

I cannot imagine going to a movie without a soundtrack. This is Stacy Julian, with episode 6 of Exactly Enough Time. Exactly Enough Time is all about being present. It's about recognizing the time and the life you have and making the most of it. It's about owning what you love. (I love children's books!) 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 scrapbooking cruises to the Caribbean!) that make you and your life a-mazing!

Mariachi is a style of music and a musical group performance that dates back to at least the 18th century. Evolving over time in the countryside of various regions of Western Mexico. It has a distinctive instrumentation, musical genre, performance and singing styles, not to mention clothing. Imagine disembarking from a cruise ship in Costa Maya, Mexico and not hearing a mariachi band. It wouldn't make sense. It wouldn't be the story you imagined. We love sounds and sounds tell stories. Let's keep playing our game of "guess the sound". I have two more sounds for you. Ready... here's the first one... and by the way, I tried really hard to record that for you and I failed. But finally, my husband succeeded. Yes, that is the horn on a cruise ship. Not our cruise ship, but a neighboring ship that was taking off, not taking off, leaving port- you know what I mean. Ready for the next sound? Okay, here we go... it's a dining room, right? It's background noise, but it totally sets the stage for a story that would take place on a cruise ship.

I had fun last week on a scrapbooking cruise. Huge shout out to my friend Tracie Claiborne, who invited me in the first place. And to all of the lovely creative women and Frank, who we spent time with as we created projects and honed our storytelling skills. I love the idea of thinking about and breaking down the elements of a story. I really just kept thinking about how the sounds that I was hearing were a part of my experience. Sounds are definitely a type of story, a sound story. I love the quote "the ability to see our lives as stories and share those stories with others is at the core of what it means to be human. We use stories to order and make sense of our lives. To define who we are. Even to construct our realities. This happened, then this happened, then this. I was, I am, I will be. We recount our dreams, narrate our days and organize our memories into stories that we tell others and ourselves. As natural born storytellers, we respond to others stories, because they are deeply and intimately familiar." That is in a book by John Kopetsky and Timothy Cate and I think it's called Living Proof, but I will put the link in the show notes.

I have been working in the scrapbooking industry for a long time. I've seen many, many approaches, trends, fads, products, personalities and companies come and go. And I want you to know, that just by showing up today and listening to me, you're still in this, you're doing better than you think you are. And if you don't consider yourself a scrapbooker or a storyteller, stay tuned! I want to read to you one of my all-time favorite children's books. It's a book that I didn't become acquainted with until I was an adult, but I love it. It's called ish and it's written by Peter H Reynolds. I'm intentionally holding it close to the microphone, so you can listen to the background sound. That's part of the story, the sound we're all familiar with of turning pages. I love that sound. "Ramon loved to draw, anytime, anything, anywhere. One day, Ramon was drawing a vase of flowers. His brother, Leon, leaned over his shoulder. Leon burst out laughing, "what is that?" he asked. Ramon could not even answer, he just crumbled up the drawing and

threw it across the room. Leon's laughter haunted Ramon. He kept trying to make his drawings look right, but they never did. After many months and many crumpled sheets of paper, Ramon put his pencil down. "I'm done." Marisol, his sister, was watching him. "What do you want?" he snapped. "I was watching you draw," she said. Ramon sneered, "I'm not drawing, go away!" Marisol ran away, but not before picking up a crumpled sheet of paper. "Hey, come back here with that" Ramon raced after Marisol, up the hall and into her room. He was about to yell but fell silent when he saw his sister's walls. The walls were covered with Ramon's crumpled up art. He stared at the crumpled gallery. "This is one of my favorites," Marisol said, pointing. "That was supposed to be a vase of flowers," Ramon said. "But it doesn't look like one." "Well, it looks vase-ish." she exclaimed. "Vase-ish?" Ramon looked closer, then he studied all the drawings on Marisol's walls and began to see them in a whole new way. "They do look -ish" he said. Ramon felt light and energized. Thinking "ishly" allowed his ideas to flow freely. He began to draw what he felt. Loose lines quickly springing out without worry. Ramon once again drew and drew the world around him. Making an "ish" drawing felt wonderful. He filled his journals, tree-ish, house-ish, boat-ish, afternoon-ish, fish-ish, sun-ish. Ramon realized that he could draw "ish" feelings, too. Peace-ish, silly-ish, excited-ish. His "ish" art inspired "ish" writing. He wasn't sure if he was writing poems, but he knew they were poem-ish. One spring morning, Ramon had a wonderful feeling. It was a feeling that even "ish" words and "ish" drawings could not be captured. He decided not to capture it, instead he simply savored it. And Ramon lived "ishfully" ever after. Such a good book!

I wonder if we could be a bit more "ishful" with our efforts to obtain, document and share personal stories. The turning point for Ramon in this story, is when he began drawing what he felt. Loose lines quickly springing out without worry. What is worried? Do you know the definition of worry? Worry means to give way to anxiety or unease. It is to allow one's mind to dwell on difficulty or troubles. Worry is mental distress. It's agitation resulting from concern. Usually for something impending or anticipated. Something that hasn't even happened yet. When we create worry, we travel too far down the road into the future, the unknown. We ask- what if? -right-what if other people laugh at my art? Ramon was a light-hearted happy artist until he met with ridicule or what he perceived as ridicule. And then he let himself question whether what he was doing was "right" or not. He fell into self-doubt and frustration as he focused more on how the outcome would be received, rather than on how the process itself made him feel. How do we, regardless of our creative pursuits or expression, loosen the lines. Allow ourselves to quickly spring out and proceed worry-free?

Here are some ideas: Number 1. Loosen the lines. We brought in the definition. We defined what we're doing for ourselves. Number 2. Spring out. We just start. We start a page or a project or some bit of writing or again whatever your variety of self-expression is. Just start, without thinking or over-thinking or having to have a game plan. Number 3. We remember that there is no "gold standard." What was the outcome? In our story, as soon as Ramon saw what his sister Marisol saw, as soon as he recognized his efforts to draw a vase, as vase-ish. As soon as he was liberated from his previous experience, his fear of possible failure or falling short, something magical happened. Something that is easy to miss the first several times that you read this book. Ramon's "ish" art inspired "ish" writing. It says, he wasn't sure if he was writing

poems, but he knew they were poem-ish. He not only became freer and more prolific with his drawing, his drawing inspired an ability to write. He discovered a whole new way to express himself. And it just keeps getting better. After that, Ramon experienced a moment, a feeling so wonderful, so profound, sublime-whatever-he could not capture it. He didn't want to. He couldn't capture it with ish-art or ish-word,s so he's simply savored it. You guys, this is so much more than a children's book! It's jam-packed with wisdom for all ages and especially for creatives, because isn't this what we want? To develop the ability to recognize moments that we will remember. Moments we want to remember. Recognize them before they pass by. We want to be fully present and aware and grateful.

The good news- this is what happens as we develop the skills of scrapbooking and especially storytelling or any other form of art. We begin to see differently. Our perspective shifts and we learn how, in the press of life, in the busyness of it all, right in the midst of the chaos, we learn to pause. To just look around. To breathe it all in, to call it out. To name it and to feel it all the way. To savor it. I love that I have dozens of finished scrapbooks, but do you know what I love more? I love that as a memory keeper, I have developed the ability to savor life. I know how to be present-at least most of the time- and then the book ends with "and Ramon lived "ishfully" ever after." Ishfully- such a great concept! Ishfully replaces the happily that were so accustomed to hearing and distrusting.

We expect to hear "happily ever after" and it's a "happily" that we're pretty sure we don't have, because it's so- I don't know-"happy" Happy is difficult to define and it is super easy to assume that happily exists beyond our reach. And it must be something reserved for other people in other circumstances or in other happier or even the "happiest" places like Disneyland. It's outside of us. But "ishful" yea, ishful is only an approximation of happiness. It's a "close enough", a not quite there- but totally content for now and it's not that hard to recognize. When I, Stacy, read "ishfully ever after" I think, yea- I've experienced that before. In fact, I think the feeling that I had this morning when at 10:15 a.m. I had already exercised a little and I was already showered and momentarily caught up with the laundry and I knew what I was going to fix for dinner. And I sat down to read email, I recognized that feeling. I knew it was fleeting, for sure. I knew that I would have to exercise again tomorrow and shower again tomorrow and do more laundry and reply to more email, but for that moment, I felt "ishful."

I wonder if we could be a bit more "ishful" with our efforts to obtain, document and share stories. I not only think we can, I *know* we can. Me, collecting those sounds on my cruise ship, that is 100% story-ish. The letter that I wrote my cute missionary boy, Trey, this week after we got home where I told him all about our cruise and I told him about Dwe, our super adorable waiter from Jakarta Indonesia- who referred to me as "ma'am Stacy." And she called my dad Mr. Briggs and in five short days rapped us all around her little finger. We will most likely never see Dwe again. But Addie will always remember the napkin doll that she created for her. Because I took a picture and then there were those awesome after-dinner shows. There was one with a comedic magician who helped us all to belly laugh. Taft had little tears squeaking out his eyes. He told jokes and did magic tricks and he even freed himself from a straight jacket, all while balancing on the surfboard-like contraption he had rigged up on stage.

Then of course, there was the Elvis impersonator, who jumped up on the chair-the empty chair, right next to Taft- the third row back-and just about gave him a heart attack. I think Taft thought Elvis was going to start singing to him. I could see the anxiety welling up inside him. But man, Grandma and Grandpa loved the Elvis impersonator. After the show they wanted to go meet him. You know why? Because they grew up with Elvis. They actually danced to Elvis music when Elvis was still alive and it's frankly phenomenal that he has been dead more than 40 years and there are dozens and dozens of people who pretend to be him and make a living. He was huge and that sort-of hit me this week, because I watched my parents watch the man pretend to be Elvis. This is all in the letter that I wrote Trey about our cruise. That letter is "story-ish". I may or may not ever make a scrapbook page about this cruise and that's okay. I think I will, I'm planning on it, but I might not. Maybe I'll just write a blog post and share that super cool picture where the seven of us traveling together stood by the seven letters that spell Cozumel. That counts, you know, blog posts are totally story-ish. So are posts on social media. Once Ramon caught hold of the idea that "ish" was a thing, a way of looking at his work, his art. How did he begin to draw? With loose lines, quickly springing out, sans worry. This is what I want and I can have it. I do have it and I want to continue to nurture an "ishful" attitude. I want you to join me. I want to invite you to feel more "ishful" with whatever it is that brings you joy. Your art.

Another one of my favorite books is called The War of Art, it's by Steven Pressfield. It may help you better understand the word "art" or what you create. Steven says "art is anything that elicits resistance." His book begins with this "the following is a list, in no particular order, of those activities that most commonly illicit resistance. #1. the pursuit of any calling and writing, painting, music, film, dance or creative art, however marginal or unconventional. #2. the launching of any entrepreneurial venture or enterprise for-profit or otherwise #3. any diet or health regimen #4. any program of spiritual advancement #5. any activity whose aim is tighter abdominals #6. any course or program designed to overcome an unwholesome habit or addiction #7. education of every kind #8. any act of political, moral or ethical courage, including the decision to change for the better some unworthy pattern of thought thought or conduct in ourselves #9. the undertaking of any enterprise or endeavor whose aim is to help others #10. Any act that entails commitment of the heart, the decision to get married, to have a child, to whether a rocky patch in a relationship #11. the taking of any principled stand in the face of adversity. In other words, any act that rejects immediate gratification in favor of long-term growth, health or integrity. Or expressed another way, any act that derives from our higher nature instead of our lower. Any of these will elicit resistance. Any of these are considered art.

You are an artist if you have ever felt that what you do creatively is not actually art. Then you can apply Mr Pressfield's definition and you'll recognize it, because you will have faced resistance. Which is your inner critic, your lizard brain, your personal Persephone (listen to episode two if you don't know who Persephone is) Then you will in fact know that what you are pursuing, what you are trying to do, is A-R-T, it's art and it's yours and the world needs it. You might be defining it in a way that's too restrictive and you might be looking around and doing that comparison thing instead of looking in and remembering why you love it and what the process is doing inside of you. How it's changing you. This means that my efforts to capture and

share as diverse and inconsistent as they may be, totally count. I am an artist. I tell stories in “ishful” ways. I embrace all of the story-ish possibilities.

There is a study being currently reported in the March/April issue of Harvard Business Review. It's about feedback in the workplace. Don't go assuming that I subscribe to the Harvard Business Review, I just opened it in the Fort Lauderdale Airport while my children were selecting a snack. I skimmed very quickly the article. It was fascinating. It concludes that in order to help people excel, we have got to spend less time identifying failure and talking about how to avoid it and spend more time observing what IS working and then saying to ourselves and to each other, that. Yes- *that* worked. What were you thinking when you did that? We need more of that. We can and should do this for our friends, for our family members, for our co-workers, for ourselves. In the article, the author related a story about legendary Dallas Cowboys coach, Tom Landry, who turned around his struggling football team. NFL football team. While the other coaches were reviewing missed tackles and dropped balls, Landry decided instead to comb through the footage of previous games and he created for each player a highlight reel of when he had done something really easily, naturally and effectively. Landry reasoned that while the number of wrong ways to do something was infinite, the number of right ways for any particular player, was not. It was knowable. The best way to discover it, was to look at plays where that person had done it excellently. From now on, he told each team member, we only re-play our “winning” plays. So cool-super interesting.

In your creative pursuit, whatever it is, what has worked well and felt easy in the past? If you had a highlights reel of your past work, what would be on it? There is one thing I've observed kind of generally about scrapbookers, memory keeper's and that is that we don't give ourselves enough credit. We certainly don't spend enough time with our past work. When was the last time you set yourself down on your sofa and looked through scrapbook pages? Really looked at them, read the journaling and noticed all of the little touches. Enjoying your own body of work is a very positive thing to do. It's like watching a highlight reel and it's one of the best ways I know to beat back resistance, especially in the form of excuses and overwhelm. So this week I have two assignments for you, number 1. I want you to spend a few intentional minutes with your art, whatever that is and number 2. I want you to look for evidence of “ish” and “ishful” in your days.

Do you like that sound? That's a new sound and we're talking about sounds today and that's a sound that indicates that it is time to hear from one of my listeners either with a comment or question. Today's question comes from Kelly. “Hey Stacy, this is Kelly-I had a question for you- I was sitting here at my computer and I was thinking about how do people back up their photos, specifically if you have apple? I'm struggling with knowing what would be best. It looks like my options are to buy more storage from the cloud or buy an external hard drive, which aren't always the best or Google Drive and or Dropbox. So my question for your listeners out there and you, is what do you do to backup your photos?”

Kelly- that is an excellent question and I love how you posed the question not only to me, but to other listeners, so hopefully we'll get lots of feedback around this important question. I will tell you what I do. I have an iPhone and I use the photos app on my desktop and on my phone So I

do pay for the extra iCloud backup it costs me \$9.99 a month, which is about \$120 a year and I absolutely love it and here's why. Because I am on-the-go a lot and I want access to all 50,000 + of my digital images. I want to be able to just do my workflow whether it's on my phone or at home on my desktop or on a laptop when I'm traveling. For me, that security, that sense of peace and that ability to work on multiple devices and access everything and not just my photos. iCloud backs up everything else I'm working on his well, documents and music and all kinds of files. You do need to know that when you pay for iCloud backup you're not paying for the things that are already backed up to the cloud. So you're not paying for emails and contacts and your calendar information, that just happens automatically. You are paying extra so that you can keep with you extra photos and then access them and I have found with a good connection a decent Wi-Fi or even with my cellular, that I can scroll back 6-7 years, grab a photo and it quickly downloads. I can edit it and share it or create or do something with it and I love that. Kelly and others listening there are other things that I do that are part of my workflow in terms of archiving and creating an ongoing backup for photos, but iCloud is my number one backup and I love it I'm grateful for it and I'm happy to tell you that that is my best recommendation if you're using iOS and Apple devices.

If you would like me to answer a question on this podcast or to share a comment with our listeners, you can do that by visiting [Stacyjulian.com](http://Stacyjulian.com) and either on the podcast or the blog page on the sidebar you will see an orange button, is called "speakepipe" and you have to do this from your desktop or laptop, you can't do it from a mobile device. But you click on the orange button and you simply record your voice and it sends me a voicemail and I think it's a really fun way to connect. So this is [StacyJulian.com](http://StacyJulian.com), the blog of the podcast, click on the orange button and let me hear your beautiful voice, that beautiful, unique, very story-ish sound that is YOU. I love you. I appreciate you. I'm so grateful that you're listening. Go have a wonderful week and do something creative and ish-ful with your art and you have "exactly enough time".