a back on a chair. And we need it. So when do you call in somebody else? Do you ever call in help?

Myquillyn: Oh, I love calling in help. Sometimes the greatest help is just when you have a friend over and they make a remark. And you say, Oh, I didn't even notice. They'll say, "Oh, you like circles." And you think, "I do?" Someone told me I like pedestal tables. And I thought, What? And then I counted, I have like six. So they can point out to you your timeless classics or things you like without you.

So you could even kind of ask that with a friend, like, Hey, will you come to my house and tell me what you see? What do I like? And they might say, Oh, you love dark, moody colors. Or thinking about your marble puzzle bookend, like you really like raw marble. You like natural materials.

Those things, again, knowing what we like, knowing our materials that we like, knowing if we like real thick, you know, textured pieces and heavy cloth fabrics, that can be really helpful. Or if you like light colors and white and silver, all of those things give us clues to what our best decisions are, what our home that's gonna feel the best to us are.

I mean, I would call it a Pinterest reading if you made a Pinterest board. And then I like to do one room at a time. So if you're working on your bedroom, make a Pinterest board for your bedroom. And you don't pin like, well, that room has high ceilings and I don't, so I'm not gonna put... No, no. You just pin every room you think is beautiful when you think about your bedroom. Doesn't matter if you can afford it, doesn't matter if it's in the mountains or in France, whatever. You get like 40 or 50 pins, and then take a day or two away, and then you look back at it. And just pay attention.

Annie: Oh, wow, there's so much pink on this.

Myquillyn: Oh, wow, there's so much... oh, there's lots of lace, or oh, it's very masculine. And so it gives you hints into what it is that you want right now.

Annie: You're bringing up another interesting part. Rule 47 says paint later. So even in that, when we suddenly look and we go, Oh my gosh, all the walls are navy. Yeah. But you say to paint later, to let the stuff get in the room first, which is counterintuitive. Because you think, before I put my couch in here, I should go ahead and paint the walls.

Myquillyn: Yes. Listen, there's a difference between understanding the order that you make the decision and the order that you make implementation. So if you already have a sofa and you know that you want navy walls and you have your seating, your surfaces, and your storage, and you have the homey trinity, your rug, [strapes?], and lighting-

Annie: Layered lighting. It makes sense you have your swatches for your sofa, you hold up the blue paint chips next to your sofa to make sure it looks right. Then, of course, you're going to move and you're going to use all your furniture, paint your walls.

But what I don't want is if you know you're going to buy... you're moving to New York, you're buying all new stuff and you say, I'm going to buy a \$60 can of paint and it's going to boss everything in my whole life from here on out. Good luck finding a sofa that's the right color. So it's okay to know the family and it's okay to say I want navy.

But if you don't know exactly what sofa you're gonna use or bed, like the largest purchases in a room, there is a hierarchy of decorating and there is an order of decor. And you don't want that \$60 gallon of paint to now make it so there's like two sofas in America that will actually work. You're gonna hate yourself.

Annie: Right. And one is in like Colonial Williamsburg and you're gonna pay thousands of dollars to get it to wherever you live.

Myquillyn: Exactly.

Annie: Right. One of the things you talk about in the book, I saw you mention it once, is how Chevron was such a big deal for a minute.

Myquillyn: Remember?

Annie: Yeah, for sure. Now, some of our friends still love it. Do we have to follow... like are we gonna wish we got rid of our Chevron? Do we have to follow trends or do we have to not follow trends so that we don't end up with a kitchen full of Chevron?

Myquillyn: Right. It's the man's greatest question, woman's greatest question.

Annie: To trend or not to trend?

Myquillyn: To trend or not to trend. So the easiest answer is trend on the things that are easy to get rid of. The \$20 pillow instead of the \$2,000 sofa.

Annie: Yeah, right.

Myquillyn: Have fun with your trends. And just like if you get a T-shirt with a trend, but maybe you're a really nice jeans, you want to be a little more timeless.

Annie: Yes. Okay. So pick things that are timeless, the things that are easy to replace.

Myquillyn: Your big investment should be timeless. The fun little... the vase from Target, the pillow cover, the small things, it's easier to move out.

Annie: So maybe not a Chevron. Though, dear friends listening, if you love Chevron, keep loving Chevron. I'm fine with it.

Myquillyn: Listen. You go back to Greece, you're gonna see herringbone. It has a history. There's a reason why we love it.

Annie: It will come back. Just like Birkenstocks. Birkenstocks are back. They will be gone again.

Myquillyn: I know, why not?

Annie: I live in mine. I only don't today because I thought it might rain. They will go away again, and this time I will not throw mine away like I did in eighth grade.

Myquillyn: Me either. I'm keeping mine. I vow.

Annie: I vow in front of you. We vow to keep these Birkenstocks. I think the same can be true in our homes. I don't know that you want a Chevron couch, but you can have your Chevron pillows if you still love your Chevron pillows.

Myquillyn: And if you know Chevron is your timeless classic, go for it.

Annie: Go for it. Right. We will all be fine with it.

Myquillyn: I will applaud it. Please send us a picture.

Annie: Listen, if you have any Chevron in your house, send it to us right now and tag both of us today.

Myquillyn: I will love it.

Annie: I would love it. I would love a woman to say, or maybe a dude to go, Hey, guess what, Annie and Myquillyn, I've loved Chevron since 2003 and I'm still loving it.

Myquillyn: I respect that.

Annie: Show us. Prove it. Put a picture behind your words. Okay, rule 83, please. We need to group things in three. I'm bad about that. I do fours and... yeah, threes.

Myquillyn: It's just an old decorator's trick. I picture like a fisherman or something. But it really is in styling, whether you're styling something on a coffee table or on a wall or even like on your sofa. Something about that pleasing, it's something about like the magic triangle or the pyramids, that equation that feels balanced. If we can say, let's just aim for three items, and then from there, of course, there's no decorating police, you're fine.

But sometimes when you have that in your head, like, oh, I've got a round coffee table, I'm gonna put a stack of books, a big chunky candle, and a vase with something cut from my yard, done.

Annie: Yes. So I know the rule, and here's how I broke it in New York, is I framed... I wanted a frame of a map of each city I've lived in. So it's Edinburgh, Atlanta, Nashville, New York. So there's four.

Myquillyn: A grid.

Annie: But they make a grid. Yeah, they're a gallery wall. They're a grid. So in my brain, I remember thinking, I'm supposed to do an odd number, but I know the rule, so I can break the rule. Because four is what matters to me. But on my ottoman... Listen, I need to tell you this. I feel like I'm talking so much.

My goal for my ottoman was... I don't have a kitchen table, so I need to be able to eat on it, and I need storage. You always need storage in New York. I love that. So I bought it from Target, already put together, bless God. It is 60 pounds for me to get up those four flights of stairs.

So when I will put this video on Instagram, I will show you. Because at one point I set up my camera, I was like, I need to remember this for always. I need to

remember this for always, that I'm a 43-year-old, end over end, rolling it up the stairs for four flights. End over end, rolling it, because I couldn't lift up a 60-pound ottoman, and I was unwilling to wait on someone to come help me. Someone would help me, but I was like, No, I think... I thought I'll slide it up, and then it caught, and I went, hold on, and I went, wheel, wheel, and then I just rolled it up, all the way up.

Myquillyn: That's excellent.

Annie: That's ridiculous, man. I would have paid... I should have been a reality show for that whole season of trying to decorate a house on a zero budget.

Myquillyn: You did excellent. I loved it.

Annie: Okay, we're gonna talk about this. Number 94, you say find your taxidermy. We all have to have a dead animal.

Myquillyn: Right, that's what it sounds like, but it's not.

Annie: It does sound like it.

Myquillyn: So my friend Kendra was at our house... and we do have taxidermy. This picture is I've got a little fox. He's got sunglasses on. I just love... There's something about the natural world.

Annie: You love sticks in your house.

Myquillyn: I do. I bought a stick once at a yard sale, and the man was like, "I think that was just from the ground. You can have it." But I do. I bring home rocks and shells and feathers. Chad's a hunter. And we just love being surrounded by that.

So my friend Kendra came over one day to our new house and she sat in the kitchen. She's like, you know, being in your house, it just like momentarily makes me think, "Gosh, I like it. Maybe I should get taxidermy." And then she said, "But it made me realize, oh no, no, no, that's not what I like about it." You know, it represents you. The taxidermy is kind of the weird thing that lets me know I'm in your house. The pink walls let me know I'm in your house."

Everyone has kind of their own... It's almost like if you go to someone's party, you have a signature dish and everyone's like, "Can you bring your dip?"

Annie: And everyone kind of has a smell. Everybody's house smells like them.

Myquillyn: They really do. Good or bad, they do have a smell. So the taxidermy is kind of like your personal little quirky thing that you're going to have in your house. I think it's fun to kind of explore that and to purposely try to find it.

Annie: Okay, the last two in the book. I'm sorry to spoil the ending. But sorry, everybody, I tend to not talk about the end of a book, but make a "we did it" list. I am going to do this tonight around New York and some changes I've made in Nashville just because I'm like, I think I would really enjoy... Tell us why that matters.

Myquillyn: You're going to feel like a million bucks. I know when years ago Chad and I had a big bunch of debt to pay off and it felt like it was moving so slow. And so what I would do every month is I just wrote off everything we paid. Instead of looking at the whole number that we needed to pay off, I just looked at what we paid and I'm like, Yay, look at this. I would circle it.

And it's the equivalent of that, because a lot of work we do in our home can seem invisible at times, like, Oh, I called the electrician to fix the thermostat. Well, write that on your "we did it" list. Like everything you did, to have to do. You know, tighten the doorknob so the bathroom door finally locked, whatever those things are. You finally hung another nail and hung the photo on the wall. All of those things count to being the caretaker of your home, and they add up.

So having a "we did it" list. I just do it once a year. Usually, in the end of December, I'll write all the things that we did in our house. I'm like, "Look at this, we're so awesome!" Because a lot of times I feel like we have done nothing. I think the house got worse this year. But then when I look back, we actually always did stuff. And it can be really encouraging.

Annie: I cannot wait for your boys, if they so choose, to get married because you are gonna throw the best weddings. I mean, I know the brides.. but there's no world where this bride's family is gonna be like, you're not involved. Lowest hanging fruit, you're gonna get to the rehearsal dinner. I mean, do you think about that? I mean, you'll be so good at it.

Myquillyn: It would be fun.

Annie: Yeah, give it the chance. They all are very lovely.

Myquillyn: If the chance so happens.

Annie: Okay, last rule that I think is really important, but it kind of stresses me out about New York, there is no done.

Myquillyn: Yeah, it's a big spoiler. The thing is, our home can only be done if we never change. If we never get older, if we never change our taste, if our work never changes, if our life never changes, if our family never changes. And that would be tragic. Praise the Lord that home is never done. What a wonderful thing.

Annie: Yeah, I agree. The growth I see in myself in my house in Nashville is partly when I look and see how it looks. It's a real treat. Thank you for it. I mean, you do a beautiful job of helping me do this well and have the house that I want for the life that I want. I mean, that is what you're doing. The bigger story is, make a home hospitable for yourself and for your people.

Myquillyn: Absolutely.

Annie: I love that. Will you grab that one behind you and sign it for us? The one up on the shelf?

Myquillyn: Yes, I will be happy to.

Annie: This is mine. I'm keeping this one. I bought that one on Amazon, the one on the shelf, because we buy books when our friends release them. And we'll give this one away on Instagram. So we'll give this one away today. So thank you very much.

Myquillyn: Yes, thank you for having me. I love it.

Annie: Oh my gosh, of course, Myquillyn. And you are welcome back anytime. We'll get you on that Hall of Fun. Is there anything we didn't say you want to make sure we say?

Myquillyn: Not at all.

Annie: Okay. Thank you for this book. I cannot wait for people to get it. There's always a deeper gospel thing going on, and that is true with your work. And I love it. So thank you.

Myquillyn: Thank you.

[00:57:40] <music>

Outro: Oh, you guys, isn't she the best? Okay, listen, make sure you're following her on social media. She gives tips all the time. She has a great email you can sign up to get. And get your copy of *House Rules*. Listen, if you'd like the free copy that I bought off of Amazon that she signed sitting right here in the studio, all you gotta do is go to my Instagram today, Annie F Downs, and there is the post about

Myquillyn and I. And in the caption, I'm asking you to tell me which room in your house is getting a first glance, if you're gonna follow some of these house rules. That's all you gotta do.

Leave a comment, tell me which room is getting a little glance from you, and we'll pick one winner by the end of the week. If you liked this episode, I think you'll also love Episode 869 with Myquillyn's sister, Emily P. Freeman, New York Times bestselling author Emily P. Freeman, or Episode 380 with Kendra Adachi, the Lazy Genius. Those are also linked in the show notes below.

If you got any questions from this episode, just drop them in the Q&A box on your Spotify app, if you're a Spotify listener, I am, or send them to us here on Instagram @thatsoundsfunpodcast. We'll try to answer them for you.

If you need anything else for me, you know I'm embarrassingly easy to find. Instagram, Facebook, Twitter, X, whatever, anywhere you need me, that's where you can find me.

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you, and I will do the same. Today what sounds fun to me is going with one of my friends to her kid's last soccer practice. We're going to go hang out while he practices soccer. It is a good day for that.

So hey, if you got an errand to run today, invite one of your single friends to go with you. Or if you're single, call one of your married friends and see if you can tag along to soccer practice today. It'll get you a good hang time and give you something fun to do.

Y'all have a great week. We'll see you back here on Thursday with Darren Mulligan from We Are Messengers. You guys, this show is prophetic. You are going to love it. We'll see you back here on Thursday.