

# How To Get a Room Painted

Next Weekend



**Another Free Mini-Course exclusively from [CommonSenseLiving.com](http://CommonSenseLiving.com)**

Do you have a room that you would like to fix up before the holidays? Or, do you have a room that is just depressing? One that could really use a face lift?

The last time I did this exercise, it was my bedroom. Dismal, yellowed paint. Just ugly and blah. Now the room is warm and inviting. A couple gallons of paint, a paint brush, a roller and cover, and a little work.

That's all it took. Now it looks like a southern garden get-away. And it feels so much better, everyday. The difference in how it makes you feel when you walk into that room is incredible.

It could be your bedroom, bathroom, living room. Imagine clean walls. Imagine a nice soothing color.

Which room in your home is the most depressing? Let's get rid of it!

Just Kidding, sort of.

"A warm and inviting living space can improve your whole attitude" according to Grace Ong- an architect and instructor at Parsons School of Design in New York City.

You thought I made all this stuff up- didn't you?

But painting a room can be a really overwhelming task. One that we usually put off for as long as possible. Well, like most everything else in my life, I've broken this job down into little steps that will make it a whole lot easier.

So here's how you can get that room painted this week. The entire week will be spent planning and organizing, leading up to the main event. By the time you get to the actual rolling, it'll be a snap.

## **Monday -**

Today, when you are picking up, spend a few extra minutes getting rid of any clutter in this room.

Have you seen a room design, or color schemes that kept catching your eye? What color would look good in this room? Pick a color that will blend or make a nice contrast with your existing furniture. Do you own a pillow or picture that has the color you want in it?

I would advise going for something soothing and tranquil. I've had fun doing some outlandish rooms, but they weren't comfortable to actually be in everyday. Like the shocking pink and turquoise flamingo bathroom I did once. A real eye opener, let me tell you. It was cute, but....way too much color.

Or the black and white and red living room I did once. It was great to look at, but I never actually sat down to relax in that room. I spent most of my time in the yellow and white kitchen.

Good mood enhancing colors would be sunny beiges, pale yellows, peach, light green. Anything that has a yellow or orange hue that give it the feeling of sunshine. That puts us in a better mood.

Pale blue is also very calming. Back in the 70's we would call the blue, yellow and white combination Florida colors. It seemed that all the people who had winter homes in Florida had them decorated in that combination. I see it's coming back in style!

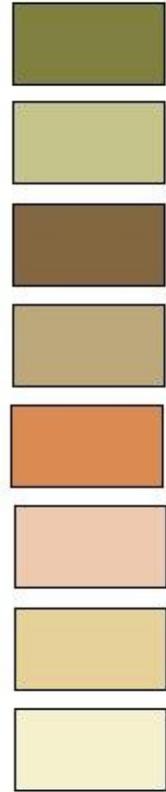
When you go for an outlandish color on the walls, just be prepared that you will tire of it, and have to repaint it. You'll probably have to prime it too. I would have more fun with the accessories and bring in color that way.

I'm going to let you think about that today. This part can take a lot of thought. What color is right for you?

On the next page you'll see 4 colors that you could pull out of one bedspread. Each color give the room a totally different feel -

*To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labour ends.*

*-Samuel Johnson*





## **Tuesday -**

Today you need to look around the room and see what needs to be done.

- Do the walls need to be washed before you can paint?
- Are there holes that will need to be patched?
- Will the ceiling need to be painted too?
- Will you be able to move the furniture to the middle of the room, or will some have to be moved out to make enough room to move around?
- Have you settled on a color? Do you have anything with that color in it that you can take to the store to match the paint to?

Stop by the store and pick up a few paint color samples. Tape them to the walls in the room so you can see what they look like in the different lights of the day.

Another helpful hint- If your wall color is lighter, it won't be as obvious if your trim work is not perfect.

Have fun picking your color.

*Painting, n. The art of protecting flat surface from the weather and exposing it to the critic.*

*Ambrose Bierce  
The Devil's Dictionary*

## **Wednesday -**

Make a list of all of the supplies you will need for this project.

Ladder

Drop Cloth

Paint brush

Roller handle

Roller cover (2 if you have to paint the ceiling)

Roller tray

Spackle or Red Devil for patching holes.

Scraper for filling and smoothing holes. (If you do this right, you won't need to sand)

Paint(s) probably 2 gallons of wall color, and if needed- 1 gallon of ceiling paint. I find I always need the 2 gallons of wall color. It's good to have some left over for touch ups.

See what items you already have on hand, or can borrow. Find them and put them where you can get to them.

*Make a separate list of the things you need to buy.*

## **Thursday -**

Today you will move another step closer to a new room.

- Make a final decision on your color choice.
  - Buy the items you need, including the paint(s).
  - If you have a pillow or picture, or something with the color in it, you can take it to the store and have it computer matched.
  - When you get home with the stuff, put it right in the room to be painted.
- *Do some stretches, and get a good night's sleep!*

## **Friday -**

Time to get to work!

Today you will start the prep work.

Why not just order a pizza tonight?

Do any washing that needs to be done.

Move as much furniture into the center of the room as you can tonight. Cover it with a drop cloth or plastic. Then you can move around the room easily tomorrow.

Of course, if you are painting your bedroom, that step will just have to wait until tomorrow.

Take pictures down. Patch holes.

If it's not too late, you can start doing some of the trim work. I like to get 2 coats on the trim work first. Then all I have to do is roll and clean up.

But don't stay up too late, or kill yourself doing it. Do what you can comfortably get done, and get a good night's sleep.

*To have begun is half the task.*

*-Horace*

## **Saturday -**

This is the big day.

If you followed directions, all you have left to do is finish the trim work, and roll the walls.

Plan on 2 coats. Very rare that I have been able to do a room in only one.

Not much else I can say. Get to work.

*Tonight you will be admiring your handiwork.*

## **Sunday -**

Today, just putter.

- Clean things.
- Arrange things in the room.
- Hang pictures. All the little touches.

Put your signature on the project.

This is your new room.

*Enjoy it!*

*Carole*

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[How To Clean House Fast – http://HowtoCleanHouseFast.com](http://HowtoCleanHouseFast.com)