



Simple, with Tsh Oxenreider

Episode 190

thesimpleshow.com

Segment One

Tsh: [00:02](#) This is Simple; I'm Tsh Oxenreider.

Hey friends! In this episode I am chatting with contributing writer Christine Bailey. As always, we're talking about what we wrote this week. Christine shared with us her good list where she wrote about a thing, a habit, a work of art and a philosophy that's currently making everything a little better. In this chat, we dive a little deeper into the philosophy part of her good list. We get into the difference between a scarcity and an abundant mindset. And no, it's not about the law of attraction or the prosperity gospel or anything like that. It really comes down to gratitude being the antidote to basically any form of scarcity mindset, whether we're operating from a place of fear, overwhelm, jealousy or just good old fashioned FOMO. And then because I wrote an I Love This Place piece, another series we do from time to time. This time I wrote about my current town of Georgetown, Texas. I thought I would unpack a little here what it means to be a hometown tourist. It's really about mindset as well actually, where you approach where you live like you would if you were somewhere new. And in doing so you end up discovering and enjoying all sorts of places you wouldn't otherwise. I also get into a little bit of the practicals about how to carve out a hometown tourist afternoon or a weekend on your calendar. And then somewhat ironically in the third segment I am chatting with Stephanie Langford answering your travel questions. In this one we're talking about good places in the US for a weekend away. Listen in for some good ideas, yet if it's just not the right time in your life to hop on a plane for a getaway, embrace the idea of hometown tourism and enjoy right where you are. Let's get right into it. Here's Christine sharing what she's learning right now about embracing a mindset of abundance versus scarcity.

[01:57](#) Christine, you wrote about your good list this week, which we will have linked in the show notes, but I would love to hear more of your thoughts, maybe how you want to deep dive or expand on some of it.

Christine: It was really fun sharing my good list again. I got to do it a couple of months ago here on the podcast and in my new good list that I shared on the blog, I actually shared another pair of pants that is my favorite pants. I'm a very into pants that

fit well. I'm actually wearing them right now. But what I wanted to share more about today is the philosophy. On the good list we share a thing, a habit, a work of art and a philosophy that's making our lives better. The philosophy that I wanted to share is this quote by author Annie Dillard and it's in her book, *The Writing Life*, which is a pretty old book, but a classic on writing and this is my first time reading it.

Tsh: [02:54](#) I've never read it before. You're making me want to add it to my TBR list.

Christine: Yes, it's a really good. Here's the quote, "One of the things I know about writing is this: spend it all, shoot it, play it, lose it, all, right away, every time. Do not hoard what seems good for a later place in the book or for another book; give it, give it all, give it now. The impulse to save something good for a better place later is the signal to spend it now. Something more will arise for later, something better. These things fill from behind, from beneath, like well water. Similarly, the impulse to keep to yourself what you have learned is not only shameful, it is destructive. Anything you do not give freely and abundantly becomes lost to you. You open your safe and find ashes."

Tsh: There's like 10 things we can unpack from that.

Christine: [03:46](#) I know. I've been pondering this quote for weeks and here's the cool thing, so before we lose anyone that's not a writer, I want to say that I don't think this quote is just about writing. I think that she obviously wrote it from that perspective, but this has meant so much more to me than even about writing. But as a creative writer, I know that I have so many stories inside of me and I want to write a memoir, I want to write so many things, and I want to tell my stories, but I get so easily caught up in the feeling that if I tell everything I have now that I won't have anything left. I just get caught in this place of not doing anything in action instead of giving what I have now. That's really what it means to me as a writer and I'm sure you probably identify with that.

Tsh: I was going to say before we lose the non-writers just to park a little bit on the writing life, I would completely agree with this to the point where I've been told this directly because I have had this exact fear. I think I've probably shared it with my agent probably with another dear writer friend of mine, who is also an editor and they have both understood and sympathized and yet said you have to pour it all out and trust that more will come when you need it. I think that actually resonates well whenever an author does it because you can tell they're writing because they have something to say, not because they want to write a book or write a blog post or write whatever it is that the writing that they actually have something to say and it's because they have, I don't want to say waited, but they are truly listening to what needs to be said by them and are giving it to the rest of us.

Christine: [05:24](#) I just love it. It's such a generous approach and it yet it's not really, I think naturally what we want to do because it makes sense to, I want to save these great stories for the perfect place and perfect time. It's hard to believe sometimes that there will be more, that more will pour out of the well. Of course that applies to writing, but then I started to see that it's really just this spending it all mindset can really apply just to life. And for me, I think it's about living without fear and taking healthy risks. 've talked about this before just in our jump to farming and all of that, but I've been having so many conversations with friends lately and my husband Steven, just about the lack mentality. A lack or scarcity mentality versus an abundance mentality. I've just been learning more and more about that. A lack mentality really holds us back because it assumes there's not enough to go around and that the it manifest itself in my life is that I feel that I have nothing new to say or offer that my particular story doesn't matter. It really holds me back. But having more of an abundance mentality encourages me to give my gifts freely, not worrying if there will be more and to just start moving forward instead of second guessing everything.

Tsh: [06:48](#) Another angle I have heard from this that I think is so convicting and powerful for me is not only has everything already been said before, if we're using the analogy of writing, meaning there's nothing new under the sun, that can give us the freedom to say it anyway because we're saying it from our perspective. But we can slip it on our heads and see we need to become the people who have said those things. The world needs us as the person who has gone through that giving of whatever it is, because we've come out different on the other side, hopefully wholer and better for the common good. In the example of writing, let's say you have a book idea, but you feel like it's all been said before, but it hasn't been said by you. Not only do we need to hear your perspective, but we need you to be that person who has said that thing. You can copy and paste that for parenting, for our professions, our vocations, our relationships, our involvement in community. Whatever it is. I think all these acts actually change us as people.

Christine: That's so, so good. I mean, for our own betterment and then also because really all we have that's unique is our own story and we all have that. However that manifest as a writer or in parenting or any vocation that you're doing, that is the only unique thing we have to offer. That Annie Dillard quote says we're wasting, shameful is a bit of a harsh word for it, but really if we keep it to ourselves, what we've learned and our stories, that's not good. Like you said, that's not making us a better person or a more whole person.

Tsh: That shame word might feel a little bit of a zinger, but I like it.

Christine: I kicks you in the pants a little.

Tsh: I need to hear that. The fact that the impulse to keep to yourself what you've learned is not only shameful, it's destructive. Yikes. I'm just thinking of that in terms of parenting. That's what comes to my mind. If I've been given these experiences, if I have I been given this wisdom or knowledge or just even a thought and I can see how it could potentially be beneficial to one of my kids, but I don't pour myself out and give it my all, that is me not being the parent maybe I've been called to be or equipped to be.

Christine: [09:10](#) That's so good. I hadn't thought about it in parenting and that's really good. Like you said, I think there's so many places we could go with this. Sometimes I hesitate to use the word abundance because sometimes it has this weird, feeling of we used to all be millionaires. Like we can all be wealthy.

Tsh: Or woo-woo, whatever that means.

Christine: I don't think it's that, for me it's more living abundantly and whatever our lives look like. And it's an overall posture of collaboration, being open to collaborating with other people, generosity, growth and faith. I found this little graphic we can link to in the show notes of scarcity thinking versus abundance thinking. It's just a good little chart I like to refer to it. It compares different things. For example, scarcity thinking thinks small and avoids risks where abundance thinking thinks big and embraces risk. And this is something my husband is so good at this, he just so good at always taking the risk and moving forward and that's just not naturally good for me or something that I naturally gravitate towards. But the more I do, it really does fuel me to keep going to try something new next time and to have that confidence.

Tsh: [10:24](#) We'll put this chart in the show notes, just if anybody's wanting to see the visual of it. Listen in but maybe even head to the show notes to see where Christine's getting this from.

Christine: [10:33](#) Yeah, it's a great visual. Another one is a scarcity thinking would be fearing change and an abundance thinking would be taking ownership of change and not sharing knowledge versus sharing knowledge. For me, it's really a lack of confidence that can drive that scarcity mindset. I recognize that an internal shift has to occur in me and that my value and what I have to offer, for me it comes from how God made me and the unique gifts he's given me. Even if what I do fails, that doesn't change. That abundance mindset doesn't have to change because it's an internal thing. It's not based on my experiences.

Tsh: [11:17](#) It's almost like what's your source of motivation for your actions or for what you pursue in the world. It's really an inward mindset thing. It has nothing to do with the literal types of things on your to do list or what you get done in a day.

Christine: [11:31](#) Exactly. I really love the gratitude aspect of it, that out of our own gratitude for the gifts we are given and the opportunities we've been given that we share them instead of hoard them. Steven, my husband, he's such a great example as far as his career as a chef. He has just such a unique culinary perspective. He grew up with this southern North Carolina heritage and then his mom was born in South Korea, so he has this really cool blend of the southern and Korean cooking. He cooks for about seven different families every week plus, special dinners on the weekends often and then our big farm dinners on our farm a couple of times a year. He always has people asking for his recipes and he just gives them away. He just freely gives them away. His perspective is if I have these perfect salad dressing recipes or cookie recipes, if I don't hoard them and I give them away, it actually encourages me to be more creative. He's then pushed to develop something new and better and to stay relevant and innovative.

Tsh: [12:39](#) That's totally that idea of he needs to have been that person that gives his recipes, to become more who he is made to be in that act.

Christine: [12:47](#) It is so, so good and, and I love that idea that we can just get lazy, you know? And in that lack mentality, we just get lazy and think I don't need to really push myself or you just want to hoard it because you don't want to have to do the work to create something new. I love that. I love that perspective as far as his work goes and that really encourages me that the best thing he can do is just keep cooking and keep creating new things. And as a writer, the best thing I can do is just keep writing and create, writing new things and just keep pouring it out.

Tsh: [13:20](#) To me, whenever I have a scarcity mindset, that's a sign that I'm operating from a place of fear.

Christine: Oh absolutely.

Tsh: My 2018, I felt like I really was deep diving into what does it look like to work from a place of love instead of fear. Not saying I came out on the other side completely effective in this department, I got over that. But to me it's just a little bit of I need to notice it. Not in a judgmental way, not to shame myself, but just to pay attention. If I'm starting to feel a little bit of that competition is bad or there's not enough room for everyone at the table or everything has been said before, as a writer or creator, whenever those thoughts come in my mind, I just need to pause and notice that and then take a step back and really dig into what is it that I am fearful of. Getting at the source so I can pull out the root instead of just "oh well"ing it. Practically speaking, this might be an Enneagram four thing, but I struggle a lot whenever I'm maybe in a place of stress and not growth, I struggle in my interpersonal relationships because of the core vice or envy that

things like social media trigger it. Things like just interacting with people and noticing maybe a reaction I would rather not have about their success or something like that. To me, these are all signs not to go into a downward spiral of I'm a horrible person, but it's to pause and pay attention. I just share that with anybody listening, thinking, oh yeah, I have the scarcity mindset too. Perhaps it's one of these, you don't even notice it until you're thick in the mess of it and instead maybe pay attention to those little triggers, those little signs and choose a little practical things to maybe make it better. For me, it's to step away from social media for a bit and to just go on a walk or whatever it is.

Christine: [15:08](#) That's really, really helpful. I think that it's funny how that same mentality manifests differently in different people because I'm thinking, I'm an Enneagram nine and my core of vice is sloth. That's a trigger for me whenever I see that inactivity, that desire to just stop moving, and to check out. I don't know if there's other people out there with that same number or that same personality when you start to feel that checkout feeling, what fear really is behind this that's keeping me from moving forward? One of the ways I've seen that I'm trying to shift away from this lack mentality in a practical way, I noticed a couple of times lately that there were certain groups I was a part of, a particular homeschool group that I was a part of that I love, but it just felt like I needed to step away for a bit and I hesitated to close the door on it because I was afraid that I was going to miss out on the relationships in that group. I was having a conversation with a friend about this and she just brought up that's a lack mentality that I would be afraid to lose, to miss out on something and that's why I'm making the decision. That's not really a good reason or a healthy reason to stay in a group, you know? Or there was a book club that I was invited to and I really wanted to do it. I just couldn't make it work with my schedule and I knew it wasn't going to be healthy for me to take that on, but I just had this hesitant feeling of what am I going to miss out on if I don't do that? Those are all just real fear based decisions and there will always be more opportunities and maybe ones that are a better fit at that time.

Tsh: [16:55](#) That is such a good word. I think that connection to FOMO and fear with the scarcity mindset, that's really good. I hadn't put that together, but I can see how even just making a slight tweak in the perspective of what would you miss out if you did say yes? It just completely shifts your mind toward gratitude and toward abundant thinking. I really like that. That's a good word.

Christine: [17:16](#) A couple of other practical things I was just thinking, I mean for me obviously just writing and moving forward with writing and so whatever that is for whoever's listening, what's that tiny step forward that we can take towards that more abundant mindset? Even just on the farm, we often have people that are always contacting us saying, they want to learn how to farm or Steven's

getting people that want to learn cooking from him. We've just decided as much as we have the capacity in our schedule to say yes to that, then the answer's yes, come on and talk to us and we'll tell you what we know. Other people have done that for us and really it hasn't harmed anything. All it's done is help and it's that mindset that there's plenty to go around. There's enough for all of us and for all in this together. We each have our, if we truly believe we each have our own unique journeys and stories, then we shouldn't be afraid to share what we know.

Tsh: You alluded to this a little bit, it really to me comes down to gratitude. Having this mindset of gratitude really is the umbrella solution for all of us, no matter our Enneagram types, no matter our vocations. Having this posture of gratitude for what we've been given makes it almost, I don't want to say a no brainer as though it's easy, but at very natural outpouring to give abundantly.

Christine: Yes. I totally agree. I had one other article we can link to from John C. Maxwell, the author and speaker, and he has a whole piece on it on ways to develop an abundance mindset. He says that gratitude is a powerful aspect the abundant mindset and a grateful heart is at the center of an abundant life. Then he quotes this other speaker, Steve Maraboli, "Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find reasons, if even small ones, to get up". That's really good. He also is talks about that we can be a river instead of a reservoir. I just love that it's back to that same visual that Annie Dillard had about us filling up and there not being an end to what keeps coming and the more that we pour out, the more that we're filled up. I mean I love that from a spiritual aspect and just from a practical life perspective.

Tsh: I think the takeaway for all of us listening to this could be maybe pay attention the over the next week, what is it that I'm feeling a bit fearful or not stingy, but maybe that's the word stingy on or whatever it is. Pay attention to those little things in our life and maybe ask yourself, where can I flip this on its head with some gratitude and a little bit of a mindset shift to where we're more abundant in our giving instead of hoarding out of scarcity. That's really fantastic stuff.

Segment Two

Tsh: [23:46](#) Not to completely change the subject, but basically to completely change the subject, my post this past week was on my current hometown of Georgetown, Texas, which is just a little bit north, I guess I shouldn't say, I don't know if hometown equals like where you were born and raised. I guess that's what that means. My hometown is Austin, Texas. We now live about 30 minutes north of there in a smaller town called Georgetown. We have an ongoing series called, I Love This Place on the blog and we haven't touched it in a while. I

thought it would dust it off and contribute to it again. It's basically those of us who have a particular soft spot in our hearts for a place, we'll share why it is we love this place with little tips on where to go and what to check out. My post which is in the show notes of this episode, is about Georgetown.

What got me to thinking about it though is this idea of hometown tourism, which I've been embracing more and more of the past few years having lived in Georgetown. I think a lot of us have heard of this idea of going on a staycation, which is this concept of when you can't go on a vacation instead make your home, your vacation spot and treat it, a certain amount of time, like a vacation, which I'm all about. I love that. For me personally, I really like the phrase hometown tourism a bit better for me, personally just because it reflects more of a spirit of curiosity. If I'm going to take a staycation, to me that means wearing my pajamas all weekends and Netflix bingeing, which, has its place. I'm not at all arguing against that.

But here I am referring to this idea of embracing a spirit of curiosity about where you live, exploring areas you might not otherwise think about or you're just always pushing off anytime you drive by that restaurant or museum or whatever you think, one day I'm going to go by and check it out, embracing this idea of I'm going to schedule that in this week. It's with the spirit of if you really want to travel right now and you just can't for whatever reason, it's basically taking that mindset and putting it on where you live and treating it as a place to explore. It's almost like you are in a travel mindset it just happens to be about where you currently live. I thought I would just unpack a little bit this idea and some practicals of how to make this happen.

Christine, have you ever done this? I know you've lived in Santa Fe for a few years now near Nashville.

Christine: Two years.

Tsh: Okay. Do you still feel like there's a lot of places you want to check out on your to do list of Nashville or your small town?

Christine: Yeah, I'm actually giggling because if I wrote this about Santa Fe, there's like not much there, but I totally could do it. I'm thinking about Colombia, which is the town 15 minutes away. It's about an hour south of Nashville. There's so many fun things to do there. I love this. I can't wait to hear what you say because you're right, it really a shift in perspective. You drive past these places all the time, but to actually shift to, I'm going to schedule in actually going there is completely different.

Tsh:

[26:50](#) It's actually really fun and it gives you a whole new appreciation for where you live. Back to that gratitude we were just talking about at the top of the show, it makes you grateful for where you live. Like, oh there is good to be found even if you're thinking I would love to be in Hawaii right now or Paris or whatever and I am not, well you know what, this cute little small town I'm in or this, this otherwise big, strip center filled city has its bright spots so it gives you that sense. What I'm referring to here is scheduling in intentional time to explore where you live. This can be as simple, honestly as one afternoon. I am not necessarily talking about carving an entire week out. Though, it could be that. You could take a week long, staycation or whatever you call it, but I'm referring to you just any chunk of time that works for you and meets your needs.

The way we tend to approach this, my family and I personally like to do this somewhat in the spring because spring is the best time of year in central Texas, both for the weather but also the wildflowers. People do come into town here because of all the blue bonnets and all the other types of wild flowers. You see a lot more people driving around taking photos, walking through the woods or not the woods, the fields. This is our favorite time of year here as well. It's on our mind and we like to schedule a weekend or even weekday, but just a full day of exploring some off the beaten track routes to drive through or whatever to find wild flowers and then try a new restaurant. It's been on my mind, but there's lots of ways to do this.

I think the best way to approach this idea of being a hometown tourist is to think through your goals. Do you feel right now, perhaps a need to just rest and reflect? Maybe you do want some time to just chill and embrace where you are. Perhaps you feel the need to be active. If it's just now warming up after a long winter you really feel the itch to get out, both out of doors but also just to explore and move your body. Perhaps you're just really hankering this idea of trying new foods. You see a number of restaurants and you keep thinking about wanting to try them and you are in the mood to expand your palate or like I mentioned the outdoors. Perhaps you keep thinking about there's hiking trails around or there's a particular mountain range area, not too far from our town and you want to get out outside whenever you can. Brainstorm and think through pretty much any and all ideas. There's nothing off limits at this stage. In fact, we like to get our kids involved in this part. We tend to do this at the start of a new season, when school first gets out or spring break. But it's really good to even just do over our family dinner one evening. Just say what's somewhere in our area that you've always wanted to check out, but we just haven't yet, or what just sounds fun to do sometime in this next month and ask the kids, and it's not to say you're going to promise to do it, but it's helpful to get the radius. And I think it's fun to hear both common themes like, ooh, it sounds like we all are itching to have some more outside time.

Or perhaps it's I would've never in a million years even cared about that and I'm really glad to know you do because now it's on our radar.

Christine: That's awesome. I think that's so funny with kids because so often the things that they value and think are fun are not necessarily what we would think.

Tsh: That is very true. I'm just laughing because the last time we asked our kids this, I think two out of three were like swimming and we're like, it's still 70 degrees outside, which I know feels warm, but it's going to be a little cold, okay, good to know. They're like already in this mindset of like, let's swim all the time. I wouldn't have known that otherwise.

Once you just jot down all ideas, nothing's off limits at the stage, you can then take these ideas and whittle them down. Let's plan a weekend sometime in the next few days to do this thing, like, go to this part of town or like I said, explore the different types of food or different types of parks or whatever it is. You can maybe enjoy one thing from every category. I want to just to have a restful but adventurous weekend trying new things so you're going to go to a new museum, if that's something you're into or a new to you place or a new area of town with shops. You're going to try a new restaurant, you're going to try a new park and you're going to try a new something.

Christine: Museum, art gallery, coffee shop.

Tsh: A coffee shop. That's a great example. Or a bakery or something. A weekend of knew you could do or you choose one thing for every person. Our family of five, we're going to do five things and it might be something we've done a million times, but it's because this particular kid wants to, all the way to we're going to try something new, but it's everybody gets to do their thing over a set amount of time. I think it's really helpful to approach this a much slower than you might if you were traveling somewhere new. I've talked about this many times before. I'm a big fan of traveling slow anyway. I would much prefer to do fewer things better than to check off a bucket list because I end up having more fun in the long run because you're not going to get to do everything anyway so why even try? Which I know sounds a little defeatist, but I think it's actually a really great approach to going somewhere new.

I would say the same is true for your hometown, especially because you actually might get to do that other thing next time. It's not entirely impossible like it would be in a bucket list when you're in a new place. Going slow looks like talking to people when you're out and about. If you're trying a new shop for example, and you walk into a new shop, actually start up a conversation with the store owner or the barista or whoever and find out a little bit about the history of that area. Over Christmas break, Kyle and I went on a tour, I guess a walking tour

of our town square, this is in our neighborhood. It turns out, we learned the history of all the different buildings. We have one of the oldest town squares in Texas, so we knew that there was a lot of rich history behind it, but it turns out, we got to talking, it's a husband and wife who lead these tours and we just got to know them a little bit. He's a retired sheriff of the area and this is just their second career as they move forward in life. He had always been interested as he was doing his job as a sheriff of just learning more about the history. That's what he decided to do, I don't want to say in his spare time, but in a second career. It was just so cool to hear if somebody who's just really cares about the town and cares about over the years having seen it changed and grow, cares about preserving our knowledge of the history of the town. It was great to get to know him and we wouldn't have done that had we not stopped and ask them, okay, tell us about you a little bit. It's just really good to ask people about their involvement, especially if this is your hometown, you might start a friendship, who knows, you might actually get to know somebody you see again and again if you visit this coffee shop more frequently after having gone there, it's really fun.

Christine: [34:03](#) I love that because how often do we just, especially in our hometown in our normal environment, we just go through our errands or whatever and we just don't talk to the people, we don't strike up any actual conversation with the people that are serving us or just in our environment, in the shops that we go into. I love that. I'm smiling the entire time you're reading this. Keep going.

Tsh: It's really fun. Another way to embrace slow in this approach is to walk when you can. I think walking through a particular part of town you normally drive through is a great way to see a repeated place from a new perspective. If you're just always driving through this one neighborhood to get from point A to point B, maybe part of your hometown tourism involves parking and then walking around that area you might discover a new shop you otherwise wouldn't have. Or maybe even a really pretty tree that you have always been driving by too fast. If you can embrace walking more in this hometown tourism weekend or week that you have, that's always just a fun way to keep things more visceral and more tangible and more sensory, which is part of the whole point of all this.

With that in mind, along with a walking and talking to people, I would say it's really important to still carve out little moments of rest. If you are approaching this with a spirit of adventure, which is great, I'm all about, make sure that you're still keeping yourself sane. Perhaps if you want to go check out a park, make sure you're not just, okay, done that, actually chill there. Maybe take a picnic lunch there, maybe just rest and read a book there for a while as a family. Maybe part of your tourism is going to a new library you haven't gone to, while you're in there, just pull out some books and you guys have an hour of reading time

and that way you get to rest, you get to enjoy the AC. You get to just chill and have some alone time. Maybe even be intentional about going home for a bit. Those of you that have little kids, you're nodding, yeah, we got to have nap time. You know? I think just for your own sanity so that your little ones are still enjoyable to be around. Make sure you still have that mindset. It's in the same way as travel when you're on vacation where you're going somewhere, you don't just go, go, go without actually going back to your hotel or a guest house and resting a bit. The same would be true for a bit of hometown tourism, I would say.

Christine: [36:21](#) I think that people get hung up on adventures that they have to be this big thing, you know? And you have to travel far or go for a whole day trip. But this is totally an adventure that's doable.

Tsh: [36:32](#) Yeah, completely. Now with that in mind, let's say you have enough to see in your own neighborhood or within a few square mile radius of your home, so you don't need to go very far. But if you feel a bit like, oh my gosh, I need to get out, or I've been there, done that, I've seen every little thing, I've been in my neighborhood 20 years, there is nothing new to me...consider maybe checking out a place close to your home to where you will still come back to your home at night to sleep. But it's far enough away to be a new to you place. Like an adjacent smaller town that maybe you don't know anything about, but you're just going to go check out for the day. Or perhaps if you live in a smaller town, go into the big city. I remember we would do that some when we lived in Bend, Oregon. We would drive into Portland and spend a couple of days in Portland and then drive back home. The same can even happen closer whenever you want to spend the night at your home still, for our family, we would go into downtown Austin and make that part of our staycation. It doesn't need to be literally your neighborhood I guess is what I'm saying. How far away is Santa Fe from Nashville?

Christine: [37:36](#) We're less than an hour, depending on what part of Nashville, like 50 minutes. We're 40 minutes from Franklin, Tennessee, which is getting really big. And then from Columbia, I kind of consider Columbia our small town because we don't really have like a town center in Santa Fe and Columbia is literally right down the road from us and we can go to any store we need there. And it was like a really cute town square with the courthouse in the middle. This weekend is actually the Mule Day festival. It's headquarters for mule training in the 1800s and so everything in Columbia as mule town. It's just all centered around that.

Tsh: You're saying mule like...

Christine: Yes, like a cross between a donkey and a horse. It's so fun. It's the sweetest small town festival. There's so many fun things to do and all the shops are open and I

think it would be so fun to do this plan that you've outlined here in Columbia one day with my family. I think they would absolutely love it.

Tsh: [38:36](#) I'm actually really glad you brought that up because I mentioned this in my post but didn't think to bring it up here. Look at the calendar of events in your town and see if there is something coming up, some kind of festival you'd want to enjoy or some kind of free event that is worth the drive that you would otherwise not think is worth it. Our town in particular has something called a poppy festival every spring and it's actually in a few weeks. This is what inspired my desire to write this. We have poppies everywhere as part of our wildflower. Blue bonnets are the mainstay in central Texas, but in particular with Georgetown, are poppies. We have poppy's as our weeds right now in our front yard and backyard we have poppies everywhere. It is so pretty and it's fun. I guess however many years ago the Chamber of Commerce decided let's make it fest out of this and so there's a parade that goes right in front of our house, which is funny. It's all just your local Shriners and high school marching bands. It's all small town, but it's really fun and silly and then an event downtown, which is live music and food trucks and all of those good small town things. Perhaps consider if they're a small town near you that has one of these silly fests that you've always thought one day we're going to go check that out. Maybe go ahead and do that. I think it's a really fun excuse to check out a new area.

Then just a final practical, this sounds almost silly, but I think it really is helpful, is that whenever you are planning this staycation, hometown tourism, and you want to come home at night to sleep, try and have your house cleanish before all this begins for a couple of reasons.

One is so that you're coming home to at least a straightened up place. It doesn't need to be sparkling or whatever, but when you think about one of the nice things about going on vacation, is you come home or come back to your hotel and it's like, ah, everything is where it should be and I didn't have to do it. Or you go to a new guest house and everything feels pretty clean. Well, give yourself a little bit of that treat. The other reason is because if you're like me, you will be tempted to go ahead and just fold that quick load of laundry or go ahead and while you're at it, do that thing that's on your checklist. If you get it done ahead of time, then you are treating yourself more to a vacation mindset that perhaps you really need. You need to rest and you need to enjoy this bonding time with your family more than you need to work on your house. It gives you a little bit of a permission slip once it's already done.

Christine: That's a really good point.

Tsh: Just to add a little fun to this, you can do things like make a playlist for your weekend or your few days or even just your afternoon, create a new playlist on

Spotify just to listen to while you're out and about driving or when you're doing these things at home to prep and come back from. You can even add reading a particular book during this time as part of your experience. Maybe a book about your hometown or books set in your general area that you would otherwise not read, a novel fiction or nonfiction, whatever is. That's just a fun way to add a little added enjoyment to your experience. I'm working on creating travel guides for different particular places that are going to be released out into the world at some point, and that's part of what I'm adding. I'm adding specially curated playlists for different neighborhoods or different experiences in different cities or places around the world as well as a book suggestions. Not so much like the travel guide type of book suggestions but more like novels or nonfiction memoirs or whatever about that place that you can enjoy while you're there or when you get back or before you leave or whatever. I think it's fun to do that as well whenever you're just exploring your own hometown.

Christine: [42:11](#) That is so fun. We actually have a Sunday fun day playlist in iTunes that we only play on Sunday afternoons when we go explore local waterfalls because that's something we love to do. When it gets warm, we love to do that as much as we can a couple of times a month if we can on Sunday afternoons. It's so fun. My girls requested put on the playlist and then it just immediately gives you this feeling. It just builds memories around it and I love that.

Tsh: I don't know what it is, something about the, I know studies have been done about that, auditory and all our different senses, they hold a lot of memories. You can do that pretty simply with a music playlist where your mind automatically goes back to that place whenever you play it again. It's a fun little gift to give yourself and it's really easy to do.

Segment Three

Tsh: [43:03](#) I am here chatting once again with Stephanie Langford who is currently in Guatemala with her family. Her sound is a little bit different than usual, but we can still completely hear her. Steph, let's talk about some of these questions that listeners have asked related to weekend trips. In fact, it's really great that we're doing this because this particular episode, Christine and I are talking about what it means to be at home playing tourists, like staying a little local but yet having a traveler's mindset. I think it's a great adjacent topic to just springboard a little bit on US locations because you and I so often talk about international travel. Let's stick to more North American. @theedonati, I don't know if I'm saying that right. This is via Instagram. She asks, "Great US cities for weekend trips". Margaret Howard asks, "Where are some hidden gems to travel to in the US?" and then @erchla asks, "Favorite off the beaten path to visit in the US with kid?"

Basically you guys are wanting to know where can you go domestically if you're American or just in the US. Steph, I know you're Canadian but you have traveled extensively in the US so I'd love to hear your thoughts first on where you think people should go.

Stephanie: [44:12](#) Okay, I have a few suggestions here. We have traveled quite a bit in the US and one city that we ended up loving that I did not think that we would love. I've mentioned it before on the podcast is Nashville. It is really, really one of my favorite cities to go back to and not even necessarily for the music scene, although that's cool. We've gone to the country music museum, I don't even know what it's called, but we've done a little bit of the music stuff and we've been to the Grand Ole Opry, but actually I just like Nashville for its foodie scene. Mostly it's markets, it's restaurants, it's cafes, the ice cream. There's so much good stuff to do in Nashville. It's got some really, really great parks. It's got a good family vibe. Also we love Franklin, which is a smaller city, just a little bit below Nashville. We go there all the time when we go to visit. We don't do all the typical tourist stuff when we go to Nashville, but we just feel like it's a great city to just enjoy if you want to go for walks and bike ride around, use the rental bikes in the city and go to the parks and eat good food all day long. Nashville's a great place to do it.

Tsh: [45:20](#) I know that you like Nashville, for sure. Nashville reminds me a little bit of Austin. I say a little bit, a lot of Austin. Anytime I fly into Nashville and I'm talking with my Uber driver or Lyft driver from the airport and they ask where you from? I say Austin, they always say that's a lot like Nashville, I hear and I have to say yes because of the both the food scene and the music scene. It's slightly different though. It's just enough of a different food scene and just enough of a different music scene to where they compliment each other well. That is my suggestion is, is what I'm leading up to, is my own hometown is Austin and I think it's actually a great place to visit for a long weekend. It depends on what time of year you go, which I think is the same for Nashville. You really are asking for it, especially if you're not a hot weather person, asking for a death wish if you come in the summer. I would advise spring in Austin or just central Texas in general is where it's at. It is phenomenally beautiful here in terms of weather, low humidity for us, the highs are usually are in the mid seventies, which is delightful, especially if you're up north and you are sick of the snow, which I remember from living in Oregon. It can still snow well into spring. You can come down here and enjoy shorts and sandals and get your wildflower fix. It sounds silly but there stunning drives around here full of wild flowers just as far as the eye can see where you can both take great photos but also just wander around and them. A lot of times with my kids we bring sketchbooks and watercolors and we paint and it sounds really hippy dippy, but it's really fun and plus you will be blown away by the food here in terms of breakfast tacos, barbecue, Tex-mex,

taco trucks, every where great drinks, great fusion food. I mean it really boggles my mind having been born and raised in Austin, what the food scene is like now, it's just phenomenal. You can spend your entire time just going from place to place eating and never see it all. In fact, when we lived in Oregon, we used to joke or I used to joke that I get back on the plane from Austin feeling gross, but I'm still so happy because I just ate an amazing, incredible amount of food. That is my big suggestion but I've got a few other suggestions I can just go through quickly, Steph. I would love to hear though if you have any other suggestions.

Stephanie: One other suggestion that it's a place that we've just learned to love over the last couple of years because we have a bunch of friends who all move there, three families we know moved to this area. People go to a lot of different places in Florida. But a place I'd never really heard anybody talk about was in the panhandle. It's between Destin and Panama City, but we've never really spent any amount of time in either of those cities and those are popular destinations. But in between the cities, there's a little strip, it's called 30-A. 30-A is the name of the highway that runs right along the beach. This is beautiful beach. There's a lot of protected dunes because of the sea life. I'm not even sure but I think there's maybe turtles and I don't know what else, but I know that they're really trying to protect the area, the dunes in that region and the water is warm. It's clear. It's gorgeous. It's like going to Mexico, it's beautiful, but what we love are all the little towns in the area. Santa Rosa Beach, Grayton, Seaside, Rosemary Beach, these are lovely little towns that people are so proud to live there. They really love where they are. They're really proud of 30-A. There's a really great community vibe there. The last time we were there for Thanksgiving, we participated in a local 1K or a one mile fun run and some half marathons. It was really neat to see how the community all comes out. It's very health conscious area. You'll find really good restaurants, cafes, and health food stores and there's just so many outdoor activities you can do and it's just a really lovely area to visit. We've gone back again now I think three times. and we can't wait to go back again.

Tsh: [49:26](#) That is a great suggestion, I have never heard of it, so you taught me something new, so I'm thrilled to look into that. Thanks, Steph.

I've got a long, I mean I say a long list, it's pretty detailed list of places that I think are great to spend the weekend and because we've done it as a family, but I'm not going to park on most of these because you've heard of them. Portland is a great city for a long weekend with kids. New York City is fantastic for a weekend. I mean, of course you have to approach it like we're hardly going to do anything in terms of scratching off the bucket list. But if you even spend time in one borough, just go to Brooklyn and enjoy Brooklyn, then you can spend a delightful weekend in New York City. San Diego is a great city for a weekend

because of the beach scene there, but it's also very laid back. Great weather, lots of great food and it's just a very chill town. Seattle's a great place to go for a long weekend. New Orleans is another great place for a long weekend.

Two especially I want to unpack a little. One is Charleston, South Carolina. That one is really fun because of the history. I will say that I've actually never been with my kids, but I can see how it could potentially be fun, but it's especially good if you're a history buff and you love the food. I think it's a great place for girlfriends weekend. It's really fun because you can stay in a pretty house right downtown with their porches and you could spend the time just walking around, taking in all the architecture, all the markets and sample some really great food.

And then another great we can town is Washington DC. It's surprising but there is so much to see there. You're not going to see it all. There are a ton of free museums, all the Smithsonian museums are free or I think they're all free. I don't remember. And I think there's like 19 of them. I was blown away the last time we were there, I had no idea. If you just even decide we're going to go see four or five and then pepper that in with a lot of international foods because there's so much great international food there. That could be a weekend in itself. Those are my main, more busy, not busy but bigger city suggestions that you've heard of but you might not maybe consider for a long weekend and we can put links in the show notes some details if you want to look into it more. Steph, do you have other ones to share or other tips in how to decide?

Stephanie: [51:48](#) I do have a couple of other places and I also wanted to know if I could tack on a couple of Canadian places. Can I do that?

Tsh: [51:54](#) Sure. We're talking North America. They've asked North America, so, yeah.

Stephanie: [51:58](#) Okay. Well, I will share one more place in the US that we really enjoyed. If you're into national parks, we have loved going to Moab, Utah and going to the Arches National Park. There's actually two parks that are, I think they're about maybe a half an hour drive between them and Moab itself, it's touristy, but it's a really fun little city to spend a few nights. I mean, you can do so much in the parks. They're gorgeous. The hiking is amazing, the scenery is fantastic. Utah is just a really cool place to explore if you love the outdoors in general. That is a recommendation in the US and then if we want to get into Canada, we're from the Vancouver area. That's not where we live right now. But if you want to cross over the border or you're a Canadian, Vancouver City in itself is amazing, but there's also a lot of really cool things around Vancouver or within about three to four hours that people might not know about.

One is to take the ferry over to Vancouver Island, you can go to Victoria or there's a lot of communities. It's quite a big island, but there's also all these small little coastal islands. Those are gorgeous, gorgeous, gorgeous. You have to take a ferry to get to all of them, but they're actually really easy to connect. They're very small communities, but they are the perfect place to spend a long weekend. We have friends who have a house on Main Island and we just love going there. Then you can also drive up from Vancouver, if you don't want to take a ferry, you could drive up the Sunshine Coast. It is probably one of the most beautiful drives you'll ever do in your life. You could visit Squamish or you could go up to Whistler or you could go the other direction and you could go to and the Okanogen and it's a bit of a deserty, a bit of an arid region in Canada and it has incredible fruit in the summer and vineyards, it is famous for its vineyards. You want to go to Kelowna and Penticton and they're on either sides of a huge lake that is just beautiful in the summer and it also has skiing in the winter. Those are a couple of places on the west coast of Canada that I would highly recommend.

Tsh: [54:02](#) I love that. I don't know if you know, I'm taking notes because this is where we are going this summer as a family and we are going to drive up into the Vancouver Victoria area. I'm curious when you say ferries, are these ferries you can take your car on?

Stephanie: [54:15](#) Yes, they are big ferries that you take your car on. But you can also walk across too.

Tsh: Very cool. I love that suggestion. One thing I did want to just tack on as a more of a thought exercise that might be fun, is to consider, if you go to Google flights, or Kayak and you want to look at flights, you always see a some pretty good deals based on your home city. For me here in Austin, I can find some good flights to New Orleans or Orlando or Atlanta or Dallas. I look at those and I just think, well, sure, okay, thanks. But those aren't exactly the places I want to stay at to consider what is a good flight deal for where you are and then look what's right around there that you can perhaps rent a car and drive to you.

For example, if you do fly into Orlando, you can maybe take up Steph's advice, and drive, I don't know what the long drive is or maybe some other town in Florida, but I know in Orlando you can drive to Seaside, which is a great little small town. If you fly to Houston, you could then drive to Galveston. That's a really fun Gulf of Mexico town. If you fly into Atlanta, it's a little bit of a drive, but you can go to Hilton Head. It's a beautiful island in South Carolina. If you fly, if you find a good deal to LA, you could go to Catalina Island and that's a great place for a weekend. If you find a good deal to either Boston or Providence, you could take the ferry to Martha's Vineyard, which we are big fans of. This is where we spent our honeymoon and then our 10 year anniversary. That would be a

fantastic place for a long weekend. Or if you find a good deal to Denver, there are a lot of great smaller mountain towns just a quick drive around like Breckenridge or Winter Park, there's tons of them and they're great anytime of year, not just for skiing. They're fun in the summer as well. Just to put that mental cap on whenever you're looking at the flight deals and think, okay, where else can I go that's near there that maybe isn't exactly there.

Stephanie: [56:09](#) I think that's a great suggestion. There's always such good areas when you get just a little bit outside of the city. If you start researching or you look on a map and you see there's maybe national parks or there's a lake just outside of a major metropolitan area or there's always something really good that you can get to within a couple of hours if you do just a little research or ask around. I like to ask on Facebook and Instagram, people always have suggestions.

Tsh: That's a great way, especially if you can't go far, forget flights. You just want to go on a small weekend trip nearby, ask around and your friends will tell you about all sorts of, oh we just rented a cabin in this one little town that you know you probably would have driven by and not thought anything of, but it turns out it's like a lot of fun, especially if you embrace a small town or off the beaten path perspective instead of we're going to see this huge epic thing I've always wanted to see. Just go with the more of adventurous spirit just to check out something off the beaten path.

You can find Stephanie at WonderlingFamily.com or on Instagram [@WonderlingFamily](#) and don't forget also to check out her YouTube channel which will have linked in the show notes. You can find Christine at ChristineMarieBailey.com and on Instagram [@OrganicStine](#) and to keep up with me, I'm on Twitter [@Tsh](#) and Instagram [@TshOxenreider](#) and of course at theartistsimple.net where you can find my writing as well as Christine's. Head to the show notes of this episode number 190 at thesimpleshow.com where you can find all sorts of things, links to things we talked about, where you can sign up for my weekly email called Five Quick Things and how you can join the community that supports this work to make it happen. It's just a few dollars per month, but it makes all the difference in the world. It really does. This show was produced by Chad Michael Snavely and Jesse Montonya, and thanks also to Caroline TeSelle, Andrea Debbink, and my furry intern Ginny. Thanks so much for listening. I'm Tsh Oxenreider and I'll catch you back here soon.