

“...and I think that if we're able to tap into the beauty of these little things, these little moments.” Do you recognize that voice? She is on my show today. Here's a hint. We both share an intense appreciation of little moments and big color.

This is Stacy Julian with episode 13 of Exactly Enough Time. You might think from its title, this is a podcast about productivity. And while I love to rock a day and get stuff done, exactly enough time is much more about being present. It's about recognizing the time you have, and making the most of it. It's about owning what and who you love (I love Amy Tan!) and inviting more of whatever that is, into your life. In this podcast, I tell stories and I invite *you* to celebrate people, places and things- like rainbows- that make you and your life....amazing!

Amy Tangerine is on my show! If you aren't familiar with Amy, she is an award winning designer and human being extraordinaire. She's a creative director, collaborator, picture and paper lover, traveler, homebody, planner, scrapbooker and author of the book “Craft a life you love”. You guys, this is going to be so much fun. So without further delay...

SJ: Okay, I couldn't be more thrilled, like tickled beyond measure to bring you today, my dear, kind, generous, colorful creative magnificent friend Amy Tangerine.

AT: Oh, Stacy, we're amazing- you're all of those things and more, I love that.

SJ: Well, it can just be...what do you call that?

AT: It's a love fest

SJ: Yes- a love fest! Okay so Amy, I saw a quote recently and you're the very first person I thought of. So I want to share this with you, here's the quote, and I bought it, it's on a pencil pouch most likely I will send it to you. So this is what it says, “Be somebody who makes everybody feel like a somebody.”

AT: I love that.

SJ: From my heart to yours, and I would prefer to see it in bright rainbow colors on your Instagram account. Okay?

AT: Sounds great, I'll do it as a free download for this podcast.

SJ: Sweet! See, I told you, super generous. So, but this is this is the truth, those of you who are listening in, Amy Tan and her brand Amy Tangerine, when I think of her I think of color, I think of inspirational quotes, I think of jumping shots, anywhere and everywhere she goes, I think of extreme generosity, that is both public and private and by that I mean, she isn't just generous so she can publish it. She does so many things in a quiet, just beautifully kind way, and I have been the recipient of that gratitude and generosity on multiple occasions. I will share one with you now, and I promise to let me speak at some point, okay. I don't remember why, Amy, Wendy and I were in Santa Monica, but you dropped everything and you just said, "you can't come here and not have me show you around." And you spent the better part of an afternoon with us, and you introduced us to this lovely lemonade restaurant, right, it was healthy and fun, and you just... and then it gets better, because and I don't remember which came first, to be honest. You had come to an event that we did at Big Picture classes in Hawaii. There's a whole nother backstory to that, but I'm cutting to the part where women were flying back from Hawaii and one of them had a layover in LA. And this is what Amy said to this woman who she had known for approximately two and a half days. She said, "I'll pick you up at the airport, and I'll spend your layover with you. Why wouldn't I do that- I want to show you my home."

AT: Yes, you know, it's so funny is I remember these things now that you mentioned it, but it's not the first memory that comes to mind when I think of you, and that event, but yes- and I remember loving every single moment of taking her around Santa Monica, making her take jumping photos at the beach, taking her to the pier. I remember taking you and Wendy to lemonade in Venice, because Abbot Kinney is one of my favorite streets. We walked into that super cute store or Banik the stationery shop, and I just wanted you to see and experience LA from my point of view. I think that so many people come to Los Angeles, they feel overwhelmed with the traffic, they might feel overwhelmed with the people. They might think that they want to go do the touristy stuff, but you can always do that. Okay, but if I have some time to carve out of my day to show people my city in the way that I would want to see it. And I want you to fall in love with it, because I want you to come back. Then, yeah, I'm gonna do that

wholeheartedly. I'm not sure I think that we hung out in Venice before we hung out in Maui, I'm pretty sure that's how it happened but I can't remember exactly. Okay.

SJ: Did I say it wrong? It wasn't Santa Monica, it was, or is it the same? They're close together, okay. That's one of my many memories with you, darling, beautiful, Amy. So, I have invited you, on my new little podcast. And the funny thing is, we don't, I don't really know what I'm doing.

AT: Yes you do!

SJ: I'm learning as I go.

AT: That's how you do it, I think so many of us are so afraid to take that first step, because we feel like we have to have it all figured out, you really don't. And it's really ironic because I have been talking about starting my own podcast for about a year now, and this is the push that I need to finally record my third episode with you in a little bit and then I'm not even sure I'm going to hit publish for another few weeks or maybe a couple months, because I have it planned out that I have to do it a certain way. And that's so silly, because I don't approach life that way. I just, I see things differently and I admire you for taking this chance and being so brave and just putting yourself out there, I listened to that first episode of you, I just smiled, the entire time, because that's what people want. They just want to hear from *you*. They just want to feel like they're riding in the car with you. And that's what you offer, and it's so great that you're doing this.

SJ: Well thank you, and I don't feel brave, but I do you believe that you can't....well, that's a whole nother episode, so yes- I think starting is far more important and doable than many of us believe, including myself. All right, but here's what I want to talk about with you, Amy. Because one of the reasons that I am publishing this podcast is, the sound sort of trite but it's not and this is what I want to explore with you. It's my love of color, and specifically the importance of having happy colors in your life, and sort of the mental, psychological what's the right word- power that they have. So I want to just dig in with you for a minute and talk to me about your love of color. When you, when it started, and just walk me through a little bit of your color story.

AT: It's something that I haven't thought about for a while and I don't think I've ever really talked about it in depth, but I remember the moment when I was in kindergarten, and somebody had asked me what my favorite color was, and it never occurred to me to just

pick one. I remember thinking-well, what do you mean my favorite color, I mean I have several favorite colors. I like them all. And maybe, I don't like green so much and I remember saying that- I don't really like green that much, but I like all the colors. And if they just looked at me and I remember that feeling of even adults at that time and teachers, you know, they asked you what your favorite this is or your favorite that, what you want to be when you grow up, and I always just had this idea that you could have multiple favorites. So, I'm not really sure what that stems from, but now I put it into this sort of theory that the reason I like the rainbow colors so much is because it's bright and happy, and when you see it, I think immediately viscerally inside, something reacts something happens. And I think that if you can spread that happiness through something so simple as color- because color is everywhere. Why not make it right and beautiful and bold and share that depth and creativity with other people?

SJ: So, well it's funny, so imagine someone driving down the street, right, and maybe turning a corner and there's just this brilliant rainbow, you know, across the sky. And imagine them not acknowledging it at all. We wouldn't do that. Right, everybody stops for a rainbow, and I think that's kind of what you're saying, you know, whether you have a favorite color, whether you love certain colors in combination. Everybody recognizes this sort of the joy and beauty of color, and what it brings to life.

AT: There is such power.

SJ: I think sometimes we're afraid to use it.

AT: I agree with that and they think that people dress a certain way because they're comfortable, you know, sticking with basics, and they're afraid of pops of color but I think that infusing little pops of color into your daily life in different forms, whether it's a colorful notebook, colorful pencil or pen that you use. Maybe it's just an accessory that's colorful. There are different ways to infuse it into your life and see how that feels. You know, so maybe you only like to wear black and that's okay. There's nothing wrong with that for sure. But if you're trying to make an effort to be open to what color can do to your life, because I really do agree with you taking that moment to pause and pull over and look at a rainbow is so impactful- I mean I just can't get over that double rainbow video- because it's true. That's how we all feel inside and some of us are just so, I guess, trained not to express it on the outside. And I think that if we're able to tap into

the beauty of these little things, these little moments, these kind of natural occurrences that rarely happen, you know, I mean I, I don't remember the last time I saw a rainbow. I guess if you live in Hawaii, you see them quite often. But the analogy, or the kind of correlating part of a rainbow is it comes after the rain, after the storms. After you whether this struggle or the storm however you want to, you know, say it. There's this beautiful rainbow it's almost like the light at the end of the tunnel so if you're struggling with something and going through dark times, know that you're going through it but at the end of the journey, there will be something bright, there will be a lesson there for you.

SJ: Girl, your wisdom- that as you're talking about, that's how I feel when I read your book, because you're so good at weaving personal stories and drawing wisdom out of them and really good applicable advice- get yourself a colorful notebook or colorful pencils. As you were talking, I remember I was going through a difficult time in my mid 40s and wanting to be who I had been. And I think that's a mistake sometimes we make, rather than wanting to figure out what was difficult now and what I needed to do about it, I just kept yearning for how I had felt earlier. Anyway, I'm on this run, of course I promised myself I'm going to run on a Saturday morning and I wake up and it's drizzling and just like it is right now I'm looking out my window and it's April drizzle. But, and I go on this run and I remember turning up the hill and I have to run uphill to finish which is no fun. Anyway, this music came on it was a song by Jeff Johnson and I talked about rainbows, and I was just listening to those words and trying to strength from them and then as they turned the corner, guess what, there was a rainbow like the sun was just coming down and it was like this moment, I just knew that the universe and God Heavenly Father was aware of me. And I was like, it doesn't mean it's gonna be fixed right now, but I'm, but I know that it's going to be okay. Like that's what those colors in that moment, said to me, so super not planned, but anyway..

AT: I love that. Thank you. I love that.

SJ: Maybe rainbows are like the theme of our conversation, because the other thing I want to know about, because one of the stories I follow you with much loyalty and interest and curiosity, always. But one of the things that I have really followed with just

so much interest is this mural that you created. I know it's on the side of a children's museum.

AT: Yeah, so How funny is this and I totally believe in a little bit of the woowoo and you know you can call it whatever you will you can call it the universe, God, Higher Power, spirit, source...anything. I believe what you throw out there- if it's positive- will come back to you tenfold. And it was one of those crazy things and I don't even remember where I said it, maybe I said it on an Instagram caption. I remember thinking it. One of my dreams because I hunt out these murals that are colorful and uplifting and I take jumping photos in front of them. And one of my dreams was to paint my own mural. Right and I think I put it out there in several places maybe on my blog, maybe on Instagram, and Instagram stories or something, and one of my followers reached out to me shortly after that, and I don't know if it took months or weeks or what the timeframe was, but she said, Hey, I am involved, Director (I don't remember her position necessarily) at this Southern California Children's Museum, and I've been following you and I have a wall that I think that would be great for your mural if you want. And so we had a meeting, and I was like, amazed at this perfect beige wall. Not that there's anything wrong with beige, but this perfect exterior wall. That would be so perfect for photos because it was in their parking lot and it, you're going into this beautiful children's museum that's full of happy and bright colors and experiences that kids can put their hands on, and then you have this parking lot which there's nothing wrong with anything that's beige, but I was like, gosh, we need to infuse some color in here. So, we had talked about it and we went back and forth for almost a year, almost an entire year before finally we got our acts together, both of us and said, here's the design, what do you think she was like, yes!- when can you make it happen? I said how about in two weeks, I don't even think it was two weeks. I was just like making it up. I was like okay, I can figure out how to paint a mural sure. It's a very simple design, it's in Pasadena, if any of you come visit, please check it out. We have a hashtag #shinebrightSCCM, and you can check it out, you can check out the geotag. And I think that her telling me stories afterwards, of how much joy people get from seeing it when they're walking through the park lot, I think that's what is so impactful for me and the process of painting it was so much fun, Stacy. I didn't know what I was doing. I wanted to seem like I knew

what I was doing, but I didn't. I have a mural in my backyard that my friend Lauren Hom painted, because I don't know how to do that right, so I walked through the process with her, which was a good learning. We went to the paint store. We chose our colors. We got our gallons of paint, and that's exactly what I did with this mural at the museum, and my assistant was coming with me. I knew that I had blocked out a whole week to do it. I knew that I wanted to enlist some help, but I obviously didn't have a budget to pay people. I didn't have a budget to pay professional painters or anything. So I enlisted volunteers on my Instagram story, I just said hey, if you're interested in doing this fill out this form and we had one volunteer every day that I painted, and it was amazing somebody drove up to San Diego to come do this, her husband drove her up to come paint. Her name is Kat and she's amazing. I have a video of the behind the scenes of how this came together on my YouTube channel. Maybe we can include in the show notes, so that people can watch how it came together, and it brought so much joy. Watching this bare wall turn into this ray of sunshine, it's a colorful rainbow sunshine. that was supposed to say "shine bright" at the top. But what I decided was to change the parking. You know when you dive into a parking spot that stopper-thing that concrete block. We decided to paint those too, and then that's where we put "shine bright."

SJ: I love it. Oh my goodness. So what did you learn? Well, you kind of already said, but what did you I, what I'd like to emphasize is, you know, this is *your* dream right we started out thinking, you know this is something I want to be on my bucket list or whatever is never just about YOU and that's what we don't, maybe think about and so we hold ourselves back right now it's not the right time or I have to do XYZ first and we forget it's never about us. It's about us doing something right. Like you say the universe can use it to bless the lives of other people and the people that volunteered that came to participate and like you said, the stories of afterward what people have done with this creation that you didn't feel like you were totally prepared to create. That's amazing to me.

AT: I did n't know if I was worthy enough, because there's so many talented mural artists out there right and it's not about that. Do I think I'm the best mural artist? No. Do I think the best mural artists for the job that was asked of me? Yes! Because she chose me

and I said, okay. And now, people who go there, I mean, there's hundreds of people who visit on a weekly basis, and it's just a moment in time but just enough to pause and be aware of the goodness. Kids are such a great indicator of just pausing and being present. And I think that so often we don't take the time to do that in our lives and being more mindful about it and it's been a practice for the last 10 years, I've really honed in on things that I believe are true, and one of those things is self-care is not selfish. And so much of what you said about how we think, it's *us* doing it, we're holding ourselves back, but it's for the greater good. If we don't do this, what do we do, what are we dealing with regret- possible, you know, even a worse place than we were before, if we just tried it. What's the worst that could happen? I mean, honestly, what was the worst that could happen? They could have been unhappy with the final product. And then they could paint over it. I mean that's honestly the worst that could happen. They could paint back to beige, or whatever, or they could get somebody else to paint it.

SJ: I love the way you said that the worst that can happen and then what? and then what,? and sometimes we just need to say that out loud what is the worst that could happen? Because as soon as you verbalize it you go up, it's not that bad. Like I could totally live with that right. The worst is not going to happen 99% of the time. You're okay. You're awesome, I love that story so here's my secret that I'm revealing to you and today on my podcast. That has always been a dream of mine as well, so I thought that I need to talk to Amy. I was literally just gonna call you when this happened, way before I started the podcast, and then I, and then I just kind of forgot about him like I can't bug her, but I just want to know like what, how did that progress for her, and that's always the dream I've actually had for my daughter Addie. And for those listening who might not know, I have a beautiful asian daughter from Korea. So there's another reason that we both love Amy, she loves to follow you and feels like she looks like you and it's just kind of fun for her. Anyway, anyway, so, I have always secretly wanted to do something like that and I sort of, I don't know I don't know what will happen but maybe I can, you know, because I've looked up before you even did your mural I looked up in Spokane like he has this and you know how do you find a wall and there's there's there's like this collective of artists and then like as same as you I feel like I'm not an artist, I can't just show up at one of their meetings.



AT: That's not true. That's not true. I'm sure they would welcome you in and you know, I mean, a good place to start too is just start seeing if you can talk to somebody about it right, and I went straight to like the source basically, this was the first year like painted but it was not the first person I approached about painting a mural because I didn't even approach them. I actually have this friend who has a building in LA, and I was like, can I paint a mural on your building and they've been going back and forth. So, I just throw things out there because you never know what will stick and for you to say that oh I'm an artist and I'm not sure if they would, yes, what if somebody needed help painting their mural. And what if you could experience helping them, and then you can learn so much more through them about, you know, the process, and you can say I was a part of that, you know, and that is I think something that's so great to because maybe that's the next step for you, is just experiencing the process yourself and not worrying about it too much.

SJ: It's so funny like I, I'm not taking my own medicine and now you're telling me Stacy, of course, show up and maybe you can help somebody else because that's what it's about. Oh my goodness, it's awesome. Okay, well, my podcast is supposed to be right around 30 minutes because it's called Exactly Enough Time and I really want to respect people's time and give them something that's short and sweet, digestible and inspirational. So believe it or not, we kind of already have to wrap up. Time flies when you're having fun! But I get to this part now on my podcast. I think I'm getting better at this, I think, okay, but I get to ask you a question, two questions. The first one is and this is I call it the people, places and things. So I'm going to ask you, who, where or what has your attention right now today? What are you focused on, thinking about, enthusiastic for?

AT: I just came out of an amazing conference called "craftcation". It was the eighth time it was happening, and it's in Ventura, California. My friend Nicole puts it on, it is this amazing conference that's really hard to put into words because the experience itself is so moving. And one of those places where over 500 crafters of all kinds, got together, spent five days together and had business classes, had hands on classes, had dinners together, just this amazing bonding time. And so, that's who I'm thinking about now is everybody who showed up there. Everybody who, you know, was scared to go by

themselves, who didn't know a single other person, when they got there, and yet left with, probably 30 really good friends. I mean, maybe even more than that but, honestly, 30 people that they could call on today if they needed something, you know. You just never know and that 12-12-12 experience to those 20 women or 24 women who were there. That's the same feeling that you take away. That's what I want to bottle up for people I want people to take chances if there's something that you want to go do go and do that thing, you know, and I really I want you to be at Craftcation Next year, I mean it's just such an amazing thing. And you know how it is when a big group of like-minded creatives get together. Those are your people, the enthusiasm, the energy that is felt, that's how I'm feeling now and I just want to bottle that up and savor that.

SJ: I love it, it's so true. Amen to all of that, and I love seeing that you were the, the keynote, or the closing keynote that that event, people loved it.

AT: Thank you. It's funny, my theme was rainbows. My talk was about rainbows. There you go.

SJ: The final thing I want to hear from you is I want you to fill in the blank. "I have exactly enough time to what...."

AT: I have exactly enough time to do what I want, with whom I want and where I want. And I believe you do too.

SJ: Thank you. I feel like saying namaste. That was like a yoga moment. I feel like bringing my hands to heart-center and saying "the light in me acknowledges the light in you." Thank you so very much for being with me today. I will of course put in the show notes the things that we've talked about so that people can find you and learn more about your magnificent outlook and the good that you do. Thank you.

AT: Thank you, Stacy.

I told you. She's the real deal. And so are *you*. Thank you for listening, each week to Exactly Enough Time. I love, *love* hearing from you and getting messages like this one from Gabrielle.

“Hi. I live on an island just east or I guess it would be west of Seattle, so you probably have been on the islands before and I just have so many great stories of living on this island, and your podcast today made me think of writing them down and making sure that my grandchildren know all the fun things that have happened on this island the last 32 years we've lived here, and all the adventures we've had. Thank you, Stacy for doing this new podcast, I listen to it with great joy.

Thank you, Gabrielle. I talked with my friends at Close to my Heart this week and guess what we decided- I am going to send Gabrielle a story starter kit to get her started telling those stories. I'm going to send anyone who's message I play on the show a story starter kit, which is the first product concept that I designed in the Story by Stacy line with Close to my Heart. I am so excited that they are going to sponsor me in this way. So here's what you do: visit the show notes at [Stacyjulian.com](http://Stacyjulian.com), and look for the orange button in the sidebar, use it to send me your comments, questions, thoughts and ideas. Right now, I have a call out specifically for your personal time saving solutions- life hacks- I've already gathered some really fun and useful ideas, but I want more. Use that orange button. Let me hear your beautiful voice and don't forget, in today's notes, you'll get to watch a video of Amy Tangerine's beautiful rainbow mural that she painted for the Southern California Children's Museum, and you'll be able to download a printable PDF of the quote that she created for you. You guys-have an amazing week! Send me your life hacks and remember, you always have exactly enough time.