

Speaker 1: Week Four.

Speaker 2: Week Four, last week.

Speaker 1: Some people are like Oh my gosh, how long is the information going to stay online, because I'm so behind.

Speaker 2: It will self-destruct ten minutes after. No, we're going to keep everything up. I don't know if forever.

Speaker 1: At least six months.

Speaker 2: Until we get new website servers, it's going to be up for a while. You'll have plenty of time to go back and check in on things. We get everyone's comments, so even if you post something a month from now, we'll read it. If you feel like this is giving you adultitis, you're doing it wrong, all right. Give yourself permission to be kind to yourself. Just take it easy, all right. We have one last week left, exciting stuff. Of course, we have to give some small prizes from last week, so let's start with that.

Speaker 1: Yes, let's do it. There were so many good comments, thank you. Even if you're not the commenter type, if you just want to get on there and read some of them, it's so cool to see people's perspective on everything. The first one I'm going to give away is to Monica [Diel 00:01:10], and she was talking about the opting out stuff. Monica had mentioned that seven years ago, she had watched this video, The Story of Stuff, and they have been making an effort to simplify. I think she said her high schooler is graduating this year, so for the last several years they're been opting out of being in leadership roles that have taken them away from the family and they're happy with those choices, even though they've been hard. Thank you for all of that Monica.

Speaker 1: It was so cool to read. You're example's awesome. You won Jason's print, Freedom, because opting out creates freedom. I think the ultimate freedom really is less. We have it on our living room wall, actually, large, to remind ourselves that simplicity is really freedom, so thank you for your example.

Speaker 2: It is hard to opt out because a lot of the stuff we're opting out of is actually good. I may have mentioned that earlier. The idea that opting out of ideas that are good, in order to to say yes to the best things. That's an important distinction, to help us make these hard decisions. The next one we want to give something to is Kimberly [McCue 00:02:18], for the barbarian spaghetti ... did not actually eat any spaghetti off of the table. However, she did provide much laughter all around the [interwebs 00:02:32] with her pictures of before and after of her stuff animals. It looked like a murder scene. That was really

hilarious, so if you haven't seen it, go back to the barbarian spaghetti post, check out the pictures. Kudos to everyone who went for it and did it. We had to pick someone that made us laugh, so we wanted to give Kimberly this, Life is Short, Eat Dessert First print.

Speaker 1: Your eating challenge could be to eat dessert first. That could be a little bit more easy.

Speaker 2: Yes, so that's for Kimberly. Thank you for that. Thank you for sharing those photos.

Speaker 1: The last surprise goes to [Debbie Green 00:03:15]. Her picture of her and her father ... I think everyone who saw it just went aw ... so cool, but the story that goes with it is just as sweet. It sounds like Debbie's father is in hospice care. Debbie is a nurse. She chose to quit her job and spend time with her father, here at the end. The cool thing is that he's lived longer than anyone expected. Debbie admitted that of course, she misses her job. She misses the extra cash, but she'll never miss out on these memories that she's still creating with him. The print that just reminds us of that, of Jason's, is I Love You to the Moon and Back. It even kind of looks like you Debbie. We thought that, that was just adorable. It reminds us of your amazing example. Thank you so much.

Speaker 2: Thank you to everyone who's been playing along, sharing pictures, commenting, all of it. It's helping make Escape Lab even better than we imagined. Thank you all for that. One reminder, a couple weeks ago, we did Escape Lab live, on Facebook, and that was so cool. It was great, so we're going to do it again. We're doing it this Tuesday night from 8:00 - 9:00 central time. I think the last one was on Wednesday, just in case that helps anybody. If you're all ready a member of Escape it all League group on Facebook, you probably have all ready gotten an invitation. You can sign up for that. If you're not a part of the group yet, request an invite. We'll get you signed up for that. It a lot of fun. There's questions. There's prizes. There's high jinks all around. I know that Angela Dunlap admitted that she was off of Facebook, and see only signed up to be part of the Escape Lab. She was doubting if that was a good idea long-term. I think it's perfectly fine to sign up for Facebook just for that. Feel free to join us if you can. It's going to be a good time, and yes, that's from 8:00 - 9:00 on Tuesday.

Speaker 2: Today, we just wanted to give you some food for thought, just something to think about. It involves regrets, so I suppose it's a little bit heavy. It's kind of something we did for the Escape it all Summit, last summer. One of the activities we're going to have people do is put together a bucket list. I'm sure you've heard of bucket list before, where you make a list of things you want to do before you kick the bucket.

Speaker 1: We have ours online. It's super fun.

Speaker 2: Then we got to thinking about it a little bit more and thought, what's a twist we can put on it, something a little bit different? We came up with the idea of a regret me not list. What are the things that if you were to find out that you had, say a month to live, or two weeks to live, what would you regret? What would be your biggest regret. Probably, that list is much shorter, hopefully, than what a bucket list might be. It was really an important thing. I was really impacted quite a bit from a post that I saw. It's been around the Internet quite a few times, but it was by a woman who was a hospice care nurse. She had recorded what the top five regrets were of the dying.

Speaker 2: I have them here. I'll read them real quick. I wish I'd had the courage to live a life true to myself, not the life others expected of me. I wish I didn't work so hard. She said this was the number one regret that came from men, I wish I didn't work so hard. Three, I wish I'd have had the courage to express my feelings. Four, I wish I had stayed in touch with my friends. Five, and I don't know if these are in any particular order or not. This was a big one, I remember. I wish I had let myself be happier.

Speaker 1: Let myself, interesting wording.

Speaker 2: Those were the top five. We did that at the summit. We gave people an opportunity, it was like an hour and a half, to spend some time thinking about what regrets you might have, because that's important. Once you have them, then you can start to think about, what do I have to do to get rid of those regrets? I know for me, currently, one that has been percolating is, not spending enough time with Lucy, with art. She has taken an interest with art. Recently, I have realized that is something that I have been a little bit more hands off on, not as invested as maybe I would like, which might seem as a surprise, but it's real easy to get caught up in work, the Escape Lab, speaking, the book, and all the things that we have going on. Recently, I have tried to alleviate that by pulling out some of my art supplies that we've been playing with. Yesterday we went to the art supply store.

Speaker 1: Oh my gosh, it was like heaven.

Speaker 2: We went over what was all there. She picked out a horse drawing book, some tracing paper, and a red pen, like a technical pen. She's was going to town on that and we've been having fun on that. That's something that has been a potential regret for me, that I have been trying to do something about. I know you have one that you think about.

Speaker 1: We spend a lot of time at the beginning of the new year assessing the changes for the new year, with the book coming out in June, the Escape

Lab, and all the stuff we're really having a heart to heart of how many hours should I be working? Right now I work 15 hours a week and the kids are with Jenna during that time, and it works, but with all this new stuff coming up it's going to be crazy. Should I spend more time with work? Should we have Jenna take on ten more hours with the kids a week, that sort of thing. When it came down to it, I was like, I'm going to regret that. These are precious year, 6, 3, and 1. We're homeschooling and how much more crazy would that be? As much as that would take a leap of faith to say, work is just going to have to be what it is. This movement is growing without us, even. Trusting that everything's going to be fine. The book will come out and people will see it and love it. Those extra ten hours a week should be with the kids.

Speaker 1: It's tough, and when the work is crazy and you're like, an extra ten hours would have really helped this week, you have to just trust that that's the right decision. I know in my heart it is. It's just a matter of trusting on a day to day basis that it is. That's one of my prevention regret kind of things.

Speaker 2: Today, this week, we want you to think a little bit about regrets. We put together a handy tool. It's called the Regret Me Not list, so regret finderomatic, because sometimes it's difficult to think of things. I have a whole list of questions. Things like, is there a dream job you've always wanted to apply for? Is there someone you want to ask out on a date? Is there someone you need to stand up to? Is there someone you need to forgive? There's a whole bunch of questions and there'll be a link in the notes of the post today. Feel free to download it. Print it out. Go through it. Spend some time in your secret hideout, 5, 10, 15 minutes, however much you have ... just think about if you were to find out that you have a month to live, what regrets would you have? That is going to be one of the most powerful things that you'll be able to do in this Escape Lab, if you give yourself a little time to think about it.

Speaker 2: That's it for today. Of course, in the comments, if you're open to sharing any potential regrets, feel free to do that. It's very deep stuff. It's also a very welcoming community, respectful community, as I'm sure you've found so far. Feel free to post anything you feel like posting, but most importantly, spend a little time this week putting together your regret me not list.