

I'm in my library, are you in yours? This is living with your library with your host, Stacy Julian...my mom. That is my cute boy Clark, but back in 2009. I had him record that little introduction because at the time I had posted a couple, maybe three podcasts on my blog. Then I never did anything beyond that. Thank you, Clark. He is my son, I am his mom, this is Stacy Julian with a bonus episode of Exactly Enough Time. On this podcast we talk about people, places, things and solutions. As we do, I hope you will find inspiration for living your life and telling your story, because there is exactly enough time to do and pursue what is most important to you.

Bonus episode-what's a bonus episode? I don't know, but I think it sounds really great! I just wanted to hop on here and thank you so much for the response to, what was kind of a soft launch to this podcast. I was so nervous to make it public and yet when I did, I was embraced by a wonderful community of creative women and friends that have been my friends for years and I was reminded of that. So, today, I thought, I'm going to record a bonus episode. I'm actually recording this episode, after the episode that you will hear this week, episode 4. But I just couldn't resist hopping on and telling you how grateful I am for your support and for your enthusiasm. I actually have some reviews now on iTunes. That's so cool. I'm going to read you one, this is from my dear friend Tammy. "Stacy, is one of those naturally engaging speakers who could read the dictionary in a motivating way. I will remember that Tammy, when I'm out of ideas. She goes on, "I love the snack size length in the mishmash of musings. This podcast holds up a prism to everyday life and a rainbow of joy, mindfulness, connections, inspiration and creative energy that shines through." I think I'm going to hire you as a writer. You can write and then I'll just speak. That would be great! Thank you so much, Tammy, for that awesome review. I want to read you one more, because it just makes my heart so happy. This is from Kmj4kv, man I wish I need a real name, "the minute I heard Stacy's voice I smiled, then she shared something that hit my soul and who I am and I cried. Then she said something about knock knock jokes and I laughed out loud. These snippets, gems of mini conversations and insight allow you to step into Stacy's colorful world for a moment. Drink your favorite drink and capture little ideas to take with you as you think, on life, family, friends and stories. It's good to hear her voice." Wow- right? That's super humbling, like so grateful, I can't even say. Anyway-bonus episode.

I want to talk briefly about Library of Memories, just like Clark said "I'm in my library, are you and yours?" What exactly is a library of memories and why have I been talking about it so long? First of all a quote from a man named Norman Cousins, "a library is the delivery room for the birth of ideas. A place where history comes to life." Norman Cousins, by the way, was editor of his high school newsletter and he became a staff writer for the New York Evening Post. This was back in the 1930's and eventually became editor and chief, for 30 years, of the Saturday Review. I read a book that Norman wrote just after Clark was born, when I was diagnosed with what appeared to be a sarcoma like tumor in my leg. Kind of a scary time of life, but that's another story, another episode. Someone that I worked with gave me a book that Norman wrote and I think I looked it up and I can't find for sure the title but I'm pretty sure it was, The Healing Power of Humor. As a brand new mom facing a diagnosis that was scary, I loved what Norman had to

say about the power of our minds. How we think and what we think and the ability that we have to do a whole lot of healing, even if it's only emotional, mental healing.

Back to a library, thank you for the great quote Norman. This is truly a fun bonus episode and it's just because I want to do it and if I had reasons, then one of them would be that for years I've taught an online class, at first it was actually called A Library of Memories and then later down the road, I put the information from that class into a book. That was 2018 and the book is called Photo Freedom. Then the class became "Finding Photo Freedom" and "a library of memories" is what I described as the result of developing and adapting and nurturing the principles that I teach. Using the essential organizational tools that I talked about.

So, library of memories is sometimes called LOM is the result of learning the principles I teach, around photo organization and workflow. I've been thinking that it's actually a whole lot easier than that and you might really like to know that you already have a library of memories.. it's your home. Erin Flett said collect things you love that are authentic to you and your house becomes your story. Sounds like a library to me. A home filled with memory-laden stuff, personal stuff. Everything from pictures, to collectibles to books, movies, etc. Erin Flett, by the way, is a prolific and we'll publish interior designer you should go to [erinflett.com](http://erinflett.com) I should link to her in the show notes I will do that. So, for a moment, think about your home. Right? It is your story and you're writing it every single day. Now I want you to switch gears and I want you to think about your local library. When you go to the library, why do you go? To get something, to check something out, to learn something. What do you find in a local public library, or really any library-big city library, small town library, you find media. A variety of media.. books, they can be fiction, novels they can be nonfiction, self-help, all kinds of encyclopedia-type books. There are audio books, there are videos, there's probably a children's library with children's books, magazines, bound periodicals. It's everything, right, there are so many different kinds of media that you can access and enjoy and use and check out at your local public library.

So now combine those two thoughts, your home and the public library and let's think much bigger about what we do as memory keeper's. Whether you're a scrapbooker or not depending on how you define that, we are all memory makers and memory keepers. Our home becomes our story. Isn't that cool?! So in your home, in your library, you might have some traditional scrapbooks, that's great. You might have all kinds of other things, you might have some books about your family history. You certainly have books that you've read and enjoyed in children's books that mean something because they're your favorites. I have a whole stack of favorite children's books that are actually out in my living room because I love them so much. Coming up in episode 4, I talk a little about the "as if" principle where you act as if something were already true. So check it out! Let's just decide, you already have a library of memories in your home. It might need some attention, but it's yours and you don't have to think about "library of memories" as something in your future that will be difficult to attain, because it's already there.

Okay so just for fun and decided to look up some library lingo. Let's start with information, which is really what we go to get at the library. Information is anything that informs the human mind. For humans and some other higher developed animals information is that which puts form into or generates form in the mind. Think about just the items that hang on your walls, it's

information. You might have family photos, you might have a scenic watercolor, you might have printed or vinyl quotes, you might have a big calendar or a big chalkboard or you note your family schedule, all of that is information. Some of it's visual, some of it's written, your kids likely have posters in their bedrooms. You have a refrigerator, there's probably information stuck to it. I bet you have mirrors, your reflection, that's information. Sometimes information you don't necessarily love, but it's information. This is just your walls. Walk around your house and just think about the information that's available to you on your walls. Then think about whether you like that information or not. Or whether there's something you could do differently with one of the walls in your library to change or alter or improve or make more intentional the information that is there.

Another library word for you- holdings. A library's holdings, that's just all the materials owned by a library. Then there's the archives. The archives is a repository of documents and other materials of a public or historical library that have value. Often these archives are not seen, they're hidden away, either to protect them from light or dust, fingerprints, damage. Sometimes they're just they haven't been made available yet, they haven't been translated or transcribed or put into a form that can be readily consumed, so they're in the archives. Think about it, you have a ton, well I shouldn't presume to know your situation, I have a ton of archives. I have digital images, some 50,000 digital images, many of which I have already done something with. I have a lot of digital archives. I have boxes of family history that has been given to me from both sides of my family. Just dad is giving me two boxes, his sister sent me a number of boxes, my mom, before she moved, gave me a big box and said "here would you organize this." That's all archives. Another library word-stacks. That's a colloquial term used to refer to the areas of the library where materials are shelved. You have bookshelves. You probably have some scrapbooks. Again, I'm assuming you're a scrapbooker. Maybe you're not. In your home library, your "library of memories" you have stacks. Where things are displayed, books are kept, collectibles are out to be enjoyed. As part of decoration or remembering a place you've been or whatever it is, but that's your stacks.

Another library word-bound periodical. Several issues of a periodical, which is a magazine or journal are often bound together as a single book for storage. Bound periodicals usually contain a full volume or one year's worth of issues of that particular title. Now, this is where I'm going to go down a bunny trail for a minute. I had this totally curious thought about periodicals. I subscribed to Real Simple magazine for years. It was one of my favorites. I even scrapbook the fact that I subscribed to the magazine, but then I let my subscription lapse in 2014. Last year when I saw an issue on the newsstand that looked particularly good I thought to myself, I'm going to resubscribe, so I did. What I basically said, online, when I submitted my information to give them, gave them my credit card number I said "send me your next issue." Notice I did not say-hey, I haven't read your magazine for 4 years and now I totally need to catch up. I'm super guilty that I'm this far behind reading your magazine. Will you please send me all the back issues? I need to read all of those back issues before I can read that current issue that I saw the newsstand that looks super interesting." No, I didn't say that. I didn't say that, matter of fact, I brought that new issue home with me and I read it and then I subscribed and said, you know what, I want to try this again, I want to re- subscribe. I want to start reading Real Simple again.

Here's where it gets even more interesting, for me at least, I haven't actually really read it like I thought I would. I've learned that as good of a magazine as Real Simple is, it's just not where I'm spending my time. I've even taken issues on the airplane with me in hopes that I would pull them out and read them, but I just haven't really done it. I'll come home and there's the magazine in my backpack and I didn't look at it. So I've made the decision not to renew my subscription.

Now think about this in the context of a library and particularly your home. This story gives you permission to let something go that is not currently creating interest in you. So, perhaps you do have years of scrapbooks that you've created and that you love and that you're grateful for. Then for whatever reason, you stopped doing that, you stopped to doing it *the way* you were doing it, maybe for a really long time. Now you're thinking, I really miss that, I'd like to take it up again. I would advise avoiding the thought that you must go back and catch up first. Instead, I would pick up the practice now, with today, with your current issue. With your current photos and some story that you're excited about right now that you want to document. Just ignore the gap. Just move forward, see if you still enjoy the process. Go ahead and pick it up and do it just like you did it a number of years ago. Test it out. See if what you did back then works now in the context of your current situation. Maybe it will work and you can just let go of the gap and not worry about it and just start to move forward. And maybe you'll make a page or two or whatever. You'll dive in for another month or so and you'll be like, you know what, I'm just not there. I don't want to do it that way anymore. And that's 113% ok. It totally is. You can consider what you created "past issues" of your family periodical and you can bind them and I don't mean tie them up, I mean just set them aside. Put them in the stacks. Make them available. But you don't have to continue that. You also don't have to decide you're no longer a scrapbooker, or a storyteller, or a memory maker documentor, you can still add to your library of memories and it won't look like it used to look. Isn't that awesome!?

Here's one more library word for you-catalog. A library catalog is an organized written collection of all the materials the books, videos, journals, films, audio recordings, etc. held by that library. Here's another word-citation. A citation is a standardized description of an item, a book, article, video, audio recording, etc. containing sufficient information necessary to locate the item. So, you've got a catalog that lists everything in your library and you've got a citation that describes all of the items in your library. What if you just did that? What if this weekend you're like, I'm totally going to catalog what's in my "library of memories"- my home. I'm going to write down all the pictures hanging on the wall, I'm going to note all the scrapbooks that I've made over the years. I'm going to just list everything that I've created that was created for the purpose of documenting our life or created information for us to consume in some way in our home. Isn't that a cool idea? Don't you think you would feel exceptionally good about yourself? Don't you think you'd recognize what you have accomplished? I do.

Then what if you decided the next weekend or whenever, to take that catalog and create from it, a citation. What if you described then, each of those items. Where did you get them? Describe where they are in your home and who you got them from. I'm thinking of a photo or maybe a picture hanging on your wall. I have a picture in my bedroom that was given to me by my

grandmother, Addie. So, when I create my citation I would note that. It's all part of my "library of memories". Then with that citation you could decide where to locate certain things. You could decide to put some of your bound periodicals downstairs, on the bottom shelf of the entertainment center. Because maybe it won't bother you, it won't make you feel like you're behind anymore. Or maybe you'll pull things out of the bedroom closet where you had them hidden because you decide it's awesome, look what I created and never-mind that I'm not going to continue to create in that same way. I want them out where they can be loved and learned from. I think we could have a great deal of informative fun by creating a catalog and a citation and recognizing the possibilities of a "library of memories" that we already have in our homes. I think the possibilities are only limited by our imagination. I think when we decide to get intentional and really authentic about what we want to share in our libraries, then the task of organizing it and making it more accessible will be something that feels exciting and we'll find motivation to do that.

As Erin Flatt said "your story is not just in your scrapbooks, it's your home." She didn't talk about scrapbooks at all. But really, let's think bigger about what we're trying to do as memory keeper's and let's put some of the angst down the disposal. Let's take some of the guilt out with the trash. Let's walk around the house and ask some really important questions, like what kind of information do I want to share here? What about over here? What can I do in this corner? Do I still like this information in the stacks? Or can I archive it? What am I dying to bring up and out of the archives so that I can write, teach and inspire my family members? I want to put it on display and am I making it too hard, or can I just simply bring it out?

Here's something I forgot to tell you, February is a library lovers month. That was the other reason that I wanted to do a bonus episode. Isn't that awesome?! Let's just decide, that- a.) we have a library of memories, and b.) we love it and we're so excited to take care of it, to enjoy it more, to share it with those we love, to figure out how to make it more accessible and more, I dunno...fun. Maybe we need to add some videos, maybe we need to create some audio interviews with some of our loved ones. Maybe we need to try a new kind of memory keeping. Maybe we need to make a fun project, just because. You know what Marcus Cicero said, he said "if you have a garden and a library you have everything." everything...sounds pretty simple doesn't it? Sounds like we make it too hard much of the time, doesn't it? If you want to learn more about a "library of memories" the way I teach it, about the principles that are the foundation of my storytelling, memory keeping philosophy, I invite you to take a free class that's at [stacyjulian.com](http://stacyjulian.com) that's called the "Principles of Photo Freedom" and it will help you take a new, refreshed, excited look at and approach to your home, your library of memories. You do have everything you need and you do have exactly enough time. Thank you for listening.