

Jason: Escape Artist and we are excited to be here. Welcome to our grand experiment known as Escape Lab. You're on the ground floor of something that is going to be amazing.

Kim: Ready or not!

Jason: Yes, ready or not.

Ferris: How could I possibly be expected to handle school on a day like this.

Jason: By now you should have gotten your treasure boxes. Thank you for the people who are patient in waiting for them. We had some issues.

Kim: Some adultitis was fighting us a little bit on some of that.

Jason: We got them all out. Hopefully you should have gotten yours if not let us know.

Kim: Please let us know.

Jason: It's been awesome to be able to get to know some of you through the show and tells. Thank you for those who have participated. There've been some really cool photos. I had some of my favorites [Laurie Guest 00:01:06] I love that little shelf thing on her wall.

Kim: You better lock your doors because I think a lot of people we're like "I want that."

Jason: She described it like as a charm bracelet for her wall and it's so cool and I love little nookie things like that so that was really cool. Monica stands out with me too with the polar bear plunge. I don't know how you do that that's ridiculous.

Kim: That is pretty admirable. Kimberly's pond in the backyard that you ...

Jason: That was cool.

Kim: That looks like a very special place. Was it Ally with the dog next to her little daughter? That was awesome. This has been a super cool tool for us to get to know you guys better and to put names with stories and connections. If you haven't done the show and tell please do so it's never too late to ...

Jason: Yeah feel free.

Kim: If you think of another one and you want to put something else up. The more the merrier.

Jason: It's been cool to see the conversation, the people responding to other people's photos just cool. That is all that will stay on the home base as we call it. When you go to myescapelab.com and log in. you go to the home base and that has all the little circles. There's 20 of them. One for every weekday of the escape lab and on that page itself is where we have the show and tell going on. Every day now we're going to be having a new icon that is going to be clickable that will go to the content for

that day. It might be a video. It might be something to read. It might be something to do. It's going to be different everyday.

What we'll do on those pages like today's the first day for this video. We're going to ask you some question at the end and you'll be able to share on this page. Feel free to engage in the comments, upload pictures whatever and then just make sure that you're responding on the actual page that the content is on if that makes any sense.

We basically want to talk about today has to do the mugs that we sent out must be nice. There's this weird thing that happens I know for speakers but I think it happens to all of us. We all tend to play a compare game and the phrase must be nice you heard that it's always like a negative ... It's in the way saying like I hate you! Hi!

Kim: It's usually [inaudible 00:01:06].

Jason: I remember a couple of years ago I was at a conference for speakers, National Speaker Association and you watch the people on the main stage who are all veteran speakers who are very good and you can't help but compare yourself to them if you're a speaker. I found myself getting caught up. There's a guy who played in the NBA and he wasn't necessarily anyone would know. He played with Michael Jordan but he's a tall guy and really dynamic. I remember thinking "must be nice that you played in the NBA." Of course when you call up and talk and say I have a speech and oh you played in the NBA I'd love to hire you. Then there's a woman who was a CEO of a Fortune 500 company and I remember thinking "Must be nice you're a CEO of a Fortune 500 company."

Kim: [Inaudible 00:04:21]

Jason: And all this contacts and stuff like that. It gets so bad. This is how deranged you get is that you'll see a speaker who maybe has no arms and no legs and is blind and can climb Mt. Everest and you're tempted to say "Must be nice that you're blind and have no arms and no legs." That's an amazing story. I don't have an amazing story like that. Then over the course of the convention it occurred to me that there's things that people say to me friends and colleagues were Kim and I we work together she does a lot of the sales and marketing. People we're like "Oh must be nice to have Kim do all the travel and all the sales and all the contracts [we're in 00:05:04.]"

A little secret is it is. It's super nice. Then people would say "Oh you're slides they look awesome because you're an artist. Must be nice that you're visually talented like that so you can create awesome PowerPoints." It's like "Yeah must be nice." At the point of that like realization I realize I wasn't really doing everything I could do to take advantage of that art talent and so that was something that I started to focus on. It occurred to me that everyone has must be nice. There's

certain things that I have advantages of and there are certain things you have advantages of that we are either born with or we have a cool support system or maybe our parents taught us some random skill when we were little that now is helpful.

Kim: Very valuable.

Jason: What we trying to do is somehow turn the phrase must be nice which is normally negative into something that's positive. That is what our goal is, is to do that.

Kim: Shift the focus a little bit and to keep our eye out these next few weeks for our must be nices everyday. Every time we turn around our life is filled with them that oftentimes we are looking at things the opposite way. It must be nice for that person. It must be nice for that person. It must be nice for me that I'm blessed with 3 children even though they're a pain in the butt half the time. To shift it right? Instead of complaining about what the reality is kind of to say must be nice that I am blessed in this way.

Jason: Especially in that case for someone who might be having fertility problems that would love to have 3 kids that are a pain in the butt. It's trying to change that mindset. With that with intent is where we want to come up with these mugs the very simple must be nice logo so that whether you're drinking coffee or tea or hot water or whatever keep it nearby and serve as that reminder to be

Kim: In that mindset.

Jason: To be in that mindset. It reminds me there's a German word that I really love. It's called schadenfreude

Kim: Is in an umlaut?

Jason: You're the German person you should know. Basically what that is, is it's taking joy in the misfortune of others. If there's someone that you hate ...

Kim: Talk about adultitis.

Jason: You see him slip on a banana peel you're secretly happy about that. I think from the German that actually translate harm and joy.

Kim: It's like all of those tabloids. Is that the whole point of it all?

Jason: I think that is. All the people that are supposed so fancy and it's like "Oh look at her cellulite". I came across this other word and it's from sanskrit. It's called mudita. There is no English equivalent for this word. It's an old word but it means sympathetic or unselfish joy in the good fortune of others. I don't know about you but I could a little bit more of that. I tend to do the compare game too much and I think we can all use a little bit more mudita where we're experiencing when someone see good happens to someone it's to be filled with joy for them. I think that's good practice. Hopefully this will help with that.

Kim: That will help us actually look at other people's must be nice in a positive way. Must be nice for you like celebrate with them instead of having the edge of sarcasm and adultitis of like must be nice.

Jason: Hopefully that something we can start in this community and maybe it'll spread. You should've gotten this. This is your adventure journal. This is a simple moleskin journal and you can use it however you want. One thing that we challenge you to do over the course of the next month or so that we're doing this is to record at least one must be nice a day. I think that if you ... It's pretty easy thing to do. If you're by your bed jot it down.

I just have a feeling we all commit to that that over the course of this next month there'll be some changes because when you're filled with gratitude it's amazing how much your attitude changes and how many new opportunities and good things pile on top of it. Use your adventure journal to record your must be nice one a day. If you actually want to post them online and if you want to share something on Facebook or Instagram or Twitter. If you want to use the hashtag must be nice feel free to do that then other people can track it and link it up and see what's all going on.

Kim: You might inspire someone else to think of a new one for themselves and make it more contagious.

Jason: For today though on this page under the video there's another comment section that we want them to put comments today.

Kim: We want you to share your must be nice for the day today.

Jason: Yes.

Kim: Let's get the ball rolling and like I said there's [inaudible 00:10:26] so it's be pretty cool to see from one end of the country. We got somebody in Australia like we got people from all over so in all walks of life, all ages, all demographics. What's your must be nice? Please share with us and we can be inspired to look at our life a little bit differently in the next few days.

Jason: We'll see you tomorrow. Who knows what we'll going to [inaudible 00:10:50] tomorrow. That's your job for today is focus on that must be nice. Thanks guys.

Ferris: Life moves pretty fast. If you don't stop and look around once in a while you could miss it.