

Kim: Welcome to week two of the Escape Lab.

Jason: We're here. We made it. You made it.

Kim: Week one is done, how did it go?

Jason: Yeah, so far ... I think it's been good because this is an experimental thing for us. We didn't know what to expect. You guys are bringing it. That's all I have to say. The comments, the pictures, the must be nicest. It's awesome. That's my favorite part is reading what you guys are going, and writing about, and commenting on each other's stuff it is awesome.

Kim: Pat yourself on the back, you're doing great.

Jason: We actually were starting to type up some of our favorite ones and then realize that would be like an hour show.

Kim: Which is more of a time commitment that we had promised.

Jason: We did want to acknowledge some of the good ones. We have an assortment what we're calling SWELL prizes. SWELL stands for Supremely Wonderful & Exciting Loot Lollery. They're basically prizes.

Kim: Awarded to some of the folks that got our attention this week and like we said they were like a zillion of them, so this is very difficult. If you haven't got a chance to just dig through some of the comments on the different post list ... Please take the time because there's some cool stuff on there and it's neat to see people sharing things. Thank you.

Jason: One of the highlights was Angela Dunlap when we were talking about the idea of tinkering, the art of tinkering. She told a story about last year her sister ... Angela turned 50. 50 days before her birthday gave her a gift leading up to her 50th birthday.

Kim: Everyday for 50 days.

Jason: Although that is cool. What Angela did afterwards is starting in ... I think last year of 2014 for 50 straight weeks she did a pay it forward thing. Little small things to just different people and then at the end of each week she wrote a letter to her sister not because her sister wanted her too, but just to kind of keep herself accountable and she just talk about how magical it was and how ... At first she didn't know what she was going to do every week. She said the universe just kind of opened up doors.

Kim: There's opportunities, that was very cool.

Jason: Super inspiring. For that, we wanted to give Angela a set of mismatched socks. There are actually three socks and they're different colors but they all kind of go together. They're meant to be mismatched. These are some of Kim's favorite socks right now.

Kim: Like that. I wear them all the time.

Jason: We'll send those out to you Angela, thank you very much for that. Kim, what's the next one?

Kim: The next one is Terry Leonard. We're talking about Kyle's video. Terry had shared in the comments that just allowing herself to divert and kind of checkout new things when things arise whether it's on the internet or maybe something she learns about can lead to interesting and amazing discoveries, so that's kind of how she makes time to tinker and follow her interest. I think that was pretty awesome.

Jason: Yeah, we definitely had a long list of links with Kyle's video that she explored, so that was for me time of the day and there's a lot of cool stuff. That was a neat ... Totally awesome dude. If you haven't seen the interview, go back and watch it. For Terry, we have what appears to be chocolate, it's not, it's a calculator.

Kim: Next time you're doing your bills, it will a little bit more fun.

Jason: It looks like a Hershey bar, but it's a calculator. A little something for Terry. Finally, Becky Risinger I hope I'm saying your name right. Before and after Shrinky days. A lot of people have been doing the Shrinky days since it's been kind of fun. She did it before and after which is really cool and she had her whole family got involved.

Kim: I think she said five of them and the pictures of what you guys did were so cool that I saw Spongebob and like a little turtle and snail and some names. Definitely was obvious that you guys made some cool memories and it sounds like the kids were asking for where they could get some more special paper, so that's always a good sign.

Jason: Yes. We'll include a link to that under that comment. For anyone else who wants more [Shrikidink 00:04:20] action, fun. You can get that at the link that is on that post. For you guys for the whole family we have a ten of googly eyes stickers.

Kim: You could just go nuts with that.

Jason: have fun putting them on anything. One of the years for the Escape it all summit we gave these on people were putting them in the public restrooms which was actually kind of fun. Thank you guys.

Kim: Have fun with those. We'll put those in the mail for you guys.

Jason: Yeah. Thank you to everyone who's been playing along and sharing. I think Coleen was one of the people who talked about and a couple of people mention them like the daily thing of keeping up on the stuff and we do not want this to be a choir for anyone, that's why we have the weekends off to kind of give you a chance to catch up. However, I like to remind all of us that Adulthood does not take a vacation. To have those little daily reminders sometimes are huge. Everything you can put into it is basically what you'll get out of it. Speaking of putting things into it, One little announcement is ... Many of you signed up for the Facebook group, it's the Escape Adulthood League. Originally, it was for people who attended the summit, we kind of opened it up to anyone who's been either to a summit or a lab, it's been awesome.

Kim: It's super fun. Yeah, lot's of cool pictures coming up there. The different foods you're trying for the taste bud conspiracy. Whenever you think of anything that has to do with Adulthood or escaping adulthood just stick it up there, feel free to share as much or as little as you want.

Jason: I'll look to the support. Sometimes people are having a rough day, they post up there and there's this community that will cheer you up and understand where you're coming from. We will also have another link to that if you haven't had a chance to sign up for that feel free to request invite, we'll get you hooked up.

Finally, some exciting news. On Wednesday night, we're planning a live Google hangout. Now how this would work it will be from 8:00 to 9:00 Central Time. I understand that may not work for everybody, but we want to give you ...

Kim: I wonder what time is that in Australia.

Jason: A little bit of a heads up, so you can plan ahead and we'll have one more before the lab ends it will be on a different night of the week. Basically, it's going to be an hour where you'll be able to come to a website, watch Kim and I live talk and we'll have John with us who is our amazing right hand woman. If you've ordered anything from the Lemonade stand, she has packed your order most likely.

Kim: If you went to the summit, you know her as the lunch lady.

Jason: She's going to be helping to moderate the chat. You guys would be able to log on and ask questions or make comments and then should be able to tell us what's going on and we can have a little bit of an interactive sort of thing. Hopefully, you guys can join us for that. Again, it's Wednesday night from 8:00 to 9:00 Central Time. We'll have links to

where you have to go to check it out. Onto the meet of the week, something to think about. I'm going to ask you to do something that you may have never had anyone ask you to do which is to pretend to be the Cool Aid man.

Speaker 3: Hey, Kool-Aid.

Kool-Aid: Yeah, Kool-Aid is here bringing you fun. Kool-Aid has got thirst on the run. Get a big wide happy ear to ear Kool-Aid smilee.

Jason: I'm the Kool-Aid man, it's like, "Oh yeah." He's so excited to give the kids his Kool-Aid.

Kim: He busted the one.

Jason: That's what I want you to imagine. I'm going to do a little demonstration here. We talked a lot towards the of last week about me time and things like that. I want to do a little demonstration of why it's important to have me time. We kind of get it, but sometimes it's the first thing that's pushed off the list. Sometimes we feel like we have to earn it. I know you have that problem. Let's pretend here we have this picture of Kool-Aid.

Kim: You're not crushing through a wall?

Jason: No, not at this moment. I'm going to say that until the end.

Kim: Okay, go.

Jason: This is like you. The Kool-Aid is your energy, your passion, your talents, the stuff you have to share with the world. In our lives, we have a lot of things that we need to give our Kool-Aid to. This represents our family. The people closest to you. Whether you're married, have kids, grand kids, whatever it's like your best friends, the people in your life that you care about the most. You love giving your Kool-Aid to these people, right?

Then we have another cup here, it's not as big as the other one but it's important to your extended family. The people, parents, you have to get together something like a family barbecues. Just other things that are sometimes fun, sometimes not, but it does require some of your Kool-Aid. Now, there's the community. The community is involved whether it's that church or a part of a civic group. Just those other things around the neighborhoods maybe that you're involved and that requires some of your Kool-Aid.

Then we have ... I just call this home. This is like the choirs. Whether you live in a home, a condo, an apartment it's the laundry, it's the shoveling of snow. Grocery shopping, all that stuff that you don't necessarily like to do, you got to do it. It takes some of your energy, it takes some of your Kool-Aid. What are we missing? Yeah, work.

Kim: 40 to 50 hours a week at least, right?

Jason: Work takes up quite a bit of our time. So much so that we actually have to have two of these because we spend most are hours on work and it takes up a lot. You can see your Kool-Aid has dispersed over many different things. Now, we're out of Kool-Aid. Here's the big million dollar question, "What happens when you're at this stage and the spouse, or a friends, or a co-worker, your boss, a kid comes up and they just have one more thing for you to do?" By the way, would you mind taking on this extra project at work? By the way, Mama have a [inaudible 00:10:41] that's due tomorrow morning, we'll work it out a little, all right. What happens when it gets in that stage?

Speaker 5: I am as mad as hell and I'm not going to take this anymore.

Jason: It's not good, right? My mom gets that too. Smoke coming out off her ears, her eyes would turn red. Here's the deal, we need to fill our Kool-Aid back up and how do you do that Kim? How do you fill your Kool-Aid back up?

Kim: Just pour it all back in.

Jason: You filled up by the meantime. I was at a conference last weekend and one of the things I said was about business owners and said, "Your business requires you to be fit, balanced, and happy." I thought of it and it's like true because if you're a boss or a CEO and you're stressed out, unhealthy, a terrible mess, you're not helping anyone. The same thing is true, a family. Your family needs you to be able to bring it, right? The only way you can bring this if you have Kool-Aid in your cup. The cool thing is that playing, spending me time, being a part of this lab has been a big step for a lot of you, that what's helps get you Kool-Aid back up and allows you to have more to give.

Rather than taking time for me as thinking of a selfish thing, it's actually a very necessary thing.

Kim: I don't know about you, but when I take even 10 minutes, 15 minutes, sometimes it's just going into the bathroom, looking the door, "Oh, I got to go to the bathroom." I'm just in there whatever and no one can come in. When I come out, I can feel it rise up a little bit and then I have that to give out again. It's just like almost a physical manifestation of that

energy that you need to keep showing people that you are in it and that you can kind of keep things balanced. This a good physical and visual reminder.

Jason: Along those lines, what we have is a sort of challenge for you. Take us up on it, you'll get a lot out of this. We spend a lot of time with our money to see where our money goes, but we don't often pay attention to where our time goes. What I want you to do this week with your journal is first of all take about 10 minutes. It probably only take five, promise is estimate how much time, where your time goes in a particular day? You can break it down in a half hour chunks or 15 minute increments, but how much time do you spend at work? How much time do you spend commuting? How much time do you spend eating or making your meals? How much time you spend sleeping. Think of all of the things, your typical day and make a list as best as ... This is a complete guess of what you can estimate. That's step one.

Step two, will probably take two minutes. Your job is to create your ideal daily time disbursement. If you look at what your typical, current day is and what would you like to have different about it? Make any changes and your job is to pretend like you're Mr. Rogers where it's make believe land and you can go completely as crazy as you want of like, "I wish I didn't work at all, or I wish I had this much time to sleep, or whatever it is. Don't let yourself be burdened by what you think is possible or current reality." You have these two. You have your current, best estimate of where you spend your time, you have your ideal and then this is the biggest part of the challenge. For the next few days over the course of the week is to use this to record what's real. Where did you spend your time? Every hour maybe set a little alarm on your phone, every hour just jot down what did you do in the last hour.

If you do this for a couple of days, I guarantee you probably be surprised and have different, it is from what your think your current daily time disbursement is. The big key is because we don't think about it. Time flies without us even realizing it. That's the first step into figuring out how to create more time for us, more time for family, the projects we care about is to know where our time is going in the first place.

Kim: With that, our share for the day that you can leave in the comments is to let us know what would constitutes a perfect day for you?

Speaker 6: Today is the greatest day I've ever known.

Kim: I love thinking about this and I love journaling about it because there's moments that we get done with like a Sunday or something we're like, "That was the perfect day." Then you're like, "Why?" You look back and be like, "We had a good breakfast. We did this. We did that. Leave for a

walk." Whatever makes those perfect parts of that perfect day for you to share with us that. It would be neat to see what each other has for those components and maybe it gets us kind of inspired to add some of that into each of our day to day.

Jason: That's it. Your job is to make your time budget and keep track of it. On the comment, share what makes a perfect day for you. For this week, think about the Kool-Aid guy, think about how you're spending your time, and we'll be back again tomorrow with some more stuff.