

Kathy Cano-Murillo-Creating a Glittertastic Life

For The Multitasking Moms Telesummit 4/10

Lain: Welcome... This is Lain Ehmann with 30MinuteMartha.com, and The Multitasking Moms Telesummit, and I am thrilled to be here tonight with you and also a very special person, Kathy Cano-Murillo, the Crafty Chica, who I am so honored to be able to call a friend and colleague. She is going to be talking a little bit with us about creating a Glittertastic Life. When I went on her site today to write up a bio for her I loved how she summed it up...Artist and Author. That cracks me up because there is so much more behind those two little words...Artist and Author. Kathy, you've written a series of crafting books that have covered everything from teen crafting...Wasn't that one of the first ones?...and then sewing and everything in-between. It's not just like one book you've done. How many craft books have you done?

Kathy: I actually have 7 books and I just want to say thank you so much for having me. I really am excited to be here.

Lain: I am, too. I am thrilled. So the 7 books, does that include your novel that has just come out?

Kathy: Actually I'm one of those people who once I get on track doing something for awhile I think: Okay, I want to be challenged again. What is something else I always wanted to do? That was writing fiction. I've always loved to write, so my first novel just came out last month. It's my 8th book but my first fiction book. It's called: *Waking Up in the Land of Glitter*.

Lain: Which is fabulous because it has a crafting theme to it, and I love how everything ties together. Not only does it have a crafting theme...but also you have the Crafty Chica product line with your own brand of glitter, right?

Kathy: Right. Here's how it happened. I wrote the first draft of the book in 2004 and that was long before the product line. At that point I had a few decorated stickers that I would put on my paint bottles and my glitter stars pretending I had my own product line. It wasn't until 2007 that that actually came to fruition. The two had nothing to do with each other but it just turned out that they both kind of came out at the same time.

Lain: That is fabulous. So you have the crafting book, the novel, and I know you teach quite a bit. In fact, I was able to catch up with you once at one of the Artfests that you were teaching at. I see you at the Craft and Hobby Association teaching doing Make & Takes there. You've got your product line, and you're also an artist yourself, so you have art that you're working on. My goodness...you also have two children and a husband and you amaze me. You still find time to make tamales.

Kathy: Yes. I think the secret ingredient is *happy*...like really finding what your *happy* is. I use that word not as we normally use it. I'm like: *I need my happy*. It's really about just tuning into what you love to do and making it work as a lifestyle and making it work for your family...making sure everyone's on the same page with things. It just so happens that I married

an artist and a musician and he knew that he married a writer and a crafter. So we just kind of put everything together and it's been 20 years now. We thought: *You know, there's so many different angles that you can take a creative lifestyle to be able to afford to buy a home and to sustain a fun lifestyle, educate your kids, and travel and do all of these things.* It takes a little bit of extra work to figure all of that out, but it's so worth it.

Lain: Do you ever get to sleep?

Kathy: Oh, yes. Definitely. I usually go to bed around 1:30 in the morning and I wake up like clockwork at 8:00 every morning, so I still get a good time of sleep in there because it's crucial. You have to take care of yourself in that way. The times that I don't sleep, no matter how many vitamins I take or how many Airbornes I drink, I end up getting sick and then I'm out of commission for several days. It's not worth it so I really try to do my best to get a lot rest and take time out when I need it.

Lain: It sounds like your body definitely tells you when it needs what you're not giving it. One of the things I love about all your work is if somebody saw one of your pieces of art or read your book or looked at your website or listened to you talk, it's all very cohesive. There is definitely a style to the Crafty Chica and it carries through everything. Is that something that's intentional for you? It seems to me you don't spend a lot of time thinking about what other people want to see from you. It is really just an expression of yourself. Would you say that's true or is it....?

Kathy: It goes back to when am I happy with this. A lot of times I just keep adding another layer and another layer. Sometimes it gets a little overboard where I need my husband to come in and say: *Okay. Stop. It's done.* But that's really been one of the challenges. I will go on and on and on until someone has to stop me. It's also a learning process of being able to tell myself it's done and I need to close it up and move on to the next thing. Today I talked to my book editor for my next novel that comes out next year and she just finished editing it. I said: *Oh, by the way, I rewrote the first three chapters.* She said: *It's too late. It's done.* I said: *Can I give them to you just so you can peek?* She said: *No, you can't.*

At first my heart sank but then I thought: *You know what? She told me: It's a good book.* You need to trust in that and let's start talking about the next book. I really needed to hear that. It always takes someone else telling me to let it go and move onto something else. Otherwise, I could just stay there forever and adding more and more and more.

Lain: Right... How does that work when you have various demands in your life from your kids to your husband to a novel. It's not like one thing stops so you can go and work on something else over here. It's not like you have a box and you can say: *Oh, I have five things. Which one is the priority?* They all have their own lives in terms of the kids and the products and the book and your own art. How do you keep them all going?

Kathy: The most important thing is that you really have to look at the big picture and know yourself and when your peak hours are and what works best at what time. In my case when it comes to writing I have to have the house silent. With two teenagers and five Chihuahuas and a musician for a husband, you know that doesn't exist. They all have to go to bed at some point and usually it's around 10-10:30 that everyone goes to bed. So from 10 at night until about 1-1:30 that is my time to write and I make the most of it. I light a candle. I put on my comfy clothes. I have my ice water there and I'm like set up and I know that's my good time to write.

When it comes to doing the other things like when I have events on the weekends, it really helps having support from your family and letting them know ahead of time. What I do is make it fun for the family, too. I love to bring my husband or my daughter or son with me and take them along with things I do but I don't like to make it just about me. So like this weekend we had a big crafts festival that we went to and afterwards my daughter (who had come with me to help me) and I did what she wanted to do. She was like: *I want to go to the Thrift Store. I want to go to a coffee house.* So we just spent like the next couple of hours hanging out and doing that and not talking about work. It was just about me listening to what she wanted to talk about.

It really does...you have to somewhat plan it ahead of time and figure out what's important to you. A lot of times I'll think: *What impact will this have on what I do?* I've had to learn how to turn some things down because my kids are teenagers and pretty soon they're going to be off to college and

I'm going to miss them so much. I really want to make the most of them being around and also inspire and educate and encourage them to do these types of things that my husband and I do as far as writing or running your own business and designing and seeing all of the opportunities in that. They really appreciate it. They've been a part of all of this since they were babies and they love all of it and get involved with it.

Lain: How do you turn off the artist or writer part of you to be the mom? Like you're saying: *I do my event with my daughter. I'm done with that now I'm going to focus on her.* It's so tempting especially now with the iPhone and wireless and cell phones to say: *Well, I'll just check my voicemail or I'll just check my texts.* How do you get away from that so you can be 100% with your family, or is that even possible?

Kathy: Well, you know, it's nothing that I have to tell myself. It's just a vibe or a feeling that I get from them that I can pick up on and I know it's time to turn it off. The last thing I want is for them to be 30 years old and write a tell all of how their mother ignored them. That's not the real reason, but you know what I mean. I just can kind of pick up on their vibes and remember that first and foremost....crafts can come and go, books can come and go, but my family is tried and true. They aren't going to be here forever.

My dad just passed away in July and I'm so thankful for the time I spent with him and hung out with him and he loved doing crafts and all kinds of

things. I'd say: *Hey, Dad, can you help me do this or that?* He loved it. It's about bringing them into your world and also just keeping up that *mommy antenna* when you know it's time to turn it off. If you span it out enough you just know the world...the sun will come up tomorrow. If you have to put your things away, the sun will come up tomorrow. They are so understanding of when I have a really busy time period like when I'm on book deadline, I don't even have to tell them. They are so sweet. They would bring my food to me into my room. During book deadline it's not like just nighttime...it's like all day and all morning. My husband would make food and the kids would bring it in. they would refill my water glass. They all want me to succeed because they know when I'm happy with it they'll be happy with it. They know the sooner I get it done the sooner I can go back to doing normal, everyday things.

It's really just about tuning in everyday sometimes every minute of every hour and checking them out and knowing when they need that attention. You can't go 24/7 work, work, work. You really have to be in tune to what they need and believe me, they'll let you know.

Lain: That's great. It seems, too, that it's a benefit in some ways because it does get you away from the work and give you time to recharge. Knowing you, you would be going 24/7 if there wasn't someone or something to take you away from that. I think when they have your attention when they need it, they're more willing to give you the space, time, and support that you need when you need to focus on work. They know it's just a period in time.

Kathy: If I'm on a deadline or what I think is really important working away and I hear them all laughing and giggling on the couch with the dogs hopping on them, I'm jealous. I want to go and do that, too. I think: *You know what, Kathy? Put this down and go over there and hang out.* Then I have my time and I love it. When I get back to work I'm re-energized. I come back with even more energy and inspiration.

Lain: I bet you have tons of inspiration. Knowing you I bet it's just flowing constantly. How do you keep track of the ideas you have when you don't have the space either time wise or just band width in your brain to work on something...like you work on one book and you get an idea for something else? How do you track those creative ideas until there's time for you to see if they're going into something?

Kathy: Well, I'm really good with journals. I have two different journals. One of them is where I sketch ideas out and then the other is where I write out ideas whether it's for a story or for a character or just a funny idea I had. That way I feel like I'm building this encyclopedia of ideas because there are times when I can't think of anything. I can look at my whole craft room that is exploding with supplies and I can't think of anything to make. That's when I'll go and pull out those journals and I look through ideas I've had and go: *Oh, this is perfect for right now.* Usually it's a good kick starter to get it going. I'm really one to write down ideas as they come to me. I went through a phase where: *Oh, I'm going to put it in my iPhone or I'm going to record this....*but it just didn't work for me. Old school....pencil and paper...actually, I like the glitter gel pens.

Lain: I'm not surprised.

Kathy: But I write down everything and sometimes if I think of an idea or sketch it will end up turning up in one of my books. If it's something in one of my books that a character is making I'll say: *You know what? I'm going to make that in real life.* They both kind of crossover a little bit.
Yeah...definitely journals. I even have a little one that I carry in my purse all the time.

Lain: You know...200-300 years from now it's going to be like Leonardo DeVinci's sketchbook worth so much money. They're going to find all these Crafty Chica's sketchbooks and journals and you're going to be in some museum somewhere.

Kathy: You know what's funny about that? I have my first journal with my novel outline that is just packed. Every page has notes written on it. I kept that for about a year and I joined a writing group. I had never written a first page of the book. I was too chicken. I just kept outlining. It wasn't until I joined a writing group that my group said: *Girlfriend, put the journal away, go in and write your first page. It's time to quit planning.* Even though it's a good idea to collect all of those ideas, they're no good if you don't put them to use. Instead of getting overwhelmed at all of them, start with the easiest one or the one that speaks to you and start with it one at a time. It feels so good...that feeling of accomplishment ...of looking at the original sketch or idea and then the finished item. It's also a fun thing to put on your website or blog and say: *Here's how it started and here's where I got the inspiration. Here's how it ended up.*

Lain: People love the stories, especially with somebody who's a creative artist, to know where the ideas are generating from and be able to trace that path is really interesting. I think that's a great point. Tell me about some of the ideas or projects you've worked on that haven't turned out. Of course we go to the website and we see the things that are these wonderful successes...the 8 books that got published... the product line. Because I've read your books, I know there are some things that didn't turn out as well as maybe you might have planned them to, so give me an example of one of those and just tell me how you treat those things that aren't as successful as you might want them to be.

Kathy: I look at it that there are always for every 7 or 10 things that don't come through, one of them does come through. You have to get through those 7 to get to the one. There's nothing that hits every single time. We wouldn't be the people we are if those things hit every time. The one thing that stands out to me this day that I bite my knuckles over because I wanted it to happen so bad...when I worked at the newspaper I was a secondary movie reviewer. I used to see all of the secondary films...the off kilter indie films, but a lot of them had crafts in them. I thought of this idea of doing a whole crafts book called Crafty Cinema. I put together a fabulous proposal for it and it go shopped around like two different times and nobody bought it. At one point it was like: *Oh, they're art films that nobody's heard of. Why don't you do crafts around big name films?* I redid it that way and then it was like: *Oh, general craft books don't sell very good.* So that one was really hard because I just love movies and I've seen so many movies that I have my Crafty Cinema Library/ DVD Library at home and that was one

that just never took off. I seriously thought it was a good idea but I had to let it go and move on to other projects. That was one.

Then I had other types of ...you think you have a great idea and then you look it up online and see other people have done it. I always tell people - this works a lot of times in writing as much as it does in designing- *Whatever your first idea is, you have to move on and come up with a second or third idea because the first idea someone else has already thought of it because it's the first one that comes to mind.* So you really have to push yourself and go to that second or third idea. Sometimes it's down there at the fourth or fifth idea. That's another thing that I have to think of. If this doesn't work, move on to the next idea. It's okay. I have a lot of those but I'm proud of them. I still have them in all of my files and my sketches and all of that. It takes going through that to get to the successes so it's okay.

Lain: Such a positive attitude. How do you keep that positivity and optimism up when things maybe aren't going so well? I know that the novel has been a dream of yours for a while. You mentioned you started writing in 2004. During those dry years for the novel where you don't have a publisher or an agent or even the first page yet, how do you keep that optimism?

Kathy: Well, the first thing I always think of in any situation when things aren't going good is: *It could be worse.* Then I give myself the list of ways it could be worse. Then I get to the second one and I say: *Okay, okay. I can*

deal with the one I have. That's the first thing. The second thing is that there is so much negativity out in the world around everywhere. It's almost like wanting to be the rebel with a smiley face button on. Do you know what I mean? Where it's like: *You know what? It could always be worse; therefore, I want to be the one who stands up for the better side of things and finding the silver lining.*

One thing that has always stuck with me...I had the opportunity to interview Martin Luther King's daughter, Yolanda, several years ago. We were talking about this very topic and I said: *What's the one message you want to send to people?* She said: *The one thing is to always fight hate with love.* I always remembered that... not necessarily hate but negativity. You know, come back with something positive. So that's just what I try to do. I don't even have to try to do it, it just comes naturally.

My whole family is like that. All of my dad's and my mom's side, too, it's comes naturally. That kind of feels good to put something out there and have people respond to it in a good way. I feel like I've accomplished something and that has nothing to do with crafts or books or anything, but if someone can feel uplifted by something I shared, I feel like that's a gold star on my soul. It's just staying positive and always looking at the bright side and always thinking it could always be worse. That's enough to inspire me to keep it going on the up.

Lain: The one story that reminds me of is back on one of your podcast several years ago you talked about making Christmas ornaments that you carry with you at Christmastime and give them to people...random people like somebody who might be standing behind you at the grocery store or somebody who puts your shopping cart back for you. You might just hand them an ornament and say: *Have a happy holiday season or something like that.* I just picture you walking down the street spreading glitter like rose pedals everywhere you go.

Kathy: My criteria for giving out that item like either a gift card or ornament that I'd made...number one, someone who stayed positive in a negative situation or especially during the holidays when there are a lot of cashiers and there are mean customers and stress and all of that or when someone was just in a really bad mood...looked angry...and looked like they needed a pick-me-up...Those are like the two reasons I would give those out. One girl at Starbucks had just had the meanest customer and she looked like she was about to cry. I took her aside and said: *I saw how you handled that and I just wanted to let you know that you're appreciated. Here's a \$5 gift card.* Then she really started to cry. It made it all better.

It is just the best feeling to do that. Also, the people who are frumpy and look like they're a pretty nice person otherwise and it just lightens up their face. I love doing that. I always take my kids with me when we do that and we take pictures of the people who we give it to. They have this glowing smile on their face and the kids feel really good about it, too.

Lain: That is such a great idea. That's wonderful and I love that. It's such an inspiring idea. It doesn't just have to be at a holiday time. It could be anytime. It's so easy to do. It could just be an 'I appreciate you' card that you give them or a bookmark. It doesn't have to be a \$20 bill or a huge tip or anything like that. It could be something very simple. That's great.

Kathy: Just a compliment...just looking someone in the eye and acknowledging them and it just makes a good difference. It gives you the best feeling to do it.

Lain: So many people don't even take the time to send out (and I'm not saying this is good or bad...I'm just commenting) holiday cards anymore. They do it automatically on _____ or something like that, and that's to the people they know and love. They don't have time to hand write a message. You're creating these handmade items or special gifts for people you don't even know. How do you have time to do everything that you do?

Kathy: Well, I think when it comes to things like that I'll just stay up one night for a couple of hours and think of something easy that I can put together that's small and compact and then make it a one-time thing. It's not like I'm able to do it every day. It's just when the spirit hits me, especially when good things happen or I get really good news. I feel like I want to share it because I don't like to always go around, "*Hey, guess what happened to me? I feel so proud of what I did.*" I don't like to do that. Instead I kind of

like to spread that energy around. That's usually around the time that I'll make little magnets or whatever and go to someone and say: *You know what? I had a good day today. I just felt like sharing this...* and give that out. Sometimes it's on my blog that I'll do it. Sometimes I'll just open up my phone book and call someone out of the blue or send them an email out of the blue. It's just like transferring that. Again, I'm not able to do it all of the time, but I just know when the time is right to do it and then that's when I act on it.

Lain: That's great. So many people, I think, have those inclinations whether it's call an old friend, send an email, or just say thank you in a more personal way, and I think we downplay those or don't act on them. It's so inspiring to hear that when you get that urge you do act on it and what a difference it's making for people.

Kathy: It's also important to include family in that...keeping track of your cousins or just calling up your Nana out of the blue. It's also family, too. That's something that I need to do more of. When I hear people go: *Oh, you do so much for people.* I think: *Oh, I need to take my Nana shopping. She'd be so mad if she knew I did all these things for other people and I haven't taken her shopping yet.*

Lain: So how do your kids react when you involve them? I know they've been part of your creative pursuits since they were tiny, so when you say: *We're*

going to go out to spread some good cheer today. What's their reaction being teenagers?

Kathy: Well, my son when we did this on Christmas Day rolled his eyes. He did not want to do it. I go: *Let's go to your favorite comic book store.* He goes: *Oh, Mom. You're killing me.* So we went in and did that and then I did the first one. Then we went to the mall and I just let him go off on his own. He came back and he ended up meeting this really cool girl by giving her a gift card. He was like: *Okay, I guess this was kind of fun.* They know that even if it sounds weird, they end up having fun. It's always an adventure with us.

I'm telling you ...like that day we drove around giving all the cards out...We went to Barnes and Noble at the very end and then our car wouldn't start. I'm like: *Oh, my gosh. Look at how the Universe works. Isn't it ironic? I'm trying to help everybody out and then our car doesn't start.* So we called and my sister came to help. My husband came to help. It turned out the card was out of gas. I was so busy thinking about everything elseduh. That's one of the challenges, too. I am totally not organized. I organize as best as I can. Family first and all of my other things and by the time it gets to filling the gas tank up....Oops. I ran out of gas. I laughed about that. It's turned out fun because then I hung out with my mom and my sister and it turned into this big family adventure.

Lain: So you made something good out of what could have been a really depressing....*Look what happens when we try to help other people? I'm not going to do this again.*

Kathy: I had one last gift card and I gave it to my sister for rescuing us. I took a picture of her. She was so proud. She held up the card and said: *Take a picture.*

Lain: How has being an artist affected your parenting? When you compare how you are as a mother and your kids getting a double dose from your husband who is a musician and artist, also, how do you think you're different as a parent than someone who is not as artistic or obviously creative?

Kathy: I think it lends more towards just thinking outside the lines of normal parenting. For my kids when they would act up and they were in a really bad mood when they were younger, I wasn't the type who would say: *Go to your room and close the door.* I'd say: *Sit down and draw me a self portrait of yourself.* They'd go: *Oh, Mom.* They'd draw a self portrait and it was angry and mad. When they were in a better mood I'd go: *Look at your perception of yourself when you were in a bad mood.* They were like: *Aw..* But it worked. So we jokingly call her Mean Girl because we have her mean girl self portrait. All it took was one time for her to draw it out. She's like: *Can't you just ground me like normal parents? I don't want to draw a self portrait?*

Lain: *Can't I just go to my room?*

Kathy: But then she got into it. My son...I used to make him write in a journal. I'd go: *Sit down and write all of this out.* I'd go: *Let's see what you wrote.* I'd open it and it's all his life story. I'm like: *Oh, never mind.* His perception of me...I have melodramatic kids. I think it's added a lot of color...pardon the pun ..to how we do things. They know that no matter how bad of a mood they're in, once we get out in our element whether we're at an art festival or a book signing or whatever the event is, they loosen up really quick and then they forget why they were mad.

They've been really good kids. One thing they've learned is that they cannot tell us that something can't be done because they've seen us make a living off of selling our crafts and doing things that most people think couldn't happen. Every time they say: *Oh, I can't pass this math test or this is so hard...* I'm like: *Don't even tell me that.* I'm like the total mom. *I've walked 3 miles in the snow...blah, blah.* I'll tell them: *I went to night school and finished my Bachelor's and you have to get in a study group. If I can do it, you can do it.* So they know there are no excuses for not being able to accomplish things. That's probably their hardest thing....I don't have a lot of tolerance for them giving up on things because I never give up on things very much and neither does my husband. So in that way, in the big picture of life, I hope they appreciate that. As they're growing up, I know it bugs them like crazy because sometimes they just want to give up and do the easy thing and call it quits but they know they can't with us as parents.

Lain: That's such a great example because you're doing so many things that most people say: *You can't make a living as an artist. You can't make a living as a musician. You can't make a living as a writer.* You're doing all of those between your husband and you and raising a close family on top of that. It's such a great example. Gosh, I might have to send my kids to spend a summer camp with Auntie Crafty Chica.

Kathy: I'm really proud of my son because he's like 19 and he's 15,000 words into his novel. He saw me do it. He's like: *Gosh, I don't have kids or I don't have a fulltime job and I have this idea for a book.* So I sat down and told him: *Okay, here's xyz. Here's what you need to do.* Sometimes he'll give me pages to read over and I'll give him some feedback on it. That's nothing I pushed him to do. That's something that he just picked up from watching me do it. I love that.

I love that my daughter is 17 and she started her own website called MyaInTheMoment.com and she does little videos and reviews and all kinds of things. She's like: *Wow. Do I want to be a book editor in New York City or do I want to be a marketing executive for a large scale brand?* The things they think of they've known all of these different opportunities since they were little. Being an artist or a crafter and raising your kids really does show them the other opportunities that are out there instead of just the normal 9-5 type of jobs.

Lain: The sky's the limit, too, whatever they can dream, they can achieve because that's exactly what you've done.

Kathy: As long as you teach them to follow through with their resources. A lot of people think: *Oh, I wish I could be lucky like that. Someday this will happen to me.* I'm like: *No, no no...It does not work like that. You have to research, find the resources, and then follow through.* That's how it comes to happen and that's what I like to teach my kids and teach people who read my blog, too.

Lain: That's one of the things I've always appreciated so much. You share the tough parts as well as the part that is so successful. It's not like every project you do is ready for the pages of *Martha Stewart's Magazine*. There have been ups and downs. I loved how in one of your books you shared all the little vignettes and the essays about the confetti filled Easter egg and Patrick's hats and people are just going to have to get the book to hear these themselves. You share that side of things and that makes you so much more real to your readers and your fans and audience because it's more inspiring. It's like: *She did it and had these troubles and challenges, and I can do it too even though I'm having to go to school at night or taking care of a sick family member* or whatever challenges somebody might face. It's like: *Okay, somebody else did this so it is possible. My life doesn't have to be perfect to reach for my goals.*

Kathy: I always joke about how my tagline is crafts, drama, and glitter. Well, that's why we craft...because of the drama whether it's good or bad drama. It

forces us to get it out through creating. There's a story behind what we make and why we make it and why we choose the colors we do and the medium that we do. My thing is you go through all of that but as long as it ends in glitter...in other words, on a high note, that's a good thing. You always have to make sure there's a take-away from it like a lesson that you learned from it. It's perfectly human that we have those moments where things don't go so good. It's the way you remember it that's important. You can remember it as something horrible and bad and a failure or you can say: *You know what? This would make a great sitcom episode right here.*

I loved those years. I don't do it as often now but that's...I started blogging in 2003 and I blogged everything almost every single day. I loved looking back and reading the stories about the kids when they were little and the things that they did and how Patrick and I got ready for the big arts festivals and just all of these things going on. I'd totally forgotten about those moments. You don't always have time to make a beautiful scrapbook page to go with those things. I was really thankful that I took the time to blog all of it because now I can look back and read those stories with the kids. They try to deny it but I'm like: *It's documented. It happened. It's here on my blog.*

I always tell people when it comes to living an artful life it doesn't mean you have to go and escape under a tree and sketch or take a \$500 class. It's really about capturing the moments. Sometimes you can just do it with your iPhone or your cell phone and take pictures of things that strike you

during the day that capture your attention. Then you could take it home later and blog about it or write a little paragraph of something funny that happened to you. Those things add up and that's what we have to look back on especially during the rough times. Let me tell you that I've been there. Sometimes all it takes is one reading of a blog post of a happy memory that snaps you back to reality...where you say: *You know what? Everything's going to be good. Tomorrow's a new day. I have people in my life who love me. I'll never run out of paint.* I'm such a strong advocate for blogging and just taking pictures if you don't have time to blog...to track those fun moments.

Lain: If you were talking to someone who doesn't consider themselves creative, because there are plenty of people out there who say they aren't artistic so they aren't creative... How would you tell them to bring...we talked about a lot of the benefits it's brought to your family...the creative thinking outside of the box- not just in terms of art projects but in terms of being aware of the world around you, knowing the sky's the limit when you're dreaming for your future, appreciating people...Do you have any tips or thoughts for moms who would say: *Gosh. I can't do any of that. I can't draw a straight line. I don't even like coloring in the coloring book with my daughter. What can I do?*

Kathy: I would think the most important thing is trying to look outside of what you normally look at. A lot of times especially when you're a busy mom you have a set schedule and everything is easier when you follow that schedule and everything goes according to plan. The problem with that

even though it's convenient, everyday becomes just like the other days. You don't want that. Every day is not like the other day. Every day is different and has all kinds of different memories. I would say to challenge yourself even if you start like : *This week I'm going to find my money moment.* (I say money moment because in film and TV they say: *Give me the money shot.*) Just define one of those moments and do something with it. Take a picture. Write down a little pretend that it's a sitcom. Write a little memory about it either in a journal or on your blog. Even just notate it in your head or tell the story to a friend or your husband or a family member.

If you have your kids, make a picture with them and ask them to draw when Mommy knocked over the yogurt display in the store...something fun to turn it into a story that you'll remember forever. That's the most important thing...just trying to look outside of what you normally do and sometimes you have to force it upon yourself. Take a different route. Sometimes it's forced upon you. The other day we finished the craft even and I told Mya: *Okay, pick what you want to do.* She said: *Oh, I want to go to Copperstar Coffee.* We tried to get there but there was so much construction we found a new coffeehouse and so we went to that one instead. It just led to a whole other adventure for the day. Allow yourself those opportunities for detours. Don't curse them or think that they're bad. This is how it is. Let's roll with it because something will come out of it. It's all in how you see it. I think it's important to think like that and allow yourself to think outside the norm.

Lain: Right and try to view it through a different lens instead of: *It's interrupting my schedule. Why now?* Try to find the good in that moment.

Kathy: If you want to turn it into a craft project like shadow boxes or shrines...they are such an entry level way of getting into art. I see so many women from my website who say they are not crafty at all but they see the projects and they want to make something. They always want to start by building a little shrine. I tell them to pick what makes them happy. Pick a goal that you have and make that your focal point and then just go with it. Cut out words that relate to it. Cut out different images, little objects that you can put in there...something that you can see every day that serves as a reminder of what makes you happy. Maybe it's something you do together with your kids.

One of my books I did a project with a big muffin tin and all the toys that were on my kids' floor that they didn't pick up, I collected all of them and I'd go: *It really needs a new muffin tin.* If you don't pick it up, it becomes a craft project. By the end they were bringing me things. *Here. Add this to it. Here. Add this to it.* Just taking the ordinary and having fun with it.

Lain: That is great. Kathy, this is just terrific. You've given me so much food for thought here and you're so inspiring in all the different things you do and your overall attitude. I love watching what's going on with you. You always have something fun to watch.

Kathy: One important thing that I should probably mention is that doing what I do now, I honestly don't know if I would've been able to do it when my kids were toddlers. All the moms out there with toddlers...that is a time when you want to be creative and incorporate all of these things, but do not get down on yourself if you can't do everything because when our kids were little they took so much time and energy. That is really the most important time when they're going to grow into these young adults and it takes a lot to tend and nurture them and all of that. If you have a dream of doing something big like a novel and your kids are up what feels like 24/7, that's okay. You can put it on hold a little bit until your kids gets a little bit older and once they start going to school and you have a little free time, then you can incorporate it. I like to tell that to people because I do meet a lot of women who go: *Oh, my gosh. How do you do it? My kids are 2 and 4...!*

I think back to that time and we had like 300 accounts for our art that we were making to send out to and I remember there was no Internet at that time and it was so crazy. I could not imagine writing a book at the same time or going to school at the same time. It's okay if you can't do it all at once. Just make that list and start off with the most important one that fits best with your schedule and just know in your heart and even visualize the ones that you still have yet to get to. As long as you do that and just know for a fact that you will get to them and will accomplish them, that is what it takes. Those are my little closing words for cheer.

Lain: That's great advice. I think new moms put so much pressure on themselves to begin with when they're not even getting a shower. It's hard to imagine writing a novel.

Kathy: It's fun having kids. Those years go by so fast. Before you know it they're in high school and they don't want you to help them with things. The key is to have that balance to where you can still do your thing but be devoted to them. On the other end of the spectrum it doesn't mean you have to give every waking moment to them because you also want them to learn how to be strong, independent kids.

Our kids because of all the art we do and our busy schedule, they learned how to do laundry in 6th or 7th grade. We all take turns doing the kitchen. We all have our little system going. I'm proud that they know how to pitch in and help when we need them to. They know that I'm there for them to pitch in when they need it, too. It helps nurturing that independence, too.

Lain: Right. So if people want to track you down...is the best way CraftyChica.com?

Kathy: Yes, you can just go to my website. I have a little contact form there. My new novel is called *Waking Up in the Land of Glitter*. It's getting very close to going into its second printing. That's my dream come true. Tell all of your friends about it. You can get it at Barnes and Noble on Amazon or

Borders. It's a really fun story about 3 women from diverse backgrounds who come together to make 200 centerpieces for the National Craft Olympics. There's lots of drama.

Lain: I love it. Kathy, thank you so much for taking the time out of your very busy schedule to chat with us tonight. This has been Kathy Cano-Murillo, the Crafty Chica, at CraftyChica.com, and Lain Ehmann with 30MinuteMartha.com for the Multitasking Moms Telesummit. Thank you all for listening in and thank you, Kathy, for being our honored guest this evening. We'll be touching base soon.

Kathy: Thanks everybody. Have a great week.

Lain: Bye bye.