

Good morning and welcome to ***Sunday Snacks with Ellie and Sam***. Today we're going to talk to you about taking time to appreciate everything. Well, maybe not everything.

SAM: I don't like fart jokes.

ELLIE: And I don't like the "F" word.

SAM: There you go. But taking time to appreciate the small things in life. Ellie and I were talking earlier about the idea that she's had a major energy shift because you got real sick in January.

ELLIE: Yeah. I thought I thought it was COVID, but I don't think any of the symptoms really matched COVID. I'm not sure what it was, diarrhea, vomiting, the whole thing, definite cleansing. But there, when we were talking this morning, I couldn't help it. As I explained some of the things that have changed, I couldn't help, but wonder if it wasn't almost like a detox of sorts from the past two years. I don't know, but it was after I was sick, my energy level went up amazingly. And there was a, like a clarity that I haven't had in a long time. And as a result, I started, working a little part-time job again, like 10 hours a week. I just started doing more in a day. I can't help but think that in 2022 regardless of how people dealt with the last two years and what the future holds. I think 2022 brought us to a place where we had to make some choices and....

SAM: Start Over?

ELLIE: We need to start enjoying ourselves again. You know that it doesn't end because life gets tough. And I think Sam had mentioned, what was it you were talking about earlier that I, that I said, maybe you just need to...

SAM: Cut the fat?

ELLIE: No, you were talking about feeling like you, you, you do a lot, but you don't feel like you accomplish a lot.

SAM: Yeah. I mean, with two kids at home, I know I'm always on the go, but I don't ever feel like I accomplish anything. And that's, where this whole conversation came from.

ELLIE: And that, that's why I mentioned that maybe, at the end of the day, we, we need to stop and just take stock of our day while it's fresh in our minds. And along with the running stop and say, well, what did I do with my time today? Cause I've been known to look back and say, I don't know what I did today, but the day went. But when we become focused on it, I think a couple of things happen. We can realize either that we wasted the day, you know, just being busy or we accomplished something. And I think, I think our productivity is important, but I also think stopping and take kind of an awareness of that Busy-ness because it's not just busy-ness, those are your priorities. So maybe give yourself credit for, and, and grateful that you have the time to do those things like for your kids and the running and everything. I don't, I think we've put that into categories that make us more stressful. When maybe we should say, I'm glad I'm able to do those things.

SAM: Yeah. I mean, I was telling you before I think we had this conversation a long time ago. I had a networking call where somebody called me just a stay-at-home mom. And that has really negatively impacted the way I see myself. And it is one of those things that I'm having to overcome. And I think you constantly reminding me of taking that moment to appreciate daily, what am I able to do for my family? Because at the end of the day, I'm still running a business. Some people would call what I do in my backyard a micro farm. I'm homeschooling my kids. I make a lot of my food, you know, from scratch and preserve a lot of things. And I'm also really involved in my community. Maybe not as a volunteer in those kinds of things, but I'm involved in my community where I live and helping my neighbors and taking care of him

ELLIE: Not just taking your kids to and fro. You're involved in a lot of their activities.

SAM: Yes. I am involved with Scouts, field hockey, and karate all the things. So it is, it's hard to sometimes hear somebody say, "you're just a stay-at-home mom." It makes it harder to see the value in what I do. But now, as I've learned, through your gentle prodding I need to take a step back and say, okay, what are my core values? Taking care of my family is the number one in my life. And, you know, providing my kids with a solid, strong education is, is number two. And, you know, being able to do that and still run a business and still do all the other things that I do is worthwhile.

ELLIE: Yeah. It's, it's when you don't feel it's worthwhile that you need to stop and question the busy-ness.

SAM: Yeah. And I tend to feel busy versus successful because, I grew up with hearing from the business world you must complete 3 things each day for your business. You know what I'm talking about because all the gurus are saying you need to be organized. Then you need to make sure you have this productivity hack, and you do this, while you block your time and you do all the things. That ends up leaving me feeling...

ELLIE: Am I allowed to ask if that's mostly men? Let me give a little history here though. I find it interesting that you got so upset being considered only a stay-at-home mom, the 1960s and 1970s, that was the issue. And you were terrible if you went to work and then probably the 1980s or so women positive they could do it all.

SAM: I'm not.

ELLIE: And then we came around the corner and discovered that, oh, family leave and all these things kind of matter, because sometimes we can't do it all at the same time. And so, it's almost like a déjà vu to hear you say, "they, call me just a stay-at-home mom." There was a time when moms were trying hard to be considered important when their fellow women friends were headed for the work world. I don't know if we ever get away from those, because it all depends on what everybody thinks is important.

SAM: I think that's the crucial piece is to constantly, for me, it's to have to remind myself, what are my core values? Why am I doing this? How is it important and stop comparing and despairing? Because I do see other moms who are also entrepreneurs, and they're like, oh, I made, you know, a six-figure month, or made a six-figure year. But then I have to remind myself, is what they're telling

social media real? And is it, is this such a gross number? Because if you, if you break down business-wise and we look at it from a very hard and fast number standpoint, which I can be a complete tool about, you know, are we looking at your gross income or are we looking at it as, what is your net income and how much you're taking home in a paycheck every day?

ELLIE: And what services are you paying for? Yeah. As opposed to doing them yourself. And that's not a, that's not a good or bad comment, but that those, those choices are what we're talking about.

SAM: And they really make the difference. And when I get into those modes and you poke me, which I'm very thankful for, because if you don't have somebody in your life, that's poking you to remind you that you're doing great.

ELLIE: She got me on video. So she pokes back.

SAM: I do, I do, I'm not going to lie about that. I do. But if you don't have somebody, like you should really look for that person in your life, because it, honestly, it can't be your spouse. I mean, maybe, maybe it can, but I don't feel for me that that's a healthy relationship. My husband has his role in my life. He doesn't need to be that kind of a cheerleader for me. We need to have autonomy as a relationship versus other things.

ELLIE: Well, like anyone, we, you know, it's like kids, they go to the neighbor's house and eat something that they won't eat at home and come back and brag about it.

SAM: Seriously.

ELLIE: It's the same with the people most intimate in your life. Sometimes they are the hardest to help you see things differently because we take it all so much more personally. Whereas, you know, your neighbor can tell you, you ought to think of it this way and you'll go, oh, maybe I'll think about that because it doesn't come from such a hard spot to take, you know? I think that's valuable too, you know, hopefully everyone has somebody who encourages them.

SAM: Yeah. I mean, that's, I mean, it's huge. If you don't have that, I really recommend... there's Meetup. There's lots of other ways that you can start to meet people. I recommend not doing it on social media. Some people like that anonymity, but I personally find needing a person - like a living, breathing person.

ELLIE: Yeah. I don't need to be pumped up by a hundred likes. I just need somebody to actually hear what I just said.

SAM: There are sometimes I just need someone to call me on my crap. There are times when you sit here and you're like...

ELLIE: Your kids can't be quiet because you are not quiet.

SAM: Exactly. Take a deep breath,

ELLIE: Relax

SAM: But they're valuable points to hear. And if we don't hear them, we're missing out on a whole level of life and appreciation. If I can appreciate my day-to-day life, how am I going to appreciate tomorrow or the next day?

ELLIE: Well, and if you're, if you feel less than - then, how do you ever have satisfaction?

SAM: You don't!

ELLIE: You know, you make choices. And hopefully they are choices that are right for you at the time, you know? And they can change.

SAM: That's the other part. The hard part for me!

ELLIE: Yes. They can change. Yeah. That's yes. Oftentimes we set a goal and think we must do that forever.

SAM: And that's sometimes where I mentally get stuck on that hamster wheel.

ELLIE: Like I gave up. Yeah. Maybe no, I just took a detour for a while.

SAM: And that's, and that's huge. I mean, especially when you talk about energy and you, I mean, you, you went through the 1970s, learning all the cool healing stuff, that's only now becoming popular. Some of its new agey, some of it's witchy, some of it's, I don't even know. I don't even understand. But it's a level of what we're starting to appreciate more now as a society. And I think for me, that is huge. A realization of taking that time to do, to simply appreciate three things that I've accomplished that day or, or just done. For example, taking my kids to the aquarium is not an accomplishment. But if I look at it as not an accomplishment, then what is it? It's just busy-ness. But, in reality, I've given my kids an opportunity to see things and touch things and do things that they might not have had regularly. They couldn't do at all during COVID. We were able to explore, learn something new, but if I just look at it as, oh, there's a trip to the aquarium...

ELLIE: It is also part of your core values. Because your core values are your Kids. And that is something that, we miss sometimes.

SAM: Bingo. And that's where I get hung up a lot. Remembering to appreciate even the small things really will change your day, change your viewpoint,

ELLIE: And you won't feel so blah - lacking something. And I think part of that is when you look at all of that, if there were things that you really weren't comfortable with, don't do them next time around.

SAM: And I can change them.

ELLIE: Find a way to change.

SAM: Yeah. I can change. And it's not written in stone, which is what I tend to go.

ELLIE: Remember life is a journey. It's not an ending, it's a journey. We should know by now that no matter where we are in life, it's not ever quite enough because humans are curious and like new things. And so, it's the journey. And as we, as we do things and we learn and grow, then things will change. Will things ever return to some semblance of...

SAM: Pre-COVID!

ELLIE: Some of the things we thought aren't important now will become important again. But in any case, also, I think, I think in the last few years, I think people need to look back and give themselves credit for what they did handle.

SAM: Oh, it was a lot.

ELLIE: Yeah. And continue to handle. And I, and I think we need to stop, you know, wringing our hands and start saying, wait a minute, I'm still here. Life has been tough. We've lost people. We've lost friends and family, but we've also learned to appreciate a lot of things that we didn't stop to do before. I think when we lose those - the value of those changes, that's when we've lost. If we stop and think about it, and for instance you have a lot of skills that you were able to offer your family. Even though you chose not to work as much. But it, but it's been a beautiful, in many ways, a beautiful two years for your family, for some of the things that you were able to do, that when you were both working in an office and a way that the kids were at school, that dynamic would have changed. So, I think, I think we need to just, we need to just look back and say what worked and what didn't? You know, what was good about today and what would I like to change about that tomorrow?

SAM: So, in the comments, do us a favor and tell us what you are appreciating about your life. Be it as small as you found a stick of gum that you might not have remembered that you had in your coat pocket to...

ELLIE: A quarter

SAM: Or a penny you found heads up. Whatever that might be, however small, it might be. Share that with us in the comments we would love to hear because you are important, and you have value, and you need to appreciate all the little things and the big things too.

ELLIE: Absolutely. Have a great 2022!