

This is Stacey Julian with episode 17 of Exactly Enough Time.

You might think from its title, this is a podcast about productivity, and while I love to rock a day and get stuff done, exactly enough time is much more about being present. It's about recognizing the time you have, and making the most of it. It's about owning what you love, and then inviting more of whatever that is, into your life. In this podcast, I tell stories, and I invite you to celebrate people, places and things (like taking pictures) that make you and your life...amazing!

I have been a huge Jack Johnson fan for many years. I mean, besides the obvious good looks and mellow voice, Jack sings about the ocean and clouds and relationships and everyday life. My guest today doesn't sing about these things, but she photographs them in such an incredible way. I first met Tracey Clark when I asked her to come teach classes for us at Big Picture classes. I'm going to read you a little bit from her website, "beyond raising two exceptional daughters, Tracey Clark has cultivated an expansive career that integrates all of the things she loves the most- photography, writing, teaching, speaking, and of course, motherhood. She is the author of four books, including "Elevate the Everyday: a photographic guide to picturing motherhood" and "Expressive Photography: a shutter sisters guide to shooting from the heart." Tracey is a freelance writer and photographer and a pioneer in the social media space. She's the founder of the collaborative photoblog "shutter sisters", and I'm going to stop there for now, because that's how I discovered Tracy was through the "shutter sisters" blog. That was many years ago, and I really wanted her to come share her talents and gifts with students at Big Picture classes. I was nervous for sure, but I quickly discovered that Tracey is as generous as she is talented. And since that time, we have been good friends. I'm so grateful that Tracey agreed to come on the podcast today and talk more about photography, and especially about the way we can use photography to be more present in our life, they know you're going to enjoy this conversation.

SJ: You guys, this is my friend Tracey Clark and I adore her. I don't even know if I can say how much I adore her, because of what she does with her camera, well there's lots of reasons- but she has this ethereal quality that for me is instantly recognizable. She

often pairs her images that she shares with quotes, that even on Instagram and this is what I want to emphasize this, even on Instagram, as I'm scrolling lickety split caused me to pause. And I think that is very unusual. So she brings together this gift of photography and then these words, and if I had a muse, if I were an artist, Tracey, I would like her to be my muse.

TC: That's so sweet. I'm getting chills.

SJ: So, just right off the bat. I want to know what is one thing before I even ask you the official questions- what's one thing you want my listeners to know about you right now?

TC: Um, well, what you said was really lovely first of all because that is like the ultimate compliment for me, because that's how I feel like I use my camera to pause and take a breath, and notice things. And it's really therapeutic for me, so that's actually so nice to hear because I feel like you're reflecting back to me something that I'm hoping that I'm putting out there so that's really, really awesome. And I think what's interesting about me, I'll tell you what I think is, is, I guess this is a funny thing about me. In my photography, and in my, you know kind of the words and the things I've put out there, I seem maybe like I'm really quiet and pensive and like you know because I am inwardly. But I'm also really hyper and I'm really enthusiastic and stuff and people, when they need me there's surprised, because my work tends to be softer and quieter and my personality tends to be really outgoing. So I think that's kind of a funny thing, when you meet me in person, or even hear my voice, I'm just, I'm kind of hyper, you know, that's just I'm just really outgoing- so my work maybe doesn't always reflect that.

SJ: Well it's interesting that you didn't say that because that now leads me perfectly into my first question, because of what I perceived you might be like. It took a lot of courage for me to make the first call to you. And as I remember it, you know, at the time I owned big picture classes which was online education for creative women and we were having this meeting, a put it all on the chalkboard meeting, where we talked about where we wanted our education to go and I told them, really want to elevate our photography education we've done classes about nuts and bolts but I really want to inspire people in a different way and so my partner just kind of looked at me, she said, Okay, well then, "if you could have your dream photography instructor who would it be?" and I'm like Tracey Clark!" and she said, "who's Tracey Clark?" and I said, "well she started this thing called

shutter sisters you know and I follow it, but I'll be honest she's like way too cool for me." And I think that speaks to you know what you, what you put out there and so then I remember emailing you and trying to get the words just right and like she's gotta think I'm smart for her to respond and I remember I got an email back like maybe within a day, you said, "I'd love to learn more about big picture and I'd love to talk to you." So it was warm, from the get go. And I don't know how you remember that, but how do you remember, sort of early days, teaching or developing classes for "big picture"?

TC: Well, you know, because my career has been kind of self-guided I mean it's literally like from one opportunity to one opportunity and I don't always know what's coming and I don't always have a plan. I actually hardly ever have a plan. So I can be really reactionary like I'm waiting for the next email, you know, I'm waiting for the next opportunity and hoping, like they say that the universe is working on your behalf, even when you don't know it, that's kind of what I just keep crossing my fingers. But you know when I get an email that feels kind of out of the blue I get really excited, because I'm like ooh, like "this could be the next thing!" and my mom was always like that growing up it was always like, what's the next cool thing. And so that was like, when I got an email from you, I'm like that's the next cool thing, it's gotta be. You know obviously I want to know know stuff before I put myself out there and, you know, but I'm basically jumping up and down like every opportunity that I get, I think it's the next coolest thing and I'm jumping around and I'm so ecstatic and excited so I'm always open and willing and excited to hear what's you know coming and what other people are doing and I'm really a big fan of collaboration. So whenever someone's like, we'd like to do this with you I'm always like, yea! It's so funny like the last thing I really want to do is ever make people think I'm too cool for school because I am the biggest geek, and I'm so approachable and normal and, you know, I just, I am just very approachable.

SJ: So you immediately put me, put me at ease because I remember hanging up from the call and going, that was way better than I thought it would. She is so cool and it was a different kind of cool. This is really gonna happen, I really didn't like her and it was amazing that what we were able to do together, I think, in terms of influencing women all over the world, you know. One thing you said to me and at the time I think we approached you it was called big picture scrapbooking. I had come from the

scrapbooking industry, and, and, and, you know, people's perception of scrapbooking is sometimes kind of kitschy or, you know what I mean like. I just liked that you asked questions and you seemed really open and I remember you saying, you know, does this have to be photography for scrapbooking? And we were like no, because what we want to do again is kind of elevate and help people see photography for what it can do, whether you're telling stories in a book, or whether you're just recognizing your life and being present in any way. I just adore you for that openness and your willingness.

TC: I always love to hear when people approached me about things, where the cool possibility is, where we can work together and find the sweet spot. I'm a brainstormer and I have a marketing brain and I have a way to kind of look for the specific spot that hasn't been already filled. That's kind of just how my brain works. So I'm speaking to you about that opportunity, I was like, ooh, how can we do something together that is exciting for you guys, it's going to fit your needs, but it's also it's exciting for me and it challenges me and I mean, partnering with you guys was like one of the greatest gifts of my entire career, because I could be, I mean I like that thing lit a spark I was more prolific in those few months than I think I've ever been in my life. I just was like on fire because you guys just took the stuff that I was able to produce and put it out there in a way that was so unbelievably perfect for my aesthetic and my how I felt about things and, and the response from the community and I'm telling you there's no, there's nothing else it's been like it and everyone else whenever I put anything out into the world they always say, can it just be like the old big picture, and I'm like, I wish!

SJ: I do remember that I remember when even the first time we checked in on the class, you were like "you guys, I don't think I can create content that fast, like on this schedule that you're giving me" and then I remember, I don't know how much you know how later, it was a day or two or a week or two, you're like, "I can't believe I'm doing this."

TC: It was an explosion of creativity. It was like you opened the door and then it was just like it just all went crazy, in the best way.

SJ: And you've already said it, it really speaks to collaboration so one thing I want to say right down to my listeners that I just thought of, and that is never afraid to reach out. That's one thing I've learned, I've been put in situations where I've created situations,

where I feel like I'm not enough to do this and I don't have the background or whatever it is, and I have learned time and time again that people are just people.

TC: Agreed, and yeah and you never know because that's what that's what I did was shutter sisters, way back when I invited you know like, 10 of my favorite people online that most of them I did not know at all. Or I knew them from being online so we only knew each other through you know, commenting on each other's pictures or whatnot, and every, every single one of them was like yeah we'll do whatever, whatever, that sounds amazing, of course, we'll do it.

And that was really exciting, in the collaboration thing, but then also you know if you do put yourself out there and someone says no or someone doesn't hear you or you don't feel like you communicate what you were hoping to, well, maybe they're not. If they don't hear you the right way they could just not be the right person. You know, I mean my sister sent me a quote the other day that said something about if someone hears you wrong. They're probably not the right person at that time. And it's like, oh, you know, okay, so move on next person you know because sometimes you get in a little bit of a role where you kind of get a lot of rejection or you feel like you're being rejected and that can be devastating, but I think just putting yourself out there and approaching people is the best way to go and I think that's where the magic can come.

SJ: Okay so I love to tell stories on this podcast, one of my goals is to help or encourage other listeners, women, to tell stories, I want you to just tell me a story, maybe it's about capturing a particular photo recently, or just something, tell us a story about how you've done something that you've done. I know, super vague.

SJ: I mean, there's a million ways, it's not vague, it's just a million ways I could go with it so I'm just trying to think of something that feels relevant to maybe like, what I've been talking about recently or, oh okay this kind of like goes a little bit along that lines of putting yourself out there you know people are human, making the call, trying, trying. And this is something I'm trying to remind myself right now because I feel like I've been in a little slump. I feel like it's just- things have been a little bit strange launching my baby off into the world and now she's in college and it's taken a while for me to rebound from that, because I kind of dipped, like resurfacing. I was talking to my youngest who's still in high school, thank goodness. She's still under my roof. And we were talking

about, you know, putting yourself out there and when people say, well, that never happens like you can never do something like that and risk yourself and get in, like you just have to go through all these different experiences. My story is I remember, and this also comes down to timing and the right people at the right time and you never know when the doors gonna open but talking to her about that the other night reminded me I said you know what nobody, everyone said to me when I thought I'm going to write my first book. Everyone said, well, good luck with that, it's going to be really hard, you'll never get your first book published for what you're certain you'll certainly never get your first book published from your first choice favorite publisher, and it's never going to be easy. The other thing they said that is true, at least for me is you're never going to make a million trillion dollars on it. But the moral of the story is, I did myself out there, and I did get the book published, and not only from my first, you know, my first book, but also by my first choice, and it was like, boom, boom, boom, and it just fell right into place and people are just like how does that happen that never happens to anybody and I'm like well you know what, you do hear things like that people do put themselves out there and they do, they're at the right place at the right time, you know kids do go to one audition, you know, and get that part that puts them on, you know, in the big screen that changes their life forever it does happen, so why not put yourself out there?

SJ: It's never gonna happen if you say it never happens.

TC: And it's never gonna happen if you don't try. Those thoughts are powerful.

SJ: I love it. That's so cool. Okay, so those first two books didn't remind me, aren't they with Chronicle Books?

TC: Yep, they were both Chronicle Books, um, neither one of them is, is being published anymore. The one my first one, it was a journal for pregnancy, and that one, that one was the best seller and it was, it was really really great and sold I don't know, a lot of we sold a lot of books- I don't even have the number but that was great and then the second one was the baby journal, which happened to come out right around the time when a lot of other baby journals were coming out, so I kind of just the first one was like we hit the market at the exact right time, and then the second one, it just kind of felt soft because it didn't hit the market at the right time.

But everyone wanted it, after they did the first one and when it wasn't available, it was hard but it was. It was a great experience. I love Chronicle, I wish I could do 100 More books with them. It was awesome, awesome, awesome, and then I jumped from those books which were like guided journals because I too want to encourage people to tell their stories. And so those were like guided journals and that kind of started my whole career with the prompts-I love to write prompts to prompt people to either write or shoot. You know it's just a nice spark.

SJ: That's, I think that's one of the things that is just so unique about you is this incredible gift, talents, that you've developed for photography but then you pair it with words. And you not only pair it with your own words but like you say right you use like, as I remember your classes, you know you share this incredible image but then yeah you've prompted me to think about what I could go do you know with my own camera as I'm aspiring, you know, to become better at that craft.

TC: Photography is so much for me like, I really do resist telling people how to do things that because, like that's what I don't want to inspire people that way, like do things like this, ABCD I want to say like, think about this, and then how do you see that and how can you translate that. And, you know, that's kind of my idea behind the prompts is how do I get you to see it your way, not, I don't want you to see it my way. That's not fun. That's not fun for you. I want you to see that it's fun for you.

SJ: You can't see me, I'm putting my hands up in the air right now because that's my philosophy, that what I've always loved to do. I say, don't do it the way I do it the way you do it, but learn something along the way. Okay so I'm jumping a little bit all over but let's chat about using photography, okay, to document ourselves. And especially to help us be present as we change and as we go through life transitions. The actual reason that I reached out to you at this time, you know, for this particular episode is because you had shared an image of yourself, about a month or so ago on Instagram. And again it just stopped me. And I read your full comment, and then I'm going to read part of your comment, I want to do that, justice, they should go look it up and read the whole thing, that this is part of what you wrote it says, "I hope it (speaking of the photo) has something to do with me, really truly settling into a place where both my softness, and my strength, meet, where I can be the best version of myself, both in struggle, and

success, and above all else, I can be comfortable, confident, and content with who I am, where I am right now, today.” Woah- maybe it’s because I feel like I’m in a similar place with you, um, you know in transitioning and growing older and desire to see my softness meet my strength, I was like woah!! So just talk to me about that.

TC: So, as far as me documenting myself I have done it since college when I was I took one photography class in college so I did not do photography classes a lot but I did document, did a lot of self portraits, way back when, and that was many, many years ago, so that was like self timer and like, you know, all these tricky ways of getting yourself in pictures back with the big kind of all manual camera, but through the years what I’ve done is I’ve tried to just really, really honestly for the sake of like getting a profile picture. I think my very first time I really recognized the importance of being asked for a profile picture, was that it really kind of prompts you, makes you shoot a picture of yourself for a reason. And then what I realized I took this picture was when I very first started blogging and they asked for, you know profile pictures for the blog and I took some self portraits with a self timer with me and my girls and they’re probably my favorite pictures have ever taken of my girls and I, because they were just so, in that moment I mean one of them my daughter’s crying on my shoulder and the other one you know they just it was just so perfectly perfect for me in my life, and it reflected exactly where I was. So what I started doing and what I’m realizing now more and more is that I really started documenting myself at particular moments, and they didn’t have to be important, necessarily, but they were just like, maybe I wanted a new profile picture because my book was gonna come out, so then I was in this space, where I had something inside me that I wanted to show, and it’s like whether it was confidence or excitement or whether it was just like a real groundedness, or whatever kind of feeling at that moment, that’s what I was trying to show, and I’ve gone through different iterations of my self portraits of my profile pictures in particular. And I can remember where I was and why I was taking those pictures and then to me what those pictures reflect back. And a few years ago I was taking a picture that I was specifically wanting to show a strength, a kind of a fierceness because it was a project I was working on and I was feeling like I was coming in touch with a side of myself that I wanted to really put out there. And then I had some issues in that project and I realized like that I was that



that part for me was overrated, like, I'm like, okay I can be fierce, but I'm really actually pretty soft, like really like more softer edges and so then, you know, over since then I'm like, what do I want to put out there? I want to put out there that I am approachable, but I'm not too cool for school that yeah I may be, I may be able to be fierce and bold, sometimes but I'm actually really, you know, softer than that. So then, and then where can you find the middle ground, you know and and being in kind of hardship and struggle and challenges and self doubt over the last few years, which I really have been in a real challenging place emotionally, is how can I find those, all of those things and not only be those things and be comfortable with those things, but how can I share that because I tend to go underground, when I'm in my most struggling space right. You don't want to be tap dancing that you're like a wreck, you know, crying and a supermarket and whatever. But the truth is, when I put that kind of stuff out there a lot of times people, it resonates with people because we all feel that so that's kind of where that comment came from. I'm still kind of floundering, but I'm just trying to think how can I be floundering and still be okay, you know.

SJ: Exactly. And that's, and that's what I took away from it, right, that floundering is okay. That floundering is how we find the next version of ourselves. As we let ourselves do that unravel thing and we have to think of who we are honestly as roles. So let's just, let's just go from there right into motherhood. And just for a minute growing children, adult children. I am as you speak about your youngest, leaving right finishing high school, my youngest son is also graduating this year and you had invited me a number of years ago, for your book. You had me write an essay and again I went to that place of self doubt and I thought I can't write an essay for Tracey Clark. But I said would and I pushed the deadline, as I always do and I remember exactly where I was sitting in the room I was sitting in and just finally opening the laptop and saying I have to just get this out of me. All of this that I'm feeling and I just cried, straight up, bawled for 25 minutes. Kleenex box, laptop, wiping my eyes, blowing my nose, but it's some of the- it's probably one of the most favorite things I've ever written because you gave me the assignment to do it, and it was therapeutic and cathartic right to write about this child leaving home. And don't even know what my question is, but again just thoughts on

using either photography or writing, or both, to help. Yeah move through these phases and seasons, as we transition.

TC: Yeah. Gosh I remember getting your essay and just I was still many years away from that, you know it but I just remember thinking, how well obviously heartbreaking. I think I read it, I think I called my sisters and read it and she's like, "you guys look what's gonna look what's coming though", you know, I mean it meant so much to me and it was so exciting because, for me, you know I had had a few friends that were pregnant right. And it was so perfect for the book, and how I wanted it. It's the last essay, I'm pretty sure it's the last essay. In the book, and it was just so perfect in that picture and just everything. It was just perfect. So what you wrote was exactly what the book needed. And for me, it was interesting because I was so far away from it and now that I've experienced it. And, yeah, talk about crying I mean seriously, I could, my daughter, my oldest is about to graduate college, in a few weeks. And it happened in the blink of an eye. But yeah, the motherhood thing is interesting because, well for one, I know it's a part of this space for me of feeling, you know, really challenged because I'm facing myself now and not just my kids and I think you know, we tend to as mothers forget some of the pieces of ourselves, Although I found myself fighting for my autonomy, like crazy when my kids were little, like, like I was like, so insistent on working and, you know, fulfilling my creative needs and that I was just like almost like crazed. And then as they got like into middle school, high school, I kind of was like, I almost had to let myself go, and then I was really focusing on wherever they were, because I think the emotional rollercoaster of things got more and more intense, and then as they got ready to leave, my oldest got ready to leave, I got more and more wanting to spend every single minute engaged in her life, and that's when I really kind of lost a hold of that desire and that drive of holding on to myself. So now that I'm resurfacing and you know other things happened to kind of, you know, "big picture", you know, made their transition and I had doors kind of start to close and so I was able to really focus on her. And then once she left and I kind of recouped. I was like, now who am I and where am I and do I have the motivation to do anything, besides cry and pick up the pieces and you know, it's just been really tricky and now I'm kind of, I see myself doing the same thing with my old, my youngest who is actually only a sophomore, so she's got a little time but the motherhood

thing is, is a huge part of this and as far as photography goes and documenting. I have found for me, my photography has evolved. Now, I have to move away from just taking pictures of them and then I started taking pictures of my dogs, and then I started taking pictures of flowers and now I'm really all about nature because that's where I can go. So, so I'm really you know I'm grateful for every single picture I've ever taken on my kids and sometimes I feel like they get more and more important as I get older, because they're slipping away. But at the same time my photography now is actually saving me again. Like it's saving me, because it's giving me something else to focus on and it's reminding me of all the other things that are out in the world that I can hold on to, and that I can see and observe and, and, you know, it just reminds me of what's important I think for me.

SJ: I love it so much, it really is a gift that I feel in a large part you have given me, because you've helped me see and be present with my lens and realize all of the different things that I can photograph. I will never ever experience a spring blossom again and not think of Tracey Clark anyway thanks. It's so true and I just am so grateful to you for that. Yeah, it just makes me happy. That I know you and that you've influenced me and the way that you have, and thank you. So this is kind of a silly question but seriously your quote, where do you find your quotes? I just want to know, are you, you know what I literally like, well, there are some I've got books that are bookmarked and things but now with the internet I don't have to go digging, you know, so I actually just Google stuff and I really I think ooh, what would be, you know, what am I trying to say in this picture, what does this picture, remind me ever stir, usually I will Google something that I'm going through. Yeah, that I feel like matches. You know that matches the picture that I had taken that kind of matches my feelings. A lot of times the pictures that I post are exactly where I feel like they reflect what I'm feeling at the time. Yeah, and you know I google different things and then I find, and then I just read through a bunch of quotes and then, you know, I always try to research the person who said them. So I know where I'm coming from or maybe I'll read more passages, so I'm a little bit of a cheat that way, I don't, I'm not like going through all of my books on my, on my shelf and like you know, choosing things through what I'm reading or anything like that so I'm kind of a Google cheat.

SJ: I mean, we all are. I just thought just in case she has a secret. But again you just- you have a gift for finding, you know, the right, Google T quote and putting it with images that in a very inspiring way okay so we're running out of time I ran that just freaks me out. But I noticed that somewhere I think maybe on your Instagram profile you said you know you're shooting with your iPhone. Yeah, mostly, almost 100% Actually, okay so, so just, you know, I almost don't want to call it a tip because that seems like maybe not enough but, but kind of let's start to wrap this up maybe share insight or some kind of practice that you can recommend with this thing that we carry around with us in our pockets because I really want women to, you know, be able to do more with their, their camera, their phone.

TC: So I do have a lot of tips for your iPhone, it is my camera of choice now and I just want to remind you that you really can take extraordinary pictures with your iPhone. Here's a few little quick tips 1. engage with your subject. Don't just be in like portrait mode, don't just stand and shoot don't do a point and shoot really consider what it is you're shooting and engage that subject, get closer to it, get lower shoot up, shoot down, different perspectives like change everything, and really improve your photography, all around no matter what camera you're using and also do not be afraid to get really close, you can get so close with your iPhone. And when you tap on the screen, it focuses in, get as close as you can and still keep the focus if it gets out of focus back up a little bit and try again. And then, absolutely edit, I say edit every single picture I mean treat every single picture that you are in love with it you shoot like a little masterpiece and just take it from start to finish, edit, you know, I just actually am teaching a class for very, very, very beginning users who want to learn how to edit your pictures that you take on your phone in the phone in the phone, using either no app at all, using what's in your camera or using really super simple apps and even editing through Instagram because the editing process is, I think, essential in improving your photography.

SJ: I love that. And actually, I was gonna say even before this point, I will put all kinds of links in the show notes so that people can find you online, you know, your website and I did see where you're teaching classes again so we'll make sure to link to all of those

because you guys can learn so much from Tracy, I mean, start by just following her, you know, on Instagram and maybe reading her blog and stuff but I would absolutely obviously, right as a former employer of Tracey would recommend that you learn from her photography.

TC: What's fun as you mentioned "picturing spring" and I just, yeah, just launched a little ebook, of the prompts for free right now.

SJ: Yes, and it's free so for sure that's going in the show notes so yes, I was super excited to see that that's so cool okay so wrapping this up I have this little section that I called people, places and things, so I want you to respond to this question, who, where, or what has your attention right now.

TC: Well, Because, like I said I'm really focusing on a lot of the nature photography, and specifically ocean and sky, those are my two kind of obsessions right now and even more so sky, but I've been finding these really cool Instagramers that I have not ever seen in photography styles that I have not ever seen and I've become obsessed. I didn't even write it down but there's a hashtag that I follow now where it's these close ups of waves. And it is, I'm telling you it's spellbinding and so I'm really, that's my newest obsession I'm just mesmerized and I'm not shooting those that way but I think I'll probably try, cuz it's amazing. It's really amazing. Okay, so I'll get the hashtag from you, we'll put that I forget what it's called Ocean work or something I forget my brain never remembers anything so I'll give you the link but it's been really fascinating. Just to see a different perspective because you know, a lot of my peers and I we all have a similar genre. Yeah, so sometimes it's fun to kind of step out of that and really, when you discover stuff that's happening out there that you didn't even know was happening, it's kind of exciting.

SJ: I do love that. I love how you discover things. And I just had another thought that I want to say before we're done because I think you've exemplified it so beautifully today in just your answers, and that is that as we grow and change and transition through life seasons that I am finding that you have enough time. Oh hello podcast is called exactly enough time, didn't you hear me. I am thinking you know just all the conversations all the little ways that we've talked today, there's enough time to do what you want to do and to be who you want to be and to be that next version of yourself and just the way

you've talked about, you know, looking for new ways to use your camera in your photography. Anyway, I just love it. I love everything that you represent to me so here's the final ready, I want you to fill in the blank. I have exactly enough time to...

TC: notice.... Yes, that's my thing, because I feel like from processing my feelings. Being where I'm at, and then to photography- pieces of it, it all comes down to noticing, and it's just sitting still for a few minutes it's just observing the way the sky moves. I mean, I'm a big skywatcher, I just watched the sky, noticing- it's literally as easy as breathing, you just have to start paying a little bit more attention, and once you start paying attention, and once you start seeing things differently. You can't stop. That's it. That's the beauty of it when it's turned on, it doesn't ever turn off.

SJ: Thank you for your thank you so delighted to share this conversation with.

TC: Oh thank you, it means a lot to me to be here.

I told you that that would be lots of fun. I want to thank Tracey, again, for her time and for her insights and her expertise and thank each of you for taking the time to listen to this episode. I'm going to read to you one of the reviews that was left on iTunes. This is from my friend Cheryl.

She says "I cannot tell you how excited I am to have a podcast by Stacy Julian!!!! exclamation point for him then you guys. I love listening to Stacy, I have been a fan of her since the days of simple scrapbooking and big picture scrapbooking. She is fun and entertaining. I always learn something new, and hearing her is so soothing." (I don't know about that today because I am getting over a cold) Cheryl goes on, "I do have enough time for getting, I'm sorry for the things that matter, I can do this, getting to be around Stacy's over the years has made me more intentional creative and fun. So glad to have her in my life again." Cheryl, it was so fun to see your comment on iTunes, and I want to thank you so much for either sending me messages via the orange SpeakPipe button, or for leaving me ratings and reviews on iTunes, both are so meaningful to me, and I'm grateful for them and they make a difference in the success of this podcast. So I thank you again for listening and I will be back next week with another episode of exactly enough time.