

Knock-knock

Who's there?

Canoe

Canoe who?

That was my daughter Addie, with a knock knock joke. The answer to which you will hear in a minute, and this is Stacy Julian with episode 20 of Exactly Enough Time.

So, canoe who?

Canoe come out and play with me?

Sure, let's go!

This podcast is about being present. It's also about playful creativity and other things, like curiosity, happy colors and connection. I am a storyteller, and I love to explore and talk about people, places and things. As I do, I hope you will find inspiration for living your life, and telling me your story, because you have exactly enough time.

So, knock knock jokes, right? They're so fun. They're like question and answer format, typically ending with a pun upon of course exploits the different possible meanings of a word, or the fact that there are words which sound alike but have different meanings. Canoe like canoe across the lake, and can you come out and play or I should say, can you listen to my podcast today? If you listen to last week's episode, Episode 19, then you know I had the awesome opportunity of sitting down with my friend Ali Edwards who I admire so much and who has done so much good in the world in terms of helping people tell their stories and helping them specifically use words in more powerful and meaningful ways and I told, Ali, that she had inspired me.

In an effort for my recent birthday to compile a list of words. 54 words specifically that I love. And this has been a process, for sure. Something I've been working on for several months, actually, and today I'm going to share that list of words with you and I thought about why am I actually doing this? It's not so much about the words that I love, as it is about an opportunity to stop and really think about things like this. I mean we talk about the books we love, we talk about the recipes that we create, or you know just the work that we do, but think about the universality of words. I mean, we, we speak words, all day long we read words we study words, we have probably become proficient in, you know words associated with a certain domain or skill in life. We educate ourselves with words and words are totally powerful and I just think how fascinating to pause, you know, halfway through my life, and compile a list of words that are meaningful, and so that's exactly what I'm going to do.

I'll include the list of them in the show notes. But here I'm going to just share them with you and some of them I just speak and some of them I share a little backstory with, but of course this is less about, you know, again my words, and more about encouraging you to do something similar to really pause and recognize what is unique about you and unique about the way you view the

world your perspective, your gifts, your talents and stopping to document a piece of that and then of course to share it would be even cooler. So enough of an introduction, I'm just going to jump right into this list of words, and here we go.

Ask

Believe

Bliss

Blossom

Boots. It's kind of a silly word to have on the list of favorite words, don't you think boots, but think about boots. Not only is it fun to say, but everybody should have a cute pair of boots.

Laying boots, work boots, cowboy boots, shoe boots. I have this really cute pair of boots. They have like giraffe print on them and bright green trim. I should find a picture and put it in the show notes. But I just think you can't wear boots, and not be just a little bit happier.

Breathe, love the word breathe. Just breathe

Change. I don't always love change when I'm in the midst of it but I love the idea of change.

Chocolate, of course, because I believe that's the word I already said I believe in daily doses of chocolate.

Choose

Clean

Color, of course

Create

Danke

So Danke is a German word, and it means, thank you. Most often, while in my limited knowledge of German most often Danke is paired with the word shoen. Shoen means beautiful thing. Thank you, beautiful for beautiful things. Think that's so cool, but I still say danke quite often in my home with my family members instead of the word thank you I just say danke.

Daisy

Do- like the word do like go and do get it done, let's do it.

Elbow- that's another weird one. I kept asking myself, Should I take that off the list elbow like why do I like the word elbow. But what you could do without your elbow. And I just have memories of like with my little babies like where's your nose. Where's your mouth, where's your chin, where's your bow, just a great word.

Essence, as in what is right, the core spirit of or essence of what you're doing, or trying to do.

Like what is what is most essential right essence essential

Family, love the word family

Go. It goes with the word do. Let's go and do

Grace. I'll talk more about that one in a minute.

Gratitude

Happy- happy just sounds happy. Right. There's a word for that is word for words that sound like they are. I think I should look that up. I'll see if I can look that up for you.

Home.

If, as in, imagine if an

Imagine is actually my next word. So the word if, what if. And then imagine not much happens without imagining it first. Imagine if- also leads to change, I think, love the word if, and imagine and Invite doesn't love to be invited somewhere, it's such an inclusive, happy welcoming word want to invite you invite joy.

Joy

Lemonade. It's not even like I drink lemonade, but I do stop at all, lemonade stands, I decided that a very long time ago. I even put a sign in the back of my van one year during summer that says this car stops at all, lemonade stands for so many reasons. To support young entrepreneurs, because, is there anything more summer than little kids on the side, on the sidewalk, selling lemonade? And just, there's just something so cool. Lemonade-love lemonade. I love that it's something sweet that's made out of something sour so much to love about lemonade.

Light

Listen. And out of alphabetical order another word I love is Silent, you've probably heard right that the same letters that make up the word listen also make up the word silent. I think that's so amazing, because you really do have to practice being silent, if you truly want to listen.

Mom. I especially love the word mom, since a particular experience when my third son, Trey and he could say, Mom, rapid fire, like, mom, mom. Mom Mom Mom Mom Mom Mom Mom Mom Mom Mom, Ma. And it used to drive me crazy until one day, I decided it didn't drive me crazy anymore. And I think you can do that. And we can do that more often than we think we can do that. But we were driving down wherever, and he started in rapid fire mom, mum, mum, mum, mum, mum, mum, mum, mum, it's not even like a good response, there's no, no room to respond, and I remember grabbing the, the rearview mirror, and looking at him through the mirror in his car seat, and who's just, mum, mum, mum, Mum, mum, mum, I just decided that is the most awesome thing ever, you know, and then and then probably about the time, I would then sometimes start saying Trey Trey Trey Trey Trey Trey, Trey Trey. Mom Mom Mom and pretty soon he would stop you look at me like- what are you doing? Anyway. The word mom is awesome.

Miracle. And I especially love the idea of seeing things as miraculous, I think there are so many things that are miraculous and there's that quote by Albert Einstein. "There are only two ways to live your life, as though nothing is a miracle, or as though everything is." That's cool. I think the human body is miraculous. I think it's a miracle. I think flowers, if you stop and notice flowers and especially trees were initially you think it's like a flower and then you go up to look at it and it's a flower made up of a bunch of little tiny flowers and just study that. There's so much in nature, that it's just miraculous, animals, and I mean just people's people's efforts to do good and to create change in the world. It's miraculous, it's miraculous what people can do.

Moxie. I looked it up again today and apparently it was like a soda pop. At one point a soft drink as in, but it's come to mean force of character, determination. One example that I found that I loved is a boxer needs moxie to get up after being punched in the face. Right, so it's kind of like

guts. Knowing something in your gut, acting on it that takes moxie. We had the beautiful restaurant in my little bedroom community outside Spokane and the restaurant was called Moxie and you know what made Moxie so awesome- the sauces, he was, he was a chef, his specialty were the sauces and I kid you not, they were so delicious. And it wasn't open very often actually moved from our little community to downtown Spokane, we went a couple times after that and I think eventually it closed. But, you know moxie just has something, it's just cool, I think, but it's determination. I like it.

Now I think there's so much power in now.

Opportunity.

Problem, which is kind of we're getting jumping out of water for a minute, but problem. The reason I like the word problem is because I believe every problem is an opportunity, right, but we don't really see the opportunity until we let go of the idea that this is such a problem. As soon as we go. Oh, but it's also an opportunity, and I. There's also a quote by Thomas S Monson, that I think of a lot in the context of problem and opportunity and, and it says, "Never let a problem to be solved, become more important than a person, to be loved." because I think quite often, especially in our homes, problem, we like to associate people with problems. I think we need to disassociate the people from the problem and think, okay, is this an opportunity for me to love this person in a different way, in a way that they need and maybe I'm not seeing. I really love the word problem and opportunity in the context of business of trying new things. Big ideas are solutions to problems. I don't think you have to have a big idea without having a problem without something that it solves.

Reflect

Remember, really like the word remember it's fun to see. Remember, do you, do you remember? It's such a great invitation. But to say to someone, do remember such a great invitation.

I actually love, like, love, love the word Repent. And, you know, I don't know what people think that means I don't know what, what context to understand that word in but I'm going to tell you the story later about the word repent and how I came to love the idea of repentance.

Rest.

River. There's a scripture in Isaiah that speaks about peace, and his own river. And remember, at first I was like, wait rivers aren't necessarily very peaceful, but I've come to think about that differently. Rivers, because they're always flowing right and changing than theirs. They are peaceful. Anyway, I don't know if I can't really express what I guess what I'm feeling about that word but I really, I love river to just because I have so many memories of playing by the river or been hiking to a river I am from Seattle. I grew up in Seattle so I'm a water girl, lakes and rivers, and of course the ocean, Puget Sound. So I remember when my husband and I were interviewing, he had finished his medical training and we were interviewing and trying to find a place to locate to to raise our family and we visited a town and it was a lovely town. And, and I noticed on the map that there was a river and so after you know the doctor was looking for someone to hire for his practice, you know, treated us so generously and kind and showed us some good neighborhood and drove us by the schools and. And then and I

just said to him, "Can you take me to the river?" And he looked at me like, huh, and I was like the river I want to see the river, and someone on the map and he's like, "Oh, you don't want to go to the river" and like "no I really do I really want to see the river- like can I walk by it, are there trails?" and then he drove me to the river and it's certainly wasn't much of a river and it was so weird, but I think that had a lot to do with me, you know, just not wanting to go there because there wasn't water. There wasn't a place where there was, there was water that you could recreate around, I guess I just love rivers.

Silent

Skip. If you are not having a good day, I challenge you to skip, and you can just skip in your house, there's enough room somewhere in your house to just skip. And if you're brave enough, you can do it outside, and trust me, if you are brave enough to go outside luckily I have a little girl and I make her skip with me, and I once created an event at Big Picture classes called "Play". And I love the word play, did I skip the word play, I totally went from opportunity to problem because I was connecting no because I said piece but I didn't say play.

Play.

Polka Dot- technically two words but really a polka dot right it's just a little circle it's filled in little circle and it's next to a bunch of other little circles and a repeated pattern and polka dots are just happy I love polka dots

Pray. I'm a big prayer.

Now I'm getting behind and then ahead and we're back to Skip and the reason I thought of, skip is because I created this event called play. And the last day of the event, the the people who attended a lot of them it was in Anaheim, California in conjunction with which is the Craft and Hobby Association tradeshow and anyway I'm making this too long. On the last day of the play event we went to Disneyland and I have very specific memories of skipping with some of the girls that came to play. Skipping and Disneyland's probably the ultimate expression of happiness, but if you ever feel like you're not having fun, I challenge you to skip. Just try to skip and be unhappy. It's pretty hard.

Sky. It's think the sky is beautiful, really even when it sort of looks angry. I think this guy is beautiful. I didn't put clouds on my list but I'm a huge cloud lover but I figured clouds are in the sky so I'm going with sky, I actually have a niece named Sky. That is a straight up cool name. I love the word Sprinkles. If you've followed me for very long, you know that, because they're just little because it's a fun word to say sprinkles right. And the sprinkler, I mean who didn't love jumping through the sprinkler, when you were a little girl or a little kid, but sprinkles are just little but they change things, because you can have some yogurt or ice cream or toast and that's great. But then you put sprinkles on top and that's like kind-of amazing and special.

Story, obviously, because I am a storyteller. Love that my life is a story and I love that. I can change the story in an alley and I talked about that last week a little bit right the story I'm telling myself, is...and as soon as you can look at what you're thinking or feeling as a story, then you see yourself more as a character in that story, who is empowered to change the story, right, look

at the circumstances in a different way think differently about the circumstances and absolutely change the story. I love that everyone has a story.

Teach. It's just cool to be able to teach and I think we all teach. There are certainly people who educate themselves, as teachers, but we're all teachers, and I love to learn from teachers. I've had so many great influential teachers in my life.

Okay, this is a weird one, but I totally love the word Umbrella, just for a minute, see if you can ever know how you do this, But imagine you've never heard the word umbrella before, and someone says to you, um-brella. What would it be? What do you think it would be this again I think harkens back to my days as being a Seattle girl at heart and it rains in Seattle and actually to be honest, he doesn't most of the time rain hard, you don't really technically need an umbrella. But if you live in Seattle, it is your privilege to select a cute umbrella, or as an accessory is sort of an essential accessory I'm having so much fun using my words that I love, over and over again. But you know, having an umbrella that speaks to your personality and opening an umbrella, right, and walking in the rain just happy memories.

Whimsy. Whimsy is excessively playful expression. Hello- excessively playful expression, it's so it's full of wimzie I guess it would seem, it's whimsical.

Yellow. Love the color yellow. It is my most favorite color. Yellow. Again, happiest. Well, some people say orange just the happiest, but there's a lot of yellow and orange so I'm going with yellow.

Zany, first of all it's fun to say. It kind of tickles the Z parts when you do that kind of tickles routine a little bit right but zany kind of goes with wimzie, zany is amusingly unconventional. Whimsical excessively playful expression you can be right whimsically zany, huh, anyway. Love that. Now, just, you know, as I played with this list and I organize these words and I put them in order and then I would go no, that's not going to be on the list I take it out and try to replace it with something else and I did decide that there's a few of these words that I really, possibly, well for sure love more than any other words so I just want to share a little bit about my favorite word.

So the word grace, I have decided, it's tough for me to decide and then stick with it, and I have decided for right now. June 2019 that grace is my favorite. My most favorite word is grace. Because, and I didn't really mean anything. I think I feel why, But I decided I needed to know why. So I pretty much love as I looked up the definitions of grace I was like, I love that definition and I would be the next definition and be like, I love that definition or the next definition and be like that too. I want all of this so in my mind and grace, there's so much about grace that is aspire to, I sort of aspire to all of the definitions so for example the definition, Simple elegance or refinement and totally want to be right simply elegant and refined Courteous and goodwill-Yes, I want that.

Respect, honor, you know to grace someone with your presence, you need to be the kind of person that would bring grace to the situation. So that's something to aspire to.

Grace can mean to magnify your elevate, of course, because I am religious/spiritual, I most of all love the way grace is used in scripture as a source of divine help or influence, right, that can inspire. It can strengthen, it can enable someone to do something. You feel forgiveness, or the ability to change through the grace in my faith worldview through the grace of Jesus Christ, who is full of grace and truth. It's a really great word too- truth. But my daughter's middle name is Grace. I had the name, Addie picked out for years and years. When she came, we learned her Korean name, and we learned the meaning of her Korean name, which, which is pretty Grace and I was like that's it. I've always loved that word. I'm going to name her Addie Grace. So see so for many, many reasons. I think that's my favorite one. I just love it.

I talked about the word briefly invite, but I think it's one that's on my top might like my list of top five. Because I think we can invite so many things into our life and we can invite difficult harsh, unkind things into our life, or we can invite light, happy, positive, empowering things into our life, and it depends on how we spend our time, it kind of depends on what we marinate in. And I love that idea, you know we marinate chicken so it doesn't taste so bland we stick it in juices so that it will take on the flavor of the marinate and there's so much we don't realize, often what we're marinating in. And so we can invite certain influences into our life- marinate. Love it, but invite is to request the presence or participation of in a kindly or courteous or complimentary way. It just feels so good to get an invitation to a party or a gathering or even an opportunity to work or serve together with someone else right, I love that. Yeah, I just love the word invite and I want to try to invite people more often. So I invite you to invite someone else or people into your home or into your life or into your ideas.

I just totally love the word remember, because I think it's at the core of what I love to do most which is to write. Keep memories to document, life, and stories and that starts with remembering to keep something in mind to remain aware of something, and then also harkening back to scripture which I love, that's it's a real theme, in, in the scriptures is to remember right remember God Remember the goodness of God. Remember what people have, you know, who have come before you have done and what they've learned. There's power in remembering our ancestors, learning about them and remembering them. And I think there's power in remembering details, specifically when I help people tell stories, helping them to remember right, the sensory details associated with a person or a place that's when stories come back to life is when you really hone the skill of remembering.

And then I want to talk about the word repent, because you're probably like repent, is one of your favorite words, because that doesn't seem very happy or friendly it kind of makes me feel like I've done something wrong. And so, it is truly like on the top five list of words that I love and, and here's why, when, when I was a 21 year, young woman 21 year old woman. I served a mission for the Church of Jesus Christ of Latter Day Saints, and I was assigned to serve in Germany. Okay so before I left for Germany, I went to a place called the MTC which is a

missionary training center and I received basic language training in German. And you don't have a lot of time and you really do just have to learn basic so as they teach you words they're really just teaching you the meaning of that word as you will be using it. Okay, so I learned the word umkehren for repent, which is and I understood that word to mean repent and then they put me on a plane and I flew to Germany and I landed and I was tired and you know I met my mission president and my companion and they put me in a car and said we're taking you to the city where you will be serving and the next thing I know you know I'm driving down the autobahn, you know, outside of Frankfurt, Germany, and, as, as we're going lickety split down, down the freeway and Autobahn is a freeway. I keep seeing these signs every mile or two miles, and it looks just like a U turn sign, but on this sign with the black arrow, it says umkehren. And I'm like, Whoa, what, like in Germany when you drive down the autobahn. Every so often they remind you to repent. I'm thinking this is really great. How interesting. Until finally after I see three or four of these signs I nudge this you know girl sitting next to me that's gonna be my companion is my companion and I say why do they tell people on the Autobahn to repent, and she cracks up, she's like no that's a U turn sign and I'm like, looks like but it says, Repent, you know, until that was the beginning of a better understanding not only the word umkehren, but the word repent. Repentance isn't bad. Repentance is an opportunity to turn around and go the other way and how often in life, do we need to do that. Right. I mean, certainly in a religious context it means to change your ways as you learn, or discover a new or better way of doing something, then, you know, it's awesome if you can have the humility to admit that, and to change or repent. So to be ready to change one's ways or one's views, and I love the idea of repentance being a fresh view of yourself, you have the opportunity, always, to change and grow and improve. It can be a fresh view of yourself, it can be a fresh view of yourself and your relationship to God, or other people, holy love the word repent.

So I think my most favorite words are grace, bliss and love saying, I am so blessed out about that right supreme happiness, utter joy, contentment. So Grace and bliss and miracle, and moxie and invite. And remember, and repent whimsy- that's really hard to pick like a short, like a, like a few words out of your list of words that you'll have right now. It's hard and I'm doing it and that's uh you know I'm not gonna change I get to change my mind, right, get to repeat my words anytime. But those are the words right now that I love that. I recognize as being important to me. And I invite you to think about words that you love and whether you make a list that matches your current age or whether you just create a top 10 list, think about the power of words. The power of one word. The power of a word in a new context, or with a broader definition, if you learn more about the word, and think about how you can apply it differently in your life, I invite you to play with words. Certainly invite you as always, to use words to tell your story because your story matters. And, you know what exactly enough time to use your words, positive, uplifting ways to use your words to tell your story.



Thank you so much for listening, I just appreciate your feedback and your kindness and the reviews and the ratings for me, and this adventure, and making a podcast and sharing my words with you on a weekly basis and I will be back next week with another episode of Exactly Enough Time.