

Stacy Julian-Celebrating Life: Bringing Color to the Everyday
For the Multitasking Moms Telesummit

Lain: If you are here for the interview with Stacy Julian, I am Lain Ehmann with 30MinuteMartha.com and the Multitasking Moms Telesummit. You are in the right spot. Let me tell you about today's guest. Stacy Julian is a life and scrapbook enthusiast. She thrives on attempting to do more than she ought to. She is an early riser and a student of the Scriptures. She bakes brownies frequently and jogs multiple times a week so she can eat said brownies. A fairly recent convert to Yoga, Stacy now admits to liking downward dogs, something she thought she'd never say. She also says she's a color enthusiast but she's running out of neutral walls in her home to paint. "It's a good thing I have a stockpile of beautiful paper to turn to."

Stacy has authored several books on scrapbooking with the goal of helping other scrapbookers let go of unrealistic expectations and embrace the joy of telling personal stories. When Stacy is not working at Big Pictures Scrapbooking or blogging at Stacyjulian.com, she is mothering five nearly perfect children - she says with a wink- starting a new project her husband will have to finish, or organizing a closet with her Dymo labeler. Welcome, Stacy.

Stacy: Thank you. I hope I can add something of value to your day.

Lain: I'm sure you will be able to. Before we start, I know we have a lot of scrapbookers who are familiar with you and we also have quite a few

people registered for the telesummit who are not necessarily scrapbookers and may not be familiar with your role in the industry and you as a person. I thought maybe you could start just by going beyond the bio a little bit and telling us a little about your life with your kids and husband what you do when you're not scrapbooking.

Stacy: Great. I will do that. I'm married to Geoff Julian, and we live in Spokane, Washington, which is called the Inland Northwest. A lot of people think of the state of Washington and they think of Seattle. That is the biggest city, but exactly opposite of Seattle next to Idaho is a little town called Liberty Lake which is a suburb of Spokane. It's a wonderful place to live and raise a family surrounded by ponderosa pine and lots of lakes and rivers and places to recreate.

We do have five children. I have a junior in high school named Clark. I have a freshman named Chase. I have Trey who is going to be 12 and headed into junior high and I have Taft who will be in 4th grade. About 3 ½ years ago we adopted our little Korean princess named Addie. I have quite a spread of children. That is really what I do. My husband is an ear, nose, and throat doctor/surgeon. He's very busy as most physicians are. He still takes call about every 4-5 weeks and leaves very early in the morning and comes home whenever he comes home.

Very early on in my marriage I realized (I knew I was a very independent person.) that I was going to have to find ways to refresh myself (fill up my

bucket, if you will) and find the motivation to be –not a single parent- a parent that is most present, if you will. I quickly realized that with two little boys (actually I was expecting my second boy) I took great joy from taking pictures and looking back over pictures that I had taken and remembering things. I found that if I would set aside time to look back over the good times then the frustrating times and the stress that is a part of anyone's life that is trying to do something good like parents... I found that I could just be more grateful and that helped me to recognize good things that were happening.

Sometimes it's really easy to think of all things that happen in a day or didn't happen in a day that you wanted to have happen and we just have to train ourselves to see the good things. I think one of my key messages today would be that almost 17 years later I have (through paying attention to memories and regularly looking back) become someone who can recognize a memorable moment when it's playing out. That is a gift and a skill. I'm very grateful for it. Some of the times I grab a camera because I know that I'm making a memory. I find that the older I get more often than not I actually don't grab my camera and I just go: *Breathe. This is what you signed up for.* I know it's loud or whatever it is, I'm able to just stop and go: *This is what you wanted. Don't forget that this is what you wanted.* I don't know if that's what you were looking for, Lain, but...

Lain: That's exactly what I was looking for because even beyond your stature in the world of scrapbooking - that's my background as well, and you've been a mentor to me and a colleague to me for years so of course I

recognize you for that - but in addition to that I wanted to bring you in on this telesummit because of your joy for life. You're a life enthusiast and that crosses boundaries for any mother. You do have a gift in being able to recognize those moments and also to communicate the lessons you are learning to other people. You are such a student of life and happiness and you've learned so much. You can then turn around and be a teacher of those things. That's what I wanted you to share with everybody today. I think we're off to a fabulous start. Thank you.

Stacy: Let me say one more thing ...all of the opportunities that I had in scrapbooking and in this industry are phenomenal and I'm grateful for them and I'm so glad that I get to do the work that I do, but all I've ever done is solve my own problems or attempted to solve my own problems. I guess that I just want people to know that I wasn't looking to be a leader in the scrapbooking industry. I was trying to parent with more joy. I think that good things come when you focus on 'how can I be happier now'.

There are a lot of people who start scrapbooking and say they could never do that for a myriad of reasons but there are a lot of people who scrapbook because they want to leave their children something. What I've come to understand is that I scrapbook because it makes me happy now, and my children and the next generation of children will be better because they had a mother who was present. Really, the scrapbook pages are a bonus. It's the process of being a scrapbooker that makes me happy and content now which I think is more important.

Lain: Oh, yes. With the ability for people to take as many pictures as they do now and share them in their blogs or videos... that same gift I think should come whether or not you've got a closetful or a roomful of scrapbook supplies like a few people we know might have.

Stacy: That's absolutely right. There's never been an easier time to 'scrapbook'. Anytime you decide to honor a memory with a photograph and a few words you're doing that.

Lain: Something I've always appreciated about you as a mother is your willingness to take time away from the 'have tos' like 'have to get Chase to band practice on time', 'have to get Taft to his soccer game on time', 'have to get Addie to Gymboree or whatever that might be'...to stop in the moment and make it even more special and not just enjoy those funny times in the car when kids are cracking up.

I remember when I think it was Chase and you were going to the opening of the Good Harvest Bread. You made a big deal. You got up extra early to be the first people in line at the Good Harvest Bread Company's Grand Opening and you took photos. It's so easy for busy Moms to focus on the 'have tos' and forget to do that little bit of extra thing that can make the moment special...those colored sprinkles that we talk about. Can you talk a little bit about your philosophy with that and how you train yourself to go that extra step to make those things happen?

Stacy: Okay. I'll try. I think that that again is a solution or a strategy. A lot of what I do is what I consider sort of coping strategies. I think that really once you do it once, twice, or three times...the payback, the thrill of 'I'm such a fun person who would do that..' whatever it is- the look on your kids' faces is like 'that's cool or that's different....my mom's fun'.

Today I had a friend who did something really nice for me. *I know I should write her a note or I need to somehow do something.* I just had so much going on I thought I couldn't add one more thing so as I was driving home I realized that I was driving past her house. I had Chase with me because we were actually on our way home from Costco. I said, *Chase, we're going to stop at Janet's house.* I pulled up and she wasn't home. Her daughter came outside....I hope I can describe this to you because it was just one of those things. Anyway, her daughter came out and said her mom wasn't home. I said I had something for her and gave her a great big hug. She goes: *You want me to give my mom a hug?* I said: *Yes, but it's not just a hug. It's this particular kind of hug. You need to hold on for just a little bit, scratch her back a little bit, and then step back and say: Mom, this is from Stacy. She needs you to know...whatever it was.* I got back in the car and Chase says: *Mom, you are so weird.* I didn't have time to write her a note and properly thank her for doing this thing for me.

Sometimes I think these little things...I think: What else can I do instead of adding one more thing to my list of what I should do? A lot of times that's maybe what it is but you know, there was just this...He said: "Mom, you're so weird." I looked sideways at him and I could see that he was like: *That*

is cool. I guess my answer is come up with something kind of quirky. Ideas like: *Wouldn't it be fun IF....?* But then immediately you come up with: *OH, but.* There's this little voice in your head that will tell you and then you're immediately . The IF might be exactly what you need. There's this little voice in your head that might tell you and then you'll immediately kind of ignore it or come up with a reason why it wouldn't work. Even if the IF is too hard, how can you simplify the IF and play that out?

Lain: Do you find your kids really responding to that? You got the sideways look and you could tell his words were 'you're weird' but it made an impression on him. Have you seen that over time the kids do appreciate that?

Stacy: Absolutely. As a matter of fact, just the other day I was going through piles and piles of paper on our homework desk. I found this little paper and stood up and grabbed this because it brought tears to my eyes. I have always ..not always...for several years my kids have had these clipboards with checklists that they do every day. I found one checklist that Chase had typed for himself. This is my son who has ADHD so number one that he created a checklist for himself is surprising enough but then I was literally in that mode where you're trying to get rid of all that paper that comes home from school. *Why do I have to have all this stuff here in this pile?* I grabbed it and couldn't tell whether I needed to throw it away...He's got 14 things on his list. #1-Clean and organize my room and finish emptying my bins. It took him longer to type out *clean and empty my bin* than to do it so that's kind of cute. Study for finals. Practice piano for 30 minutes. Organize my Ping board. Talk to my Mom and Dad about signing

up for Driver's Ed. Write thank you notes for teachers you won't have next semester. Then at the top in pencil he has: Do #3 first....which was that one. I thought: *That's payback.*

Somewhere he's picked up that writing the notes to the teachers he isn't going to have next semester...I think that's why it's worth doing those IFs when you're a Mom because you don't have time to do them. You think to yourself: *How do I teach my kids to be grateful? How do I teach my kids to be the kind of person who reflects and does nice things?* By doing it....they learn by example when they see you prioritize those things.

When you're 5 minutes late for something who cares in the grand scheme of things but you stopped and pointed out....I stopped the other day and pointed out this funny tree. There was a whole bunch of trees on the side of the road with some pink blossoms and some white blossoms. Then there was this one that's half pink and half white. I thought: *What the heck? Did the people who take care of the trees make a mistake and graft?* We stopped, pulled over, and looked at it. Who cares if that makes me late?

Lain: Have you always been that way or is that something that you have as a coping mechanism...an answer to a problem you had that you developed over time?

Stacy: I think a little of both. My mom tells me I used to do weird things like when you see a commercial for Rose Milk Lotion and I think there was one where you could put lotion on a leaf and the leaf wouldn't die. That was cool. Remember that? She said: *You're the kind of kid who went outside and picked three leaves and you put Rose Milk on one and the lotion that I had on the other one and then left the other one for 4 days. You just wanted to see if it was true.* I think there's a little bit of that experimentation in me...that person who wants to go and do things. At the same time, you totally train that into yourself. It's just like regular exercise makes you stronger and more energetic...regular whatever you want to call that...

Lain: Exploration...

Stacy: Thinking in the moment...gives you that same...The other day we had one empty bottle of peanut butter. I was teaching my kids how to make homemade Reese's Peanut Butter Cups. You just take a scoop of peanut butter and pour chocolate chips on top of it. That's what this is...homemade Reese's Peanut Butter Cups. That was like last week and so twice Taft was like: *Will you make me a homemade Reese's Peanut Butter Cup? Yeah, whatever, Dude. You won't even eat your vegetables.*

We had leftover Jif- an almost gone bottle of Jif - and we had a full bottle of Skippy and I said: *You guys, let's do a taste test and see if you can actually tell the difference.* You're cleaning up the kitchen and you can either do it because it has to get done or you can just throw in some little

taste test. I had them blindfolded and they had two little spoons. They had to cleanse the pallet and then eat a little soda cracker. The whole thing took 10 minutes and Trey preferred the Jif and Taft preferred the Skippy.

Lain: I think it's so true that people think these things are going to take longer than they do and it's like we went to bed 10 minutes late. Is that really going to wreck our lives? We become such slaves to our schedules and our 'to do' lists that we don't remember to look up and look around us to see where the fun is. It's in the spaces between the items on the 'to do' lists it sounds like to you. That's great.

When your kids don't appreciate it...this is something I've personally dealt with and it was one of the questions I forwarded over to you. Is it still worth it if it appears they're not appreciating it...especially when they reach a certain age? The little kids you can convince to do anything but once they reach kind of that tween age then Mom and Dad become so uncool that the decorating for Valentine's Day or having the leprechaun come in and turn the milk green isn't appreciated at the same level anymore. Is it still worth doing?

Stacy: Absolutely. I guess you have to ask my 17 year old. I think it is because it makes me happy. My 17 year old needs me to be happy because he only sees me for 15 minutes a day anymore. I think he still draws from that whether he recognizes or acknowledges it quite as much. This does not happen very often so please don't get any grand ideas, but we try to have

family pray together at night. It's not 100% by any means but last night we happened to have family prayer and Clark said the prayer. 'll get emotional now...we have a new plan. I think parenting and motherhood is just reinventing and planning a new way to get kids to help out and a new way to work together as a family or whatever. ...and not giving up on that process. Keep trying. He said in his prayer: *Thank you for Mom that she tries so hard to make life fun and she tries to teach us.*

He doesn't say that to my face. I don't think he's looked into my eyes for a week. That's payback. I think you can't assume because they're not expressing to you that it's being absorbed. I think even more at those ages-really what they're doing is exactly what they should be doing. They're starting to pull away from you. Sometimes when they're rude and short and super prickly...*I'm like: What's with the porky pine? Give me a hug.* I'll just get in his face and say: *I gave birth to you. I changed your diapers. I need a hug.* I think they're going through that natural...I don't want him to live at home at 27. I get it. You're learning to be independent but you can still stop and give me a hug. They're going through that really uncomfortable phase where they have to learn to be comfortable outside of our influence.

Lain: I understand what you're saying. Having raised four boys and little Addie comes along...do you notice a difference in girls versus boys and how they respond to those types of things or has it been very similar?

Stacy: It is so different. I don't know that I really believe...I can't even begin to tell you. Don't even get me started. She is so feminine. She is so over the top emotional...there is a scream, a pitch that she can create that is louder and more piercing than anything my boys have ever done with guns, trucks...It's just mindboggling to me. She's right now wearing a skirt or dress every day. She says: *No pants*. If she goes to Gymboree or tumble class she won't even wear the leggings underneath. I'm like: *People will see your underwear!* Anyway...she's just this over-the-top girl.

On top of her skirt and her dress I have to tie a dishtowel. I don't really know...but that creates a longer dress, I guess. Then like yesterday while I'm making dinner I put on some music and I tied her skirt on and Trey will dance with her. I had on some mellow music and she just stood there and slow danced with Trey for probably 10 minutes. He's on his knees and going around in circles. They walked by and said, "Trey, it doesn't get any better than this." Trey said: "I know, Mom." So, she's 100% different. It's everything I wanted. I just wasn't prepared for the intensity of the emotion where you look at her crooked and you are in a hurry and if I say: "Come on, Addie, hurry up." Her lip starts quivering and I say: "Okay, Sweetheart, just slow down and back up." She's so emotional.

Lain: That brings up a good question especially with more children. I have 3 and you have 5 and I know it's not a great correlation. It's like exponential once you get up there. How do you take the time to meet each child where they are or with what they need?

Stacy: It's a challenge. I think it's a lot of prayer. I take a lot of kids one-on-one. Yesterday Chase was home when I left to go to Costco. I said: *Chase, do you want a date with Mom?* He goes: *Where are we going?* I'm like: *Costco.* I go: *I really need you.* He goes: *Okay.* He wasn't super excited but he got in the car. Once in the car with him I use my time well. I don't talk on the phone or listen to the radio. I just concentrate on the kid. I asked him questions. Actually driving down the hill the bus was there so I rolled down the window and said: *Hi, Guys. Give me your backpacks and you can put them in car and you won't have to walk up.* Taft said: *Can I go?* I said: *No. It's Chase/Mommy date. Sorry.* (I had just taken him to Fred Meyer the other night so I think it's just trying to get them one-on-one.) I think that really helps me. Otherwise, I wouldn't know what their needs are.

Lain: Or you have to balance between the two their competing demands...

Stacy: What it means is it's exhausting. There is so little time for me where I just drive myself.

Lain: That brings up another good question. I know you are a huge reader. I know that that's one of the ways you fill your bucket. What else do you do for yourself to make sure you have enough creative energy, emotional energy, and physical energy to give back to your family?

Stacy: This is where I'm just going to be really honest and say that I'm struggling at times right now. Maybe that's a good thing. Maybe listeners want to hear that. It's funny because I was picking up my bedroom this morning and there are probably 17 books on my nightstand because I'm falling asleep way too fast. I'm not a huge reader. I'm a huge skimmer. You need to know that I don't read novels. I don't read the kind of books you get lost in. I read sort of informational type books. I skim them. I go: *I'm tired of reading chapter 3. I'll skip back and see what chapter 8 is about.* I do a lot of that kind of reading.

In the past I've jogged multiple times a week. I've been having some issues with one of my feet so that's not happening but I do know what my coping strategies are. I know that when I go on even a 10 minute walk outside...I know that nature is a huge refresh for me. I know that getting up early and even if it is because little Addie wakes up so early and that has been so frustrating for me. I want to be a happy mom when I hear her voice at 5:20. I want to go: *Good morning, Sweetheart.* But I kind of want to go: *Go back to bed. Why are you up?* I'm learning instead of resenting that I set her down next to me. I get her her colors. She's a girl and not a boy so she will color quietly.

I'm just having to adjust some of my coping strategies and let them evolve a little bit and be willing to do that. Otherwise, you could just sort of hang onto the frustration of it. This isn't exactly what I want it to be. I'm learning but I do just get away. Music and nature both help me a ton. Sometimes just stopping and folding towels and breathing deep....it's hard.

Lain: Has the Yoga helped?

Stacy: Yes, but I can't do downward dogging work because it's my toe. I can't bend it. I think anything like that...and no, you don't have time for it. You have to take time for it. You have to fit those into your day and let the last 8 things on the list not get done because if you're not taking care of yourself physically, emotionally, and mentally there are going to be breakdowns.

The other thing I think that's really important...I have regular breakdowns, but I know that they're normal. I think sometimes I talk to people and they think if they've had a breakdown they've failed and things aren't working. Guess what? They are. Their car runs out of gas. You have to fill it back up. That's kind of what's happening. I do probably every other week go to bed super early. Dinner is over and I decide I'm going to bed at 7:30. I go in there and try to read but I sleep. I call that crash and burn. I'm female and we have those cycles. When that hits I'm an emotional basket case. I cry at commercials. I cry at everything. I just know that that's okay and normal. I'm not supposed to have all the energy in all the world all the time.

Lain: How have you gotten to that place of acceptance? It's like knowing these things about yourself and knowing what works for you...like that 10 minute walk outside or '*Hey, it's the 15th so Mom is going to be crying at the commercials?* Is it just a matter of observing yourself and paying attention or is there something else there?

Stacy: I think you're paying attention and I think it takes practice. I think realizing when you can feel it coming back, know what I mean? You can feel after a down time: *Okay, wait. I feel good today.* Do you know what I mean? I think just the celebrating that...I don't know if that makes sense. Knowing that I'm in a good place and being happy about it...yeah. I don't have a good answer for that.

Lain: That was good. It's just a matter of recognizing those cycles and realizing it is a cycle. It's going around from 6 o'clock towards 10 and that it's going to go back again but it will come around again.

Stacy: I have a real appreciation for science. It doesn't matter what you study whether it's light or biology...on the way home from Costco we were listening to the science guy. I don't know how it got on in the car but he was talking about the Krebs Cycle and photosynthesis and I was like remembering that I loved all those classes. Everything has an ebb and a flow. Everything is rhythmic and up and down and sometimes that's what we forget we are. We're human beings. We're organisms and we, too, have a flow. Just where we are in our world with the information-rich and this whole transition where we're all supposed to be doing this emotional work that draws on your passions and your own uniqueness...whatever it is...you can't go full throttle. You can't do that. You're not wired to do that. It's like you have to have built in shutdown time. I don't know if you're doing any links for listeners...

Lain: I definitely can.

Stacy: Probably one of the best books I've ever read for understanding the need for rhythm is called *Intentional Disengagement*. If you want to be able to fully engage and be fully present with your children and completely committed to work or whatever it is, then you have to build in periods where you intentionally disengage. you turn it off and back up, that's when you create the momentum for a new surge.

Lain: Is that disengagement hard for you?

Stacy: Yes, the transition between the two is hard. I love being full disengaged. I love being full engaged. I have a hard time going from one to the other.

Lain: I can see that...just with the energy and the drive but not necessarily in this ambitious work way. Just your excitement for life to consciously force yourself to step back would be very counterintuitive at that point.

Stacy: It is. It was so cutting to read that and go: Okay, so if I really do want to get to that place again where I just tingle in full engagement then I have to back off.

Lain: Let's talk about perfectionism. Would you consider yourself a perfectionist or a recovering perfectionist or is that something you've never really dealt with?

Stacy: Oh, no. I think everybody deals with this. I'm totally abnormal if people don't deal with it. Because I do like scrapbooking and because I became

quickly involved with the industry and people look to me for being....that adds. Anytime you think there's an expectation on someone else for you, that just makes the perfectionism so hard. Several years ago I actually started practicing intentional imperfection where I do things on purpose imperfectly.

Lain: Like what? Give me some examples.

Stacy: Okay, can I just use scrapbooking as an example? I put a strip of paper down crooked on purpose. I don't try to line it up. When I'm doing my handwriting I intentionally do different styles. I print and then I do some loopy cursive and then I just make it look kind of messy because that reminds me that it's supposed to be this homemade theme that should look homemade. I think that's part of maybe why I like the traditional format of scrapbooking where it's hands on and touchy feely because it's really easy for me to practice intentionally imperfections with that.

I'm trying to think of another way in my life...I think maybe the way I dress. Like I intentionally put weird colors together and intentionally mismatch my socks. I do things that I think other people will go: *That's weird. I like it.* It reminds me that I'm here to experiment and have fun and not be perfect.

Lain: How do people respond to that? I know that you wear the little mismatched socks, which I totally love, but you're not dressing like all the other moms. Do you get any blowback from that or do you even care?

Stacy: I don't know what they say behind my back and it could be...I don't know. Actually, people are so: *I just wish I could dress more like that. You look like you have so much fun. Your house is so colorful. I wish I could do that. I just couldn't do that.* What I would love to seriously write a book on is: Why can't you? Why can't you paint your wall green? What's the big deal? I don't get it.

I'm actually to the point where I am kind of frustrated with just the generic home décor. I'm doing a little room right now in my home and you see the cutest, funnest stuff in magazines...colorful and different. You go and try to find it in the store and all of the stores carry bland and what they know they can sell. We could be having a lot more fun here, know what I mean?

Lain: Yeah...cookie cutter, every mall has the same Pottery Barn, Crate and Barrel, Ethan Allen, and you get to choose from those three and mix and match.

Stacy: I think what's so interesting and has a lot to do with it is being scared to be different. We all say we want to be different, but there's a lot of comfort that comes from looking the same. I do sometimes look at moms and I think: *Oh, she's just right.* Actually, when you step out and do something a little different it's a little bit scary but you gain so much confidence in doing it because you realize nobody says anything to you. If they say something to you it's actually kind of complimentary...like *'that's so fun'*... Just try it maybe in an environment that's safe. The next time you go to a family

gathering just wear something fun and different that you haven't before and see the action hat you get. Then that gives you the confidence to try something again.

Lain: Do you have a fear of failure...like trying something and it just bombing? *I tried wearing a skirt over my jeans today and that just was really awful...or you've started businesses...you started magazines. Talk about the fear of failure for you.*

Stacy: I've failed enough and I think people forget that. I've failed enough that I know it's not the end of the world. I've been in business meetings and had somebody say: *That's stupid. It won't work. Okay. Alright.* At the end of the day we think it's going to be so scary but you read that all the time...it's really not. I love that Wayne Gretzky quote: *You miss 100% of the shots you don't take.* Failure is the key to success. Yeah, I've been to a social situation where I thought I was dressed a little goofy and I got weird looks from people but you know what? They're not my best friends. It's okay. Yeah, there's that moment where you feel like you're in the 8th grade again and the popular girls look at you like you're a dweeb but so what? She's insecure really. I'm to that point in my life where I think: *Too bad she has to look at me like that.* There's that twinge of: *I don't fit in* but I don't want to fit in. I have to remind myself of that. I don't want to fit in.

That business thing...that's hard. It's hard to try something and have it not go but I think people don't see all the things that you say you're going to

do and then you don't do. It's okay. I guess I'm trying to say our failures or our mistakes are a little less public than we think they're going to be. People don't notice. It's okay.

Lain: Do you think the Internet has helped women feel more connected and comfortable or is it that kind of syndrome of a perfect home where you go online and see all these blogs of everybody's house who is more beautiful and everybody's kid is neater and better groomed? Is it helping women or is it hurting?

Stacy: I think both. For example yesterday (I was not a good blogger last week.) I was kind of honest about where I'm at in my life and got the most comments I've gotten in months. People were saying thank you and for being real and for being honest and telling that I'm like the rest of them. It reminds me that I need to...when I'm in that place where I'm struggling and trying to transition between wanting to intentionally disengage and I feel like I can't because I have this 'to do' list and I need to be altogether and can't. I need to be happy facey and show them that I can make this happen. I need to be more forthright and say: *Man, life sucks today. I cannot get it together.*

I also think you need to know that there are no secrets. There are strategies and I think you absolutely get more confident and you become better at whatever you consistently practice doing, but nobody has it figured out. We are on earth to be tested and challenged. That's what this

whole thing is about. Every time you think you've got it figured out, you can set that : *Oh, yeah? Well, bite it.* You know?

Lain: LOTS OF TALKOVER..... With the number of ideas that you have and the creative energy that you have, do you find consistency in general tough? Are you a starter? Is it hard to...like you said in your bio: I'm going to start all these projects that my husband is going to finish.

Stacy: I'm most definitely an initiator. My business partner finishes them as well. She's getting better at saying to me: *Okay, that's super. I think that's great. We've got it started so now it's going to sit over here on the back burner until the resources come along or until we feel like...you know?* That's really all I need.

That's where me and my husband struggle. Every marriage as well has ups and downs. *Let's do this! Let's do this!* Then the next week: *I don't want to do that anymore. I want to do this!* So I think it's energizing for him. I've been asking for 20 years for a love note. I finally got one for Valentine's Day. I've read it like 15 times since. I'm like: *Oh, this is really good to know.* He wrote: *I love your passion for life. I love it when you fall in love with a new book or all you can talk about is this next project.*

What I'm trying to say is it's okay to recognize that you're a starter and you aren't going to finish half of what you start. What makes you unique and

different is that you keep coming up with ideas. Maybe only 25% ultimately ever get finished, but that 25% was fun. That was good.

Lain: Again, it's just kind of coming to peace with that being your style and your cycle and knowing that you don't have to finish all of those to still come out with something valuable...

Lenore: Yes. I really don't think...I don't finish books. I almost never finish one. I skim them and get the good stuff out of them. I stick Post It Notes all over them and write in margins and put them on my shelf. I don't feel obligated to finish a lot of things. That did take practice.

Lain: It's like that intentional imperfection thing again.

Stacy: Yeah. It's okay to not finish. You're not a finisher. There are a lot of people who are finishers. If you decide you have to be a finisher then you won't be the best starter and who's going to be the best starter if you aren't?

Lain: Right... How have you seen that reflected in your kids? Do you have some who are starters and some who are more finishers?

Lenore: Absolutely. I've totally stressed out my Taft. I've really had to be careful with him and tried to approach things differently towards him because I

think he's more fragile. I have to assume that's true with other moms who have multiple children. They have their own program when they come. It's nature versus nurture but they come preprogrammed. Yeah. He requires a different kind of mothering from me. It's harder for me to mother Taft than it is to mother Trey. That's a fact of life. There's nothing wrong with me and nothing wrong with either one of them.

Lain: Yeah. It makes sense just because everybody's got your own operating system and your own personality, your own likes/dislikes and we kind of learn from each other. The struggles are valuable, too. How do you prioritize within your day? You've got so many different projects going on and so many different kids and demands on your time. Do you have a way to plan ahead or do you take it day by day?

Lenore: I'm working on that right now because what has worked in the past isn't working right now and I'm trying to figure out why that is. I think my needs...I just want to slow down...and yet my expectations haven't slowed down so I'm trying to get that right. Priorities for me...I'm moving to a daily clipboard. It's got work and life on the same clipboard. On Monday there are 4 things I have to get done. On Tuesday there are 4 things. I'm just trying to keep it to 4 or 5. Then I can add other things and if they don't get done, it's okay, but don't move them to Tuesday. I don't know if that makes sense, you know? For some reason right now, I still can compartmentalize a little bit and then I'm going to have to let go.

For example, I still have a little blog that I call the Sprinkles Blog at StacyJulian.com. Once a week I try to share an idea. Guess what? That has to be done on Monday if that has not already been done. There are days that I get 3 ideas and I preprogram so it's good to go for 3 weeks, but my new plan (if I can live it) is on Monday if a Sprinkles post doesn't get written and it needs to be written, it's not going to happen. I think that's where I'm struggling so much. I'm carrying too many things over. If it doesn't get done on Monday then that means it wasn't that important. It means I chose to do something else instead of doing that one thing. Quite often it's stuff that's out of your control. I'm going to have to let go. Even as blog posts yesterday where I wrote and people responded by saying thanks for being real...well, that's what I'm going to do. If I don't get it written on Monday, then you're going to see that I'm being real. Come by next Tuesday.

I'm going to try and do that for myself. I don't know if that helps. For family priorities there are just certain things every day. For me there may be more faith days. We always go to church on Sundays together. We always try to have a prayer before my kids leave in the morning...those kinds of things. When those priorities are in place, everything else tends to fall into place for me.

Lain: Yeah, it's like that story of getting the big rocks in before you put in the little rocks in the container. If you put the other ones in, they're never going to fit.

Lenore: That's exactly right...like dinner. Here's one that's maybe more universal. Eating dinner as a family at the table...It's getting harder and harder with my kids because Clark can drive and he may or may not be home. My husband... I've had to always consider it a bonus when he comes home and we can sit down and eat something together. For a long time I beat myself up if it wasn't a good healthy meal. Now I'm at the point where I can run down to the shakes place and get us all a protein shake and bring it back home. We can sit around the table and drink that. The idea that you're sitting around the table for 10 minutes eating...what's the priority? The priority is to sit together around a table. The priority is not the meal. That's definitely what I've learned as I've become an older and more mature mom.

Lain: It's really boiling it down to its essence. It's like - Why are we doing this? Are there other ways to accomplish this? Is it easier or better for us? Think outside the box. Family meal doesn't have to be dinner.

Lenore: There you go. I have a friend who does dinner for breakfast. (I wouldn't want to eat this way.) She says she has more time. She does stuff in the crock pot. It turns on at like 3 o'clock in the morning and they literally have lasagna for breakfast. We have cold cereal, pancakes, eggs for dinner because it's too crazy. I don't know if my gut would be okay with that or not. I think that's so much that culturally programmed that you forget that you can totally make adjustments to get to the essence.

Lain: That's fabulous. Thank you. This is great. It's fun to talk about this.

Lenore: We need to do it more often. I'm so proud of you. Let's tell your visitors how you rock. You are fabulous, seriously. You're so good at writing and at speaking and you're good at pulling people together so we can use the Internet for good, positive buoyant things.

Lain: Using my powers for good instead of evil?

Lenore: Exactly. We need a little more of that in this world.

Lain: Oh, thank you. I'm so proud to be able to call you a friend and a colleague and be able to share this with you. If people want to track you down, they can come to BigPictureScrapbooking.com or your blog, which might even be better because it's kind of a hub for everything- StacyJulian.com. Anything else you want to add? Any fun classes over at [BigPictureScrapbooking](http://BigPictureScrapbooking.com) that people might be dying to hear about?

Lenore: Just because we're talking about multitasking moms we have a fun workshop coming up. I'm so glad you said that. I was going to have it ready. It is actually not on the site yet but it's for this summer. I believe it's called Kidding Around. It is actually a class for moms and kids together in the summer. There will be lots of creative activities for probably age ranged 6-12 or 13 depending on your child. You register as the mom but there are email assignments every day for moms and kids to do together. There will be questions to ask your kids, things to look at, things to take

pictures of. It's taught by Tami Morrison, who is another fabulous multitasking mom. It will be a great class.

Lain: I was going to add in that if you are a scrapebooker, great or not, this one sounds like if you have a camera you're ready to go.

Lenore: Yeah, it will really just teach you to maybe see things you haven't been seeing and give you a way to interact with the children in the summer. That can be a very stressful time. Everybody acts like it's just the most breezy, wonderful time of the year and if you work from home or have other things to do it can be very serious.

Lain: Yeah. I will make sure to write about that on the 30MinuteMartha blog - as well as they can keep an eye out for that on BigPictureScrapbooking. I know you'll be talking about it there. I'll let my readers know when that's coming up. So thank StacyJulian.com, BigPictureScrapbooking.com, and thank you so much, Stacy Julian.

Stacy: Thank you! I really appreciate it.

Lain: You are so welcome. This is Lain Ehmann with 30MinuteMartha.com and the Multitasking Moms Telesummit. Thank you all so much for listening. Make sure to check back and look at your schedules for the next call coming up. Have a great day. Bye.

The Multitasking Moms Telesummit

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