

TRANSCRIPT FOR PODCAST EPISODE 115-STAY ALERT FOR AWESOME, PART 2  
The Colloquial Definition

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 115.

Hey friend, do you know someone who's going through a tough time right now? And maybe you'd love to be an encouragement to them, but you aren't sure how? If so, I have something for you that can help with that. Just click on the link in the show notes, and you'll get a free gift from me: ideas for making a joy box that will definitely brighten the day--and maybe even the life--of someone you care about. And--bonus--getting that little bit of goodness will automatically sign you up to receive these podcast episodes in your inbox every week. You just might need a boost yourself.

Because if you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story--one that might inspire a way to uncover a piece of joy you've been looking for. Then, we'll consider how it could speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

If you recall, in last week's episode, Number 115, we talked about how much we use the word "awesome" these days, and how it really bothers some people, like *HubPages* writer Shelly Watson, who gets really irritated when people use it in a way that, as she says, *brings down the truly awesome things in our world and beyond* when it's not used to describe something that inspires an overwhelming feeling of reverence, admiration or fear.

So last week's episode was all about awesome in the classical, deeply meaningful sense.

However.

I submit to you that there's a lot to be said for "awesome" in the colloquial, rather shallow sense, which means, simply: *pleasing; very impressive*.

So this week? Let's just be shallow, you want to?

Neil Pasricha, author of one of my favorite books--an excellent beach- or just-before-bed read, *The Book of Awesome*, says this in the foreword:

*Polar ice caps are melting, hurricanes swirl in the seas, wars are heating up around the world, and the job market is in a deep freeze.*

*Whoa.*

*It's getting pretty ugly out there.*

*That's why one chilly spring night I started a tiny website called **1000 Awesome Things**. For a boring guy with a nine-to-five job, it became a getaway from my everyday.*

*I never imagined that writing about finding money in your old coat pocket, the smell of gasoline, or watching *The Price Is Right* when you're at home sick would amount to anything.*

*Honestly, when I started the site I got excited when my mom forwarded it to my dad and the traffic doubled. Then I got excited when friends sent it friends and strangers started sending me suggestions: "When cashiers open up new checkout lanes at the grocery store," "the smell of rain on a hot sidewalk," "Waking up and realizing it's Saturday."*

*It seems like maybe these tiny little moments make an awesome difference in many of our rushed, jam-packed lives. Maybe we all love snow days, peeling an orange in one shot, and popping bubble wrap.*

*Maybe we're basically all the same.*

*In a year's time, he says that the website grew into a warm place where people around the world came to curl up under a blanket and think about the small joys we often overlook. With so much sad news and bad news pouring down upon us, it's fun to stop for a minute and share a universal high five with the rest of humanity.*

*What started on a whim has changed me for the better too. Now when I get the thank-you wave while merging, hear the crack of ice cubes in my drink, or move clothes from the washer to the dryer without dropping anything, I just smile and enjoy the moment.*

And his book will help you do the same. Consider these shots of awesome:

--Tripping and realizing no one saw you

--Hitting a bunch of green lights in a row

--Waking up before your alarm clock and realizing you've got lots of sleep time left

--When the vending machine gives you two things instead of one, which goes like this:

*First you spot the Teetering Treat.*

*It's the candy bar hanging onto the metal spirals for dear life, just sitting there after giving the last customer the ol' For Sale Fail and teasing him instead of delivering the goods. And instead of spending another dollar to test his luck, he decided to walk away. Hey, we've all been there...So just drop your money in, push the buttons, and listen for that sweet thump-thump of two treats dropping into the Sugar Basin at once. Now push back the awkwardly heavy door and swipe a paw in there to scoop up your treasures. Kiss the vending machine plastic window, hold your nougat-filled plunder up to the sky, and then flee the scene.*

*It's snacking time.*

*Yes, that free treat is great because now's your chance to play Santa on an unsuspecting coworker or classmate. Got someone who could use a caramel fix? Of course you do. So share the wealth and give yourself a break together. It's Christmas again.*

More of his awesome moments include:

- Licking the batter off the beaters of a cake mixer*
- The final seconds of untying a really big knot*
- Peeling that thin plastic film off new electronics*
- Finding our keys after looking forever*
- Eating the extra fries at the bottom of the bag*
- Scraping all the lint off an overflowing lint trap*
- That friendly nod between strangers out doing the same thing (104)*
- Getting off an airplane after a long flight*
- Picking up a "q" and a "u" at the same time in Scrabble*
- The first scoop out of a jar of peanut butter*
- Sneaking McDonald's and hiding the evidence*
- Your family car growing up*
- Finally remembering a word that's been on the tip of your tongue for so long*
- The moment at a restaurant after you see your food coming from the kitchen but before it lands on your table. Somebody shushes, conversation hushes, and all eyes flicker with delight as you watch your sizzling, glistening meals cruise out of the kitchen and slowly descend in front of you.*

- Terrible businesses run by children*
- Catching somebody singing and their car and sharing a laugh with them*
- Saying the same thing a sports commentator says just before they say it*
- Putting potato chips on a sandwich*
- Laughing so hard you make no sound at all*
- Locking people out of the car and pretending to drive away*

I may or may not take issue with this one. One time, my husband and I were on the road, way out in the middle of nowhere, and I had an urgent need to use the bathroom. Since there were no rest stops but also no traffic around, we decided it would be safe to stop on

the side of the road, let me hop out and take care of business efficiently. So I jumped out, and right in the middle of everything, when there's no turning back, if you know what I mean, he starts slowly pulling the car away leaving me quite literally with my pants down. He only went a few feet, but it was enough to put on quite a show for the ONE CAR that, of course, appeared at exactly the wrong time. Awesome maybe for Ben and Random Driver, but not for me, buddy. Be careful with this one.

Pasricha goes on with the awesomeness:

- Neighbors with pools*
- Finding the TV remote after looking forever*
- Getting a trucker to blow the horn*
- When your sneeze stalls for a second, and then suddenly comes booming out*
- Seeing someone laugh in their sleep*

*--The Man Couch- The Man Couch is any couch conveniently located near the change rooms in a women's clothing store. You can tell which one's The Man Couch because it's generally covered in man. Most are either text messaging, illegally napping or staring straight ahead, jaws dropped, pupils dilated, completely zoned out, their arms full of purses and bags from other stores. For guys, it is a place of solace and comfort. Its giving cushions provide a quiet reprieve from the unrelenting Day of Shopping. Surrounding guys are fellow travelers with worn-weary eyes telling cautionary tales of Seven-Sweater Fashion Shows. Yeah, it's a tired, quiet gang sitting there in the couch hostel at the back of the store.*

And how about these:

- The parking lot pull through*
- Snow falling on Christmas Eve*
- The laugh echo--when you laugh out loud after suddenly remembering something funny that happened a while ago.*
- The last day of school*
- And, one of my very favorites: When you hear someone's smile over the phone*

There are many more examples in the book, but I hope you are thinking of your own awesome-in-the-colloquial-sense moments at this very moment. I hope you are smiling when you think of them.

And so, my friend,

May you take a little bit of issue with Shelly Watson when she says, [I know that using it in this way] *has become a habit to many, but perhaps we could we stop using this word as our default every time we are too lazy, busy, or excited to think of a more original or relevant word.*

And then may we all spend this week, being too lazy, busy and excited to think of a more original or relevant word. It'll be fun. Awesome, even.

Thanks so much for joining me.

If you know people whose radar might need to be tuned to some good stuff in the middle of a life too full of rough news, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at [jillbaughan.com](http://jillbaughan.com), click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss an episode, because I so look forward to being with you again soon.

Stay alert for awesome--in the colloquial sense--my friend. And always, always remember, if you go looking for joy, you'll most likely find it.

Till next time...