

Speaker 1: Hey, escape artists.

Speaker 2: Hey.

Speaker 1: We're doing something a little bit different today. We're coming to you live from the mall of all the exotic locations.

Speaker 2: January in Wisconsin.

Speaker 1: This is our life. The kids are busy right now eating pretzels.

Speaker 2: Say hi.

Speaker 1: We just thought let's mix it up a little bit and have some fun. What we basically want to talk about I guess small prizes. We have a few ideas.

Speaker 2: Yes.

Speaker 1: Since this is off the cuff we don't know what prizes we're giving out but we at least know who we're giving them to.

Speaker 2: Yes, yeah. Let's go with our Escape Lab Live event. Oh my gosh. It was so much fun. Those who came, thank you. We're going to have one more before the end of the it all. Our prize this week goes to Tara [Ingalls 00:51] for serving up drinks throughout the whole thing.

Speaker 1: She's the resident bartender at Escape Lab Live.

Speaker 2: You can tell her your drink and she's posting pictures of the drinks and get refills and it was hilarious. Thank you, Tara. Very very fun.

Speaker 1: Another one. We didn't intend to give back to back versions but thus Becky [Risinger 01:09] earned it because she actually posted a spreadsheet of her time budget. So not only did she do it because I know it was as difficult challenge to do. She did it did it and then she posted a spreadsheet.

Speaker 2: She's a great example. [crosstalk 01:24].

Speaker 1: She killed it. She actually said that she wasn't that surprised by the reality of her results.

Speaker 2: She was interesting. Yeah.

Speaker 1: If you're going to go through the trouble of making a spreadsheet, you're that type of person. I could see where you have a pretty good idea of what it's going to be. You get a prize, Becky as well.

Speaker 2: Jason love. I think everyone will agree that video that you put together was just kick butt. I mean I literally watched it 10 times in a row.

Speaker 1: Yes. The little stop motion video of the Kool-Aid was epic.

Speaker 2: So Awesome.

Speaker 1: All 3 of your guys will get something. We don't know what yet but it'll be something cool.

Speaker 2: We'll find out.

Speaker 1: Basically we just wanted to throw out a concept today to think about. It's the idea of opting out. All right. Now if you go order something on-line, there's always a little check box where you can opt in to their newsletter or whatever. Some places actually have the check box checked for you assuming you want all of their crap and you have to actually opt out if you don't want it.

Speaker 2: Right back.

Speaker 1: The concept is I think we live life that way where our check boxes are pre-checked if you will. I think the message today is the idea of looking at our life and all of the potential things that we could do and opt our of everything. Everything. Then mindfully opt back in to the things that work for you. An example in our life okay. This little one here Jenny and Ben were both born at home on purpose.

Speaker 2: In our bedroom.

Speaker 1: It wasn't like an emergency. We did it on purpose and it was wonderful. It was like such an awesome thing. We'll link to the experience in the show notes. Now, we don't expect that everyone ... It was wonderful for us and we invite people to learn more it. We don't expect that everyone will want to do that. It was one example of something that everyone has their babies in the hospital. We decided to opt our of that one and just do what we wanted to do. Over Christmas we were watching a marathon session Tiny House something or other. Yeah.

Speaker 2: Tiny House Revolution or something. It was awesome. Yeah. The concept of these people living normal lives and then all of a sudden they want to live in 800-square foot home.

Speaker 1: Or smaller in some cases.

Speaker 2: Yes. There was a couple of families and it really challenged us. I mean we got really addicted to watching this because all of a sudden you look at your house and how big it is and how much stuff it is in there. You just

like, "I want sort through. [I don't want 03:54] any clutter." The concept of what do you need to live, what makes you happy and the intentionality behind your choices. That really challenged us. We're not going to be moving any time soon but it really got us thinking. What do we need? What do we want? That's what we challenge you guys to think about this week too.

Speaker 1: Yeah. We'll be talking a little bit more of that as the week unfolds but think about all of the things in your life that you do because everyone does them. Are there any opportunities for you to opt our of it? Then like I said mindfully choose what's best for you. Signing off this week today from the mall.

Speaker 2: The East Town Mall in Madison.

Speaker 1: Yes, we are excited to be on this journey with you guys and more from us soon. Bye-Bye.