



Disclaimer: These are rough notes we use to prep for the show. Please excuse typos, etc.

Simple Life Together Episode 57: Simple Living with Tania Ginoza of MauiShopGirl.com

“Hi and welcome to Simple Life Together, a podcast dedicated to leading a simpler life in the modern world”

I’m Dan Hayes.

And I’m Vanessa Hayes.

Hi and welcome back to Simple Life Together! On the last episode of the show we talked about the comparison trap and how to avoid it. We also introduced a new segment called Qs & Comments where we share questions & comments you send us ([go figure...](#)) by voicemail on the website, emails, or comments on the blog. Well, today we’re super excited to introduce another new segment, our first simplicity profile, where we feature people just like you. We’ll talk with other SLT listeners who’ve decided to simplify their life and are willing to share their

story with all of us. The episodes will be titled Profiles in Simplicity where we talk about simple living with...YOU! So, if you'd like to share your simple living story with the whole SLT community, we tell you how later in the show. Or if writing is more your style and you'd rather author a guest post for SimpleLifeTogether.com, we'll tell you how you can do that, too! How awesome is that?

So, we'll do this show format about once a month. We'll start the show with our featured guest. We think the talks will last anywhere from 15 to 25 minutes. Sometimes longer, sometimes not. Then, Vanessa and I will still do the announcements, sometimes a Thing segment, and sometimes the Qs & Comments segment. We told you there would be a few changes coming along in 2014, didn't we? We think it's great to highlight your stories, and for you to be able to share your triumphs and challenges, your struggles, and things you've learned along the way. Each of us has our own story when it comes to simplifying, and sharing what you've learned, what you'd do differently, advice you'd share, and even mistakes you've made on your journey, helps us all grow individually and as a community. We're all in this together, so we'd all love to hear from YOU. When we started Simple Life Together, we kind of felt alone on our journey. We really wondered who would want to listen in

and weren't sure whether or not what we had to say mattered to anyone but us. Well, you've changed that for us, and we want to change that for you, too. We've been incredibly inspired by stories from the Edit & Forget It Facebook page, emails we've received, voicemails...you name it. YOUR story is unique...and if you're willing to share it, it can serve to inspire others to follow your path. We've found out first-hand that something we mention in passing on the show can have a positive impact on someone on the other side of the world...and make their life a little better. Your story can do that too. The world is waiting, and we want to share our platform so you can share your story too. So stick around and we'll tell you how later in the show.

Lead-In/Intro

So, our first Profile in Simplicity is with Tania Ginoza from MauiShopGirl.com. Tania has been an SLT listener and a huge supporter right from the the start.

Tania is an Assistant Financial Controller who lives in Hawaii. She is also a freelance writer and blogger who shares her passion for design, a creative life and living well on her website MauiShopGirl.com. When not crunching numbers or writing, she can be found walking the beach during sunset hoping to spot a whale or two.

That sounds simply marvelous!

So, with that, let's welcome Tania to the show!

Interview

1. Tell us how you got started on your journey to simplify your life...and maybe paint a picture of what your life was like before getting started.

2. What was the catalyst?

3. Everyone struggles in some way when it comes to simplifying or editing, or making major life changes. What has been the biggest challenge(s) for you along the way? And do you still struggle with any?

4. What does your life look like now that you've been on your simplifying journey?

5. Can you share with us some things you've learned along the way or things that you may have learned from others on the Edit and Forget It FB page?

6. What advice would you give someone who is "on the fence" about where to start simplifying in their own

life?

7. Tell us how people can find you (mauishopgirl.com, etc.)

Interviewee's Major Takeaway (Reinforced)

Wow...Tania's awesome isn't she? What a great story.

Yeah, I'm looking forward to reading more on her new site, too!

Qs and Comments: Where we get to answer or talk about what you write to us!

Our first one is from April. April writes...

I was wondering how you cut down on the stuff coming into your home, especially gifts and especially those for your daughter?

I ask my closest friends to do something with me for my birthday instead of giving me a gift but I don't see that working so well with my 6-year-old. Usually her wish list is just 2-3 items but with a large, extended family she gets showered in stuff pretty regularly. (It

is truly year-round that she gets packages out of the blue.) I don't want to deny her some new toys once in a while because obviously her interests change as she grows up but the sheer volume of incoming stuff is overwhelming.

I just can't imagine how to approach this with our extended family (or my daughter, for that matter). I know they're trying to show her love through their generosity but really she'd be happier with less. Even kids get a type of "analysis paralysis" and lately she seems to be having a tough time deciding what to play. Although one would think the opposite is true, the constant acquisition of more stuff breeds *discontentment*.

Vanessa response:

I recently threw a party for our little girl and on the invitations I said, "please don't feel obligated to bring a gift as we will have plenty of gifts for our little girl on her special day. The best gift would be for you to come over and celebrate with games, candy, cake and ice cream! " About half brought gifts and half just brought a card. It was great. And...we deliberately decided to open gifts after

the party was over and the guests had left. That way no one would feel uncomfortable. So that's one way to approach gifts.

I've also seen people flat out say on the invitations "No gifts please" or to "please donate money to a such and such charity in the birthday girls name". Or the parents specifically ask for a monetary gift to put towards a "college" fund. It's bold but can work well.

I personally make a habit of every time a holiday comes up or birthday, I have my daughter sort and edit her toys to make room for the new stuff coming in. I definitely don't mind her getting new gifts, but I keep the balance by letting go of the old to make room for the new.

Another trick I know other parents do, is to put some of the gifts and birthday presents aside (they don't even open them) and save them to be opened at a later time in the year or at Christmas. Its a different tactic and might appeases those little ones who like the thrill of opening a new gift ...even if it's months later ;o)

Bottom line, I know it's uncomfortable to discuss this type of thing with your family...they are only giving gifts and stuff out of love. But if it is too overwhelming and goes against what you are trying to teach your daughter, then you really do need to have the conversation. They may not understand it at first but eventually will respect it. My sister had to have the same conversation with both sets of grandparents. She would tell them in advance of parties or holidays to either not buy gifts, give only one gift, request a specific gift or give or ask for a gift card they could use when they needed too. It took a few reminders but eventually they understood and stopped sending extra gifts throughout the year.

Next up is a voicemail from Jared: (mp3 in Episode 57 folder in Dropbox. Need to run through Levelator)

- Just like with physical clutter you need to ask:
Do I USE it? Do I LOVE it? Do I NEED it?
- Don't be afraid of using search instead of file trees
- Set up systems and routines to edit and control the digital clutter.

And lastly, Sara writes: As you two have said in the podcast, the design is very important to a living space. We may end up with a bit more square footage as renters since we cannot dramatically change the design of our spaces. Moving into a house built in the 1950's, we have a smaller scale of rooms and closets, but the space is still very usable. I am intrigued by the small cottage plans from Tumbleweed Tiny House Company and would consider those for building our own house if the opportunity arises in the future. I am also interesting in hearing more about your considerations about going to one car. We talk about that idea too, especially as my husband gets into biking.

Well, thanks so much Sara for writing in. We also like the Tumbleweed Tiny House company designs and other tiny home designs floating around on the internet. We've been Evernoting ideas and will probably get with a tiny home architect when we make the final decision. As for the car....we talk about it constantly. It'll be a matter of cost, mileage and towability...because it has to be able to tow the Guidon...our tiny teardrop camper.

Announcements:

So we've mentioned in the past couple of episodes that Dan is working with our friend Joel Zaslofsky of Value of Simple on a "simplicity summit" called **SimpleRev**, which is short for simple revolution.

SimpleRev will be 200+ passionate simple-living advocates. Joshua Becker of Becoming Minimalist will be there, as well as other minimalist and simplicity lovers around the globe.

Date/Location: October 3-4, 2014 | Minneapolis, Minnesota | University of St. Thomas Downtown Campus

To learn more, just go to SimpleRev.com or SimpleLifeTogether.com/rev

CONTACT INFO: Remember...if you have questions or comments you can always reach us at

Dan@SimpleLifeTogether.com & @DanielHayes on Twitter, or Vanessa@SimpleLifeTogether.com & @GetSimplifized on Twitter and there are links to our Google Plus profiles on the website.

Wrap Up:

OK, so that's it for Episode 57 of Simple Life Together and our first Profile in Simplicity with Tania. If you'd like your story to be considered for a Profile in Simplicity episode or you'd like to ask a question or leave a comment in the Qs & Comments segment, just send us an email.

And if you haven't already, be sure to sign up for Edit & Forget. Just go to SimpleLifeTogether.com/edit and we'll interact with you on the Facebook Page.

As usual, you can find all the links and info from today's show at SimpleLifeTogether.com/057.

So let us know what you think of the show and how you're simplifying your life, too! Either way, we'd absolutely love to hear from you.

So, until next time, we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

MauiShopGirl.com

Simple Life Edit