



The Athena Wellness Podcast
Episode 089 – Turning a Post-Corporate Dream Into a Reality
with Stephanie Weaver
November 14, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:30

Hello and welcome to Episode 89. Thanks so much for joining me.

I'm joined today by Stephanie Weaver, a corporate project manager turned entrepreneur who founded Positive Painters, a supportive online artist community and art business membership. Stephanie is also a full time artist and instructor, using oil paint to create and teach landscape, still life and portraits.

Here's what we cover:

- The journey from corporate life to artist;
- How sobriety positively impacted her life and art;
- Using substitution to treat addiction;
- How she would counsel her younger self; and
- Words of wisdom for those dreaming of leaving their current jobs.

We end this episode with our Dose of Inspiration segment where Stephanie shares some of the things that are lighting her up these days. And as always, I'll put links to those items and Stephanie's contact information in the show notes.

And now onto the show. I hope you enjoy the conversation.



01:35 Kathy

Stephanie, welcome to The Athena Wellness Podcast. Thanks so much for being here today.

01:42 Stephanie

Thanks for having me, I really appreciate it.

01:45 Kathy

So please, share a bit about who you are and what you do.

01:48 Stephanie

My name is Stephanie Weaver. I am a fine art artist and art business coach and I own and am the founder of the Positive Painters, an online artist community and art business membership, so I am pretty darn busy, but blessedly so.

02:04 Kathy

Wonderful. From what I understand art wasn't always the way you made your living. Can you tell us a bit about what you studied in school and what you did for a living before you became a full time painter?

02:17 Stephanie

Sure. So I actually have an undergraduate degree from the University of Mississippi in marketing. And then I went into grad school at Auburn and got an MBA with a concentration in Management Information Systems. And then I have another Master's in Project Management with a concentration in E-commerce. So art was never in there.

I actually worked for IBM. I was an IT specialist and kind of sold the contracts as an expert and really learning on the fly as I go, building databases in JavaScript and C++ and found out I don't like that.

So then I went to UPS and at UPS I was a senior programmer analyst. And I primarily focused on defining business requirements in the project management aspect of it, which I just loved.



And I never knew growing up that project management was actually a thing, because I was doing little Post-it notes and sticky notes when I was a kid of goals, what I wanted to achieve and all that stuff. And that is what project management is really all about is defining the goals and the steps to get there.

So from UPS, I progressed to Kronos, and then finally ended my career with ADP, Automatic Data Processing, as an implementation manager, where I managed a team of project managers.

I didn't get into art really until I was with UPS. And it was way back then that I really just needed a creative outlet, something that was mine. You know, working for big companies, you do recognize that you're essentially a number. And your job is to make them look good. And I was good with that. But I also wanted some things that were just mine. And that's why I got into art.

It was one of those things where my husband and I just bought our first house and I wanted to decorate the walls. And I went to the store and I looked at this pretty landscape, it was like purples and pinks and it was just very soothing to look at. And then my next thought was, surely I could do that. (laughs)

04:26 Kathy
Wow.

04:27 Stephanie

So I found an art teacher and it was my favorite part of every single week, going to her house. And in Atlanta traffic, it would take me 45 minutes to get there and then an hour and a half just to get home. And it was still like the best part of the whole week.

When she retired and moved to Florida, I found a new art instructor and studied under him for about seven years. It was probably about four years before I sold my first painting and I did my first show. And it was always something like, I remember being in his studio going, "God, if I only could just do this somehow, some way for the rest of my life."

And I didn't know how significant that initial little grain of thought was – it just kind of grew into all these things that led me eventually here to where I am today.



But it took a swift kick in the teeth, I think, for the Universe, basically, to tell me, "You're ready." (laughs) And that was in 2014 when my husband was deployed to Afghanistan. And we decided that I needed to stay home with the kids because at the time, they were five and seven. And I didn't really stay too well, like, I still had all the ideas and things I wanted to do and ways to contribute to the family. And so I started doing pet portraits and it just grew.

So it wasn't never really an intentional thing, just something I would love to do. And I guess, the world wants me to, too. So, yay! (laughs)

05:59 Kathy

I love, love that story. Because this is really more of an unfolding for you then. And especially for a project manager who loved her Post-It notes from so early on that this wasn't A - B - C. For those of you who are listening and can't see video, Stephanie just held up her Post-Its that are right on her desk there.

But I think what's so funny is that that's not the way it happened, right? It happened almost unexpectedly, you weren't planning for it. And I'm just curious, when you saw that painting hanging in the store when you bought your first house, you had never picked up a paintbrush before?

06:39 Stephanie

No, definitely not oils. I had played a little bit like seventh or eighth grade with acrylics in school. And I loved drawing at that time. But it was never something that I sought out every single day. It was just something to do because I was a bored kid. There's no TV in my room. We didn't have computers back then. (laughs) So it was just, no, I never picked up an oil painting brush. But, I did buy that painting because that was the inspiration.

07:12 Kathy

(laughs) That's great. You worked for some big companies. How has your day to day changed - less about the schedule and what you do, and more about how you approach your work now versus when you were in more of a structured corporate environment?

07:29 Stephanie



Well the nice thing about what I do now is I get to define my life. I get to define my workload. And my overall goal now is just to work four hours a day, so I could spend more time with my kids. Right now they are 12 and 15. And I've only got three, six years left with them. And that's kind of eye opening, because that's going to go by so fast.

So my daily routine now is trying to find ways to spend more time with them, but then also build my art business to the point where I can make sure that I can help pay for cars and college, you know, all the life things that I gave up when I left a six figure income to become my own business person.

My daily life - I still live by a schedule. I still develop routines. It's just, nobody's telling me what I need to do. Nobody's following up with me on, you know, how's this project going? Is the timeline still on target? I make my target timelines. And I have a big whiteboard over on my wall over here (laughs) that has go-live dates. I just went live with the art pricing calculator. And nobody's telling me to do this, this is something that I want to do.

It's just got a whole different feel to it. Because you wake up immediately feeling empowered.

09:05 Kathy

I was going to ask you how your corporate career prepared you for creating an online business, but you gave me some glimpses between the whiteboard and your launch date. So it feels like there's some good parallels. Can you speak to that a little bit of what you've learned and how you can apply it - corporate to entrepreneurship?

09:23 Stephanie

Definitely, yeah. The corporate world definitely prepared me for this. Because as a project manager, I focus a lot on contracts, communication, and project timelines and bringing in income at a specific level. And if we weren't able to meet that level, then what else could we bring in? And what else can we do to bring income in to meet that target?

Same thing applies with your business, whether it's art business, whether it's any business, you have to bring in income. So you get a little bit more creative with what your options are and as an art business, we have to be diversified in how we bring in income. Because



an original painting is not going to sell every week. You might have a commission, you might have an art sale, you might have to teach oil painting classes like I do.

And so you start developing all these revenue streams to bring it in. And that's not necessarily the only focus, but it's one of those things, key factors that you have to have in your business. And that's one of the key things that I learned in the corporate world is that you have to have income in to pay for all the employees and the healthcare and all that stuff.

The same thing applies here. If I hire a virtual assistant, if I hire a Fiverr guy, I need to make sure that I have my income to where I can pay them. Because they're dependent on me, too. It gives you a different perspective.

And I remember reading some books when I was in the corporate world, where I was like, how to quit your job, how to slowly move out. And one of the key pieces of advice that I got was - use this time right here right now to learn everything that you can because it's leading you somewhere.

And that settled me down. Because I was like, "Okay, what can I learn today? What am I here to learn?" And I took it all in with the contract management, kind of understanding and making sure that I read, because now I'm getting into agreements with licensing. People are taking my work and licensing on selling them on products and things like that. I make sure I read the terms and conditions, because if I violate them, I could get sued. If they violate them, then I can terminate the contract or sue them.

But one of the other key things that I kind of got from it was project management, you do documentation in preparation for litigation. Nice little memory thing there because everything rhymes, "preparation for litigation." And I document the heck out of everything. I try and follow up with emails after conversations, relaying, "Here's what I understood. And if there were any miscommunications, please let me know."

Because, you know, we're all human. And that played a big role. Contracts are huge. Copyright law, I did not learn that one in the corporate world, but you learn it pretty quick in the art world.



12:31 Kathy

Mm hmm. Yeah, it's amazing. And full disclosure for our listeners, even though Stephanie and I worked for the same company, it was a 60,000 person company and we never met each other while we were there, although it seems like our time there did overlap.

I'm curious, you knew that you wanted to go, you were doing some reading, something happened in your life that made it happen at a particular time. And suddenly, now you're self-employed. What have been some of the biggest surprises? What was unexpected in all of this?

13:03 Stephanie

The unexpected is really the mind shift of moving from corporate to independent. There was a mind shift of not only, "I am not making as much as I used to," and that mentally took a toll of, you know, what is my value? That was something that took me at least a year and a half to get over. That, you know, six figures is not what I make anymore. Now, my role was primarily a mom. And then it became the art business. So now I'm like both of those, but still, you know, that value thing was really hard to make the transition.

And the other thing that I think was a particular challenge, or key difference, is that I woke up with a different feeling every day, and I still have that. I am an overachiever. I've always been an overachiever. And I put a lot of pressure on myself. So with that comes a lot of, kind of like, anxiety, but it's not necessarily expressed out.

I don't do a good job expressing that outwardly. I keep it in because you have to be calm and controlled when you are in a leadership position type of thing. It was one of those things where you've never let them see you sweat. And now you are expected actually to show your vulnerable side. And that is a little bit, it's still different because I don't think I'm, I don't know, I kind of go back and forth on that one. So am I touchy-feely or am I hard-nosed?

How many years have I not been in corporate? Seven years? And I still haven't identified - am I actually hard-nosed or touchy-feely, and it's somewhere in the middle. And I think I can just flip on a switch. I'm not really sure yet.

15:06 Kathy



Well, I don't think you ever get away from, and I'm raising my hand here, your Type A, but I do think the edges soften a bit. So I think you can give yourself permission to be both. And I'm sure you are.

And I'm sure you were then, too, you know? To your point, you didn't show it. But my guess is that if things didn't go quite right, it's not that it didn't hurt or you weren't feeling it or you didn't feel vulnerable, but you weren't showing that. And now you're trying to connect with people in a different way.

15:36 Stephanie

Yeah, yeah. So I guess I wasn't too bad. But at the time, I could make people cry, too. Okay.

15:45 Kathy

(laughs) So I take it, you're kinder and gentler with your students, I would think.

15:50 Stephanie

Oh, yeah, most definitely. Because, well, it's a different type of interaction, too.

Art is so personal, because it's something that you're pouring your heart and soul into. And a job is normally a job, most people just kind of show up to it. And I don't have that expectation. When I do something, it's like 100%. And I expected everybody else to do that. And so when they didn't do that, that's when I got a little hard-nosed.

But I know that people that are coming to my oil painting classes, they are there to find the best parts of themselves and express it. Ooh, I just got chills. That is awesome.

16:28 Kathy

And just to reflect back, you're making them feel the way your first teacher made you feel.

16:33 Stephanie

Yeah, I really hope so. I would love that.

16:36 Kathy

Yeah. That's a pretty good job, huh?



16:39 Stephanie

It's awesome. It is amazing. Yeah. I wake up every morning and I'm just like, "I get to go do this today." It's not a "have to," it's "I just can't wait"

16:51 Kathy

Yeah. Well, you know, you talked about the mind shift that you needed to make, which I think is incredibly important. And you've also talked about another journey that I think involved a mind shift. And that was the one to sobriety. So can you share that story with our listeners?

17:09 Stephanie

I will do my best to do it without crying. Yeah, drinking too much. It's not something anybody intentionally sets out to do. I think it's like gaining weight. Nobody intentionally does it. It's just, you know, that little extra tasted good.

And so over time, I started drinking more and more and more. And it got to the point where I knew what I was doing was not good for me. It wasn't good for my body, my body was reacting very negatively to it.

And I don't remember a lot of things. Because come Friday night, that was movie and family night. So I would have a glass of wine. But then it didn't get limited to just Friday nights. But I would have a glass of wine and I would do these things - nobody was really paying attention to me so I could get away with it. And I would just go and refill my glass while everybody else is watching the movie. And I didn't remember any of the movies. And it was a long time coming.

My husband at the time, he was in Russia. And I had gone seven days without any alcohol. And I didn't tell anybody any of this, either, because I just didn't know if I could stop drinking.

Because I tried it before. And I'm like, "Oh, it's fine. I can get it under control. I can go like a couple days without anything."

And that turns out, it was all a lie. Because it takes more than just three days to get it out of your system. It takes more than just three days to break the habit and figure out why



you drank. And it was daily steps of journaling and figuring it out, sitting with myself. “Why do I want a glass of wine?”

Following those five whys? “Why do I want a glass of wine? Well, because I think it’ll make me feel better. Why do you think you need to feel better? Why do you think this is going to help you feel better? What are you trying to feel better from?” And answering all those questions led – and it took me about six months before I finally got the right answer or finally got the answer that just brought the whole thing into perspective.

It was one of the things that went back, all the way back to when I worked at UPS, of somebody telling me something in a performance review. And he said, “What do you want to be in five years?” I said, “I want to be a project manager.” And he actually laughed at me and said, “Well, that’ll never happen.”

And in my mind, it just clicked and I was like, “Well, you frickin’ watch me.” But he was right. I couldn’t be one there. And so I eventually left. But that was my first spark of somebody telling me what I couldn’t do.

I grew up all my life with my mom telling me, “You can do anything that you set your mind to.” And I always believed that. And that’s why I have all those little Post It notes everywhere, because like, if I believe it and I can see it, I can do it.

I have that mentality back. And it took me those six months of going through and journaling and writing everything down to really come to terms with that. And it was a moment, like, ooh, wait, I’m trying not to cry. It was a moment that I was brought to my knees. Ooh, I’m getting all verklempt.

20:49 Kathy

It’s okay, it’s alright, take a deep breath, it’s totally fine, totally fine.

20:53 Stephanie

I was just kind of brought to my knees because I can’t believe I let somebody do that.

21:01 Kathy



Mmmhmm. It's incredibly powerful that, you know, especially given the way you were brought up. And the belief you had in yourself and the belief that your family had in you and how that one conversation somehow can shift that.

And it happens, in some ways, to all of us at certain times. Different things, different situations. It's not always work, it could be personal. But what I think is so fascinating is that we believe that. Even though you knew, "Just watch me," there was something that you carried. And to be able to release that after trying to numb it.

Stephanie

Yeah, it was totally numbing.

Kathy

And get to it. I mean, I give you so much credit. Because that takes work. I mean, you outlined the work that you did - it was six months of asking, of journaling, putting in the work until you got to that answer. And then you have to figure out what you're going to do about that, right?

21:59 Stephanie

Right. Well, my husband, well, when I finally, I was like, on the seventh day of not drinking. He was in Russia and he had come home. And I told him, I was like, "Okay, well, I'm not drinking anymore." And we're walking with the dogs. And he's like, "Why?"

I said, "Because, I can't. I'm doing it because I think that I'm addicted to it. I haven't told you about this." He said, "No, you're not that bad. You just have a couple of glasses of wine."

And I said, "No, here's what I was doing." And I was explaining it to him. I was like, "I don't remember any of the Marvel movies that we were watching." (laughs) And he's like, "Really?" And I'm like, "No, I really don't. I've been hesitant to tell you this because I didn't want you to think of me as weak."

I'm sorry, I'm going to cry again.

Kathy

It's okay.



Stephanie

His response was really just the best I could have ever asked for. Because he's like, "To admit it makes you strong."

23:05

And I said, "Well, I got one request." He said, "Okay, whatcha need?" And I said, "Can we watch all the Marvel movies in the right order?" And he said, "We can start tonight."

23:17 Kathy

Ah, well, that also reaffirms that you married the right guy for you, huh?

23:23 Stephanie

He's amazing. He is an amazing, amazing man.

23:26 Kathy

Yeah, and I'm sure he feels that way about you, too.

23:30 Stephanie

Yeah, I surprised him. (laughs)

23:34 Kathy

Wow. In the wake of all of this, was there ever any fear that not drinking would affect your creativity? Or was this something that was just more of a release valve that you would do in the evenings just to try to burn off the day and just be able to be present with your family?

23:54 Stephanie

Oh, wow, that's a great question. Um, I remember back when we lived in Atlanta and I worked for UPS. At that point, it was Appletinis. I don't know if you ever watch Sex in the City. Those things were really, really good. (laughs) And I remember that was like my drink of choice when I would start painting at home by myself.

There was one night I think I had three and maybe four of those things. That was such a bad idea. So it was after that point, I really didn't drink again with painting all that much,



especially Appletinis. That was just dangerous. But I didn't really think it would affect my painting and being able to do it. I didn't correlate the two as a necessity together.

The correlation of the alcohol was with de-stressing and avoiding the feeling of being a failure. That's what that was associated to. When I came to the canvas, the canvas was my, like my home. It was the place where I could go and get lost in. And instead of getting lost in a glass. It's still like my home.

When I did go through the steps to kind of release myself from alcohol, the other thing that really kind of helped was finding something physical to focus on. So I got out my golf clubs. I went in the backyard and whenever I would get stressed and feel like I'm not good enough, I would put down that little white ball and I would hit the crap out of it.

Kathy

Good for you!

Stephanie

And it just gave me something temporary to focus on and to recognize that this feeling that I have is going to go away. And to recognize it and to let it go. And so like every one of those little golf balls, those wiffle balls, represented that. So no, it never really went with art.

And actually, one of the interesting things that's come from having such a clear mind is I have now greater drive. I have greater clarity and my artwork has changed. It's gotten more imaginative. Because now I can actually, I have the skill set to relay what I dream. And I have the skill set now to relay what I want to happen and imagine.

I think I've released that feeling of not being good enough. Because good enough for what, you know, who's judging me? If they are judging me, I don't really care anymore. (laughs) I don't know if that's an age and maturity thing or an alcohol free thing. I don't know anymore.

27:00 Kathy

Yeah, there's definitely some of the aging thing there, for sure. But you know, I love that idea of physical substitution. That when that feeling came, you gave it an outlet, you had something that worked for you that was accessible, and that you can do. And just that



metaphor of hitting those balls, and like this physical way of letting those feelings go, is incredibly powerful. And I think that is so wise. And I think so helpful for the folks who are listening.

I'm curious, before I get onto the next topic, one more on this and that is, was there a particular way that you went through this process of getting sober? Or was it just you made a commitment and you just stuck with it?

27:44 Stephanie

I've just made a commitment and stuck with it. I actually called AA and that conversation was very funny, because I called them and I was like, "Hey, so how does this work?" That's all I asked.

And the guy asked me, "Well, are you a family member that's looking to support, is this court induced or is this you actually having the concern?" And I said, "Well it's me actually having the concern." And what was funny to me about that conversation, it never even occurred to me that those other things were an option.

And the night before, I had purchased the book from Amazon, *Alcoholics Anonymous*, and I read it overnight. And I recognized that I was this person. There were several scenarios in there that I recognized I was. And he explained the meetings and what you need to do. And I debated about it. And I chose not to because with my personality, I knew that when I got into an environment with other people, I would want to help them. And I needed to help me.

So I remember on Day Five, I went to meet with some ladies at a local coffee shop. And I had a little bit of a stressful day. And I was just kind of sitting there and I was already thinking about, "I'm just gonna stop at Walmart and get a box of wine and go home."

And the lady across from me, well, it was one of those movie moments where like everything slowed and just whooshed right by you. And she started talking. She was 160 days into being sober. She even said, "I don't know why I'm telling you guys this right now, but here's the story."



And I just like, ooh, I started crying and I'm like, "You're here for me." And she was like, "Oh my god." I said, "I'm on Day Five," and told her my thoughts and everything. And those ladies just gathered around me. It really helped and just kind of reaffirmed that I did have a problem.

Because I didn't realize that on Day Three, I told them all I had these nightmares about the devil was chasing my children (laughs) and I had to go fight him off. And it turns out that nightmares and night sweats are alcohol withdrawal symptoms. And I was like, "Oh my God, I didn't know that."

But she and I stayed in touch. We still talk. And, you know, she even told me, she's like, "Don't give up. It's so worth it." And she was totally right. I'm two plus years now.

Kathy

Congratulations!

Stephanie

Thank you. And it's, it's not even something that I want anymore. I mean, I occasionally think about it. I think about it, like, "Am I strong enough to not fall into that trap again?" And then I think about it again. I'm like, "No, I don't really want to."

I like waking up every day with clarity. I like knowing what's happening in the movies, just simple little things. (laughs) And feeling good at my kids' soccer games. It is worth it to not do it. I don't think I'll ever have another drink because it's just not worth it.

And my husband, I guess it was three months in and we were at a Mexican restaurant. And I was like, "You can have a margarita, it's fine." And he's like, "You're really not going to drink anymore?" "Nope, I'm good now." And I said, "I'll drive, it'll be fine." Because it doesn't faze him. We've had a case of beer in our fridge now for a year and a half. He just doesn't drink.

31:38

So it's been life altering. If anybody out there is even considering it - do it for yourself. It is so, so worth it. You are so worth it.



And I know like one of the things that I also did and reasons why I drank was not only the fear of failure, but to shut up the voices in my head that were telling me I wasn't good enough. And I would drink until they shut up.

You just have to figure it out. Write it out. Why do you think you're not good enough? Who said that? If your mind is the one telling you that and it was actually a physical person, you would probably beat the crap out of that person. You sure as heck wouldn't be a friend with them. Why are you allowing that in your head?

So that's a big thing, too. I was allowing myself to feel that way. I have control over me. I don't have control over everybody else. Now, one of the other things, like you know how I used to hit golf balls. Now when I get kind of upset or somebody says something negative to me, I write it down on a piece of paper and I go burn it. And I just watch it. It's like, "This is not mine. Send this negativity to the four corners of the earth because it is not mine." Watching it burn, watching it release through the little chiminea really just helps.

33:03 Kathy

Beautiful. That's wonderful. Oh, great, great practices, and just this way of taking back control of the things that you can and letting go the things that you can't. And being okay with that.

Stephanie

Yeah.

Kathy

Yeah, that was wonderful. Thank you so much for sharing that. I'm curious - you're doing all this wonderful stuff for your wellness. What else do you do that keeps you well? Since we are a wellness podcast, what are some of your other practices that you do to take care of yourself now?

33:33 Stephanie

Yeah, so I like to do yoga. I would love to be more consistent about it. That is not something that I've made a really good routine of, but I do yoga. Every morning, I sit outside and enjoy a cup of coffee until it gets about 30 degrees. And then I'm just like, "I can't!"



So I do run, at least three times a week for about three miles. And I love to exercise, especially group training. My gym has a group training - we get to flip tires and throw stuff and it's a lot of fun because it's something different every single time. So I do that.

And then meals-wise, you know, I'm sometimes, I'm a little bit of a slacker. Some nights, I just don't have time and we do fast food. But I love those meals that you order and have delivered to your house. We use Every Plate and you pick out the meals, they send you all the food to prepare with instructions and it's for a family of four and they're healthy. I love that. Because I do all the meal prep on Sundays and that way I don't have to do really anything unless we go out. Friday nights we typically have pizza.

34:47 Kathy

I love it. It feels like you've been on such a journey of self knowledge. What would you tell your 20-year-old self knowing what you know today?

35:00 Stephanie

Whew, that's a good question. Um, I would tell her: 1) lighten the frig up! (laughs), but, I would use the actual F bomb on her to make it crystal clear. (laughs)

So yeah, there's that and just to, you know, lighten up, because everything that you're going through is leading you somewhere. And that somewhere is going to be fabulous. So just enjoy the ride, you're gonna be fine.

35:29 Kathy

Great advice, what do you think her response would have been?

Stephanie

(laughs) What do you know?

35:42 Kathy

(laughs) That sounds about right. (laughs)

For someone who has a full time corporate job that she or he dreams of leaving but can't see their way forward, what would you suggest?



35:54 Stephanie

I would suggest, if you can't see your way forward, just even if there's a pinlight of light, that's leading you somewhere, you have an idea and you want to move in that direction. That want is your inner soul telling you where you want to go. And you have to listen to it.

So even if you don't know the direction, just keep moving in a direction. And eventually that pinhole of light is going to get bigger and bigger and bigger. And then you're going to see what's on the other side.

So just like I would tell my 20-year-old self, relax, walk the path, you're there for a reason, make good decisions, make unselfish decisions, I think, that lead you to not only your healthy life, but also your healthy mind.

36:46 Kathy

Good advice - and hit a lot of golf balls! (laughs)

36:49 Stephanie

Hit a lot of golf balls. Kick boxing is another good thing. (laughter)

36:55 Kathy

That's wonderful. So we wrap up with something that we call a Dose of Inspiration, where it's just a quick Q&A. And one of the questions that I love to ask is something that you've either read or listened to lately that you've enjoyed.

37:10 Stephanie

So one of my favorite books that really kind of changed my perspective, and this was several years ago, and I even have it right here, I have it all dog eared. It's called *Call to Create* by Jordan Raynor. That was really good.

For business, I love the book by Russell Brunson. *Expert Secrets* is an excellent, excellent book, I have that one dog eared, underlined. And it just kind of walks you through all the things that you need to consider when you're marketing your business and creating those sales funnels. I read a lot of nonfiction.



37:45 Kathy

Perfect. What new thing or experience are you looking forward to trying?

37:51 Stephanie

A new thing and experience I'm really looking forward to trying would be a four hour workday. I've gotten pretty close to it. And I find it's actually a little bit of a mental struggle to not work. I'm looking forward to getting my grips on that. We're building a pool. So I want that four hour workday for the pool.

38:12 Kathy

Nice. It's inspiring. It's definitely inspiring. Envision your perfect road trip. Where do you go? What do you do?

38:24 Stephanie

Mmmmm, the perfect road trip. I would love to go to Ireland. And take a trip over there and just tour the countryside, paint the countryside, and some of those old ruins and the ocean. That would be very spiritually uplifting, I think. It would be amazing.

38:45 Kathy

Sounds beautiful. It's one of my favorite countries. What has you feeling inspired these days? What's lighting you up?

38:53 Stephanie

Lighting me up? Oh, my work actually. (laughs) Being an artist and the art business. I actually get to be part of people's lives and see them making advances in their artist career.

There's a young lady in one of my oil painting classes in my community. She had her first big commission and she was so excited about it. She's actually a featured artist this month, because she just exudes what it means to be a Positive Painter and a Positive Painter is somebody who promotes and supports other artists and takes challenges themselves. And so seeing that - that's what gets me up every morning. The idea that I could help the next Michelangelo. I mean, I don't expect to be Michelangelo, but I could be part of somebody else's life and that's that person. That lights me up.



39:49 Kathy

Amazing. And then lastly, what has you optimistic about the future?

39:56 Stephanie

Being creative is the future. You know, every hardship that we ever have leads to creative invention. And I think today's society is starting to come back to that, like what we were in the Renaissance, where Michelangelo and Da Vinci and all those guys, they were combining science and technology to create, and art, to create. We're getting back to that.

I think the world is starting to recognize that - STEM, science, technology, engineering, art and math are integral into the future. So art is not never going to go away. I think it's lessened in the schools for sure. But I think people are starting to recognize that it's needed to grow.

40:43 Kathy

Wow, what a nice way to wrap up. And Stephanie, I'm sure our listeners are going to want to get in touch. So tell them a little bit about the services that you provide and where they can find you online.

40:54 Stephanie

So you can go to StephanieWeaverArtist.com and I offer a number of services. One is, we have an online artists community that you can join. And it's a safe, protected environment, it's username/password. I don't do anything with your data. I actually created it to get away from Facebook, because it's positive and supportive. If you put a piece out there that you want to have evaluated, you will get positive, constructive feedback.

Then there's the art business membership and that's for folks who are wanting to take their art to an actual business. And I made that separate because not everybody wants to make a business from their art. And that's okay. That's why we have the community.

But if you want to take it to the next level, we can help you take it to the next level. Within the art business, we also have courses about Google Analytics, how to put that onto your website, course project management and goal setting courses, of course. And then I've also got a course on Etsy Bootcamp. So if you're wanting to sell your art and create



products and prints from your art, I show you how to integrate that into your Etsy shop so you can start making that passive income.

So yeah, there's lots of little avenues. And I just released, like I mentioned earlier, about the art pricing calculator. Because the number one question that every artist has in the very beginning is, "How should I price my artwork?"

And so I've actually come out with an art pricing calculator that makes it fact based, not feeling based. Because the three models that were actually put out there for us to market our art are actually created, not for artists. And I'm actually releasing, I'm on Instagram right now, you can go to [instagram.com/StephanieWeaverArtist](https://www.instagram.com/StephanieWeaverArtist) and click on IGTV. And there's a series of videos about the art pricing calculator. And I actually walk you through the formulas and explain how they work and who they were actually designed for. And then you can get the art pricing calculator.

43:05 Kathy

Excellent. I'll link that stuff up in the show notes. And thank you so much for such an uplifting conversation, Stephanie, I really appreciate it. Thank you so much for being here today.

43:15 Stephanie

Do you make all your people cry? (laughter)

43:18 Kathy

I think you're the first. But this may be a trend, who knows, who knows? You know, I'm working on being kinder, gentler myself. So maybe we had a meeting of the minds here today. (laughs)

43:31 Stephanie

(laughs) I really appreciate you having me.

43:33 Kathy

Thank you.

43:35 Stephanie



This has been wonderful.

43:38

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!