

Julie Lefebure: [00:00:00] Episode 199 - Living a Life of Real Abundance with Alissa Studt

Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure, your host. Life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here you'll find that, along with personal life impacting stories, helpful life hacks, timely inspiration, Biblical insight, and a fresh perspective. The Encouragement for Real Life Podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

Well, welcome back today. I am so glad you are here. Today is our guest episode for the month, and joining me is none other than the one who made me a mama first, my daughter, Alissa Studt. Alissa is strongly independent, kind of like her mom, [00:01:00] and she has a generous and kind soul. She's so kind, and she's an amazing mom and wife, and she is a creative and wise business woman. She just does so many amazing things and I just am in awe of what God is doing through her life.

I'm grateful that we live within 20 minutes of each other and that she gives me the opportunity to hang out with her two boys, my grandsons two days a week. What a gift that is.

In this episode, we discuss so much, including real life, challenges and blessings, some advice that she would give her younger self, which even kind of brought some tears and just some fun that we had together. We just, it was, it's, it was just a great time together, and I think you're really gonna enjoy this conversation. Alissa's words will encourage you and will inspire you today and I say that you're gonna be glad that you're listening [00:02:00] in. So without further delay, let's get into this episode.

Julie Lefebure: Well, joining me today on the podcast, I'm so excited, is Alissa Studt, who's also known as, well, she's not really known as, but who's also my daughter. So welcome, Alissa. I'm so glad you're here.

Alissa Studt: Thank you. Happy to be here.

Julie Lefebure: Yay. Well, Alissa joined, uh, the podcast a year ago, and I have to say the day that we're recording this today is actually the day it was my due date with her. Uh, and I'm just, it's just so fun that you're able to be here on my

actual due date when I was expecting Alissa. So she was born 10 days later.
[00:03:00] But, uh,

Alissa Studt: Sorry.

Julie Lefebure: I don't think that they would let that fly today. But, um, anyway, it's exciting to have her here so many years later. We're here together, sitting and enjoying each other's company and just having a great conversation. So we're glad that you are here too. So, Alissa, tell us who you are. Tell us about you, who you are, what you do, what you're passionate about, and just your life.

Alissa Studt: Um, gosh, uh, I am a mother, a wife. Um, I have two cute little boys that are two and four. A husband of it'll be seven years this year. Six and a half so far. And gosh, I own a balloon company. We decorate, for like parties and stuff. Uh, have fun doing that. I went full time with that a little over a year ago. So I am able to spend [00:04:00] time with my kiddos while they're young. So,

Julie Lefebure: Yeah. Great. Awesome. What are you passionate about? What's the thing that you're most,

Alissa Studt: I would have to say momming. That's, I think we all have to be passionate about that if we're going to do it. Yeah.

Julie Lefebure: Being a mom.

Alissa Studt: Yes.

Julie Lefebure: Yeah.

Alissa Studt: And just trying to take care of myself and prioritize family.

Julie Lefebure: Yeah, you do that well.

Alissa Studt: Thank you.

Julie Lefebure: You do all of that well.

Alissa Studt: Thanks.

Julie Lefebure: Yeah. And she just came, she just came in the door now from a balloon install. And so we wanna hear more about that in a minute. More about her balloons and her business. So, yeah, she's, she's got a lot going on. And usually when she's doing balloons, either her husband or I'm watching the boys. But today someone else is watching.

Alissa Studt: Yes.

Julie Lefebure: Yeah.

Alissa Studt: Yeah.

Julie Lefebure: Your aunt. Their aunt, their great aunt and uncle. So anyway, you joined me on the podcast, a year ago, I think it was a year ago this month. And you had just quit your full-time [00:05:00] job.

Alissa Studt: Yep.

Julie Lefebure: You were excited. You were nervous. You did this to be a stay at home mom with your boys and to pursue your balloon business full time.

Alissa Studt: Mm-hmm.

Julie Lefebure: We wanna hear about your balloon business and what is the biggest lesson do you think that God has taught you over these last 12 months? So, tell us about your balloon business and then the lesson.

Alissa Studt: So we do pretty much anything with balloons. Like the traditional, what most people call like a balloon arch or like a half arch, we call it balloon garland. But it's interchangeable. That's probably the most popular thing that people request us for. We have helium. We can deliver. You can pick up. Just kind of if you have an idea that involves balloons, we can help you out. And been doing that for a little over four years. And then, like you said, a little over, um, one full year of being full-time with that. So.

I [00:06:00] would have to say the biggest thing God has taught me the last 12 months, it's been more like the last six, seven months. Um, I quit my job at like where peak season would begin. So like anticipation for that. So I knew that some good solid months would be coming from that, work-wise. But then winter came around and was slower than my previous winter. So trust was something that I had to really lean on God. Trusting Him. Trusting that He would provide for our family, and He continued to do so.

And, um, in January, I chose abundance as my word for the year. And I was like, sweet, this is gonna be great. Like, we're gonna be raking in the money. It can just be falling, falling from the sky. And, I've actually paid myself woo, like half of what I would've made at my corporate job the first five months of the year. Probably even less than [00:07:00] half. But we've, I mean, I think we've saved more this last five months than we did the first five months of last year. And that's where that abundance, it's the mindset shift of kind of making lemonade out of lemons. Or like, just, I think of like Jesus feeding the 5,000. So yeah. Just making do with what you have and or what you're given. And that's, yeah. Trusting that He'll provide.

Julie Lefebure: Yeah.

Alissa Studt: So, yeah.

Julie Lefebure: That's awesome. So, there's been so many people that, that I have, um, well, when I share on social media, your creations, so many people say, oh my gosh. How does she make up this stuff? How does she do this stuff? And one of the last ones that I saw and someone else commented on was the, the one at the country club. And oh my gosh, she made these flowers out of balloons.

Alissa Studt: That was fun.

Julie Lefebure: So if someone wanted to see what you do, where would they find you?

Alissa Studt: [00:08:00] Oh, , I have a website, blissballoonco.com. That would be the main route that shows kind of pictures of all things I've done in the different categories, birthdays, corporate, um, pick up stuff, the smaller, more simple things. Or we're on Instagram and Facebook as well. Bliss balloons with a plural balloons co is our handles for both Instagram and Facebook.

Julie Lefebure: I will link those in the show notes. But I just think you just do an amazing job. I may be partial, but I don't think I am. I think everybody else says too that you do an amazing job. So it's just fun to see how your brain is wired and how you create these beautiful things. And I think I said probably last year too, you always had this mentality to, you always wanted to own your own business. And I remember you were thinking about making, dog treats. And you were at some point thinking about, uh, I don't even remember what else it was. You had lots of different ideas. And so I just love how God directed you to [00:09:00] this. And I share about it in my book Right Now Matters of how God

really just directed you down your path of, first of all, finding your husband. Of the, the world that you were in corporate America you know, that part of the world. And now your business. It's just, yeah. So God is so evident. His fingerprints are all over your your life and , what you do. So I just, I just , love to watch you.

So, speaking of God and our faith, what, what do you do? How do you invite God into your life during the day? Or what do you do to grow your faith in God? Because I know what it's like with two little boys, only I had a little boy and a little girl. But tell us what you do. How do you involve God.

Alissa Studt: I'm definitely not perfect. But I love my Christian music. Whenever I can have that on, I do. I try to carve out some time in the morning to talk to God, , either, whether that's on a walk or a workout. Play Christian music. Talk to God. Just kinda get my mind [00:10:00] right for the day. Um, pray. Lots of that.

Julie Lefebure: Mm-hmm.

Alissa Studt: I feel like you can never pray enough or just have those conversations. And um, teaching our boys about God. Yeah. It's fun hearing things come from them. You know,

Julie Lefebure: Yeah. And it was fun to go to church together on Mother's Day.

Alissa Studt: Yes. Yeah.

Julie Lefebure: It was fun to watch our, the little, I wanna say ours. 'Cause I feel like he's, he's partly mine. Even though he's not mine. But 4-year-old who led us into church and into the seat that they, they sit in. And it was just, that was just kind of fun to watch him just,

Alissa Studt: He knew exactly where he was going.

Julie Lefebure: Just march in there and march down his little, yeah, the little aisle. And yeah, he knew where he was going. That's so cool. And it's so important. I just remember the moment that you, we were sitting in your doorway of your room when you were a little girl.

Alissa Studt: Was that, I thought it was Zach's room.

Julie Lefebure: I thought it was your room.

Alissa Studt: No. 'cause it was over on the left,

Julie Lefebure: I think it was your room.

Alissa Studt: Really?[00:11:00]

Julie Lefebure: I do. Anyway, it doesn't matter. But how you both, you just, you wanted to make the decision to, to follow Jesus. And you were, I don't know. Seven. Six.

Alissa Studt: Uh, was it before we moved?

Julie Lefebure: We, we were here.

Alissa Studt: Oh, I remember one night at the old house too.

Julie Lefebure: You do?

Alissa Studt: Yeah.

Julie Lefebure: Oh. What do you remember that night?

Alissa Studt: That was in Zach's room. I was sitting next to the dresser.

Julie Lefebure: Oh, okay. Maybe that was your night.

Alissa Studt: Yeah. Maybe memory serves me wrong. Or that was just a,

Julie Lefebure: And maybe Zach's was here. The one that I remember.

Alissa Studt: Maybe we got in trouble and that's why I remember. I don't know. Something important happened that night. But Yeah.

Julie Lefebure: Yeah. And I just think it's, it's just so important you're instilling those values in your, your boys.

Alissa Studt: Yeah.

Julie Lefebure: You know, that, that proverbs says, "teach a child in a way that they should go and they will not depart from it."

Alissa Studt: Mm-hmm. Yeah. Yeah, I agree. I'm very thankful for all that you did in my upbringing to be able to then also share that with my kiddos.

Julie Lefebure: Yeah. Train a [00:12:00] child in the way they should go. I knew teach didn't sound right. Train the child. Yeah. Yeah, that's just gonna be so valuable for them all the rest of their lives. So good job, mama.

Alissa Studt: Thanks.

Julie Lefebure: Um. The theme on the podcast this month has been a real, a real fun one. And it's been a good, it's a growing one for me and I always love to think about it, but about blooming where we planted and that's the theme this month. So what, what have been some challenge? I mean, I know, it may look to others that you have a perfect life with your balloon business and, and, um, you know, your cute kids and your handsome husband and you have a nice house and you just gotta, you know, all these things, all these things that are really nice. But not that we wanna focus on the challenges, but sometimes we just, it's good to, to know that someone else is challenged too, sometimes. So what, what have been some challenges in blooming where God has you in your life right now?

Alissa Studt: Yeah. Um, gosh. I mean, I feel like every day there's a new challenge, whether it [00:13:00] be big or small. Um, and, you know, everyone has challenges, different sizes. And what mine might be, someone would never have a challenge that small. You know, they've always had bigger challenges or um vice versa. Just like, we just got a newer vehicle, because we had to. My car was pretty much totaled out. I was gonna ride it till it died and it died essentially.

And, it was nice to have no payments for a little while. But it was not the time I wanted it to happen. I mean, it never does happen when it does. But I am excited for the newer vehicle. It has more space to fit more balloons. But everyone just sees a new vehicle. They don't know it's got more miles on it than it should. That's why we were able to afford it. You know, there's little things that you look from the outside and you're like, oh my gosh, that's a almost brand new vehicle. Like it's a year old. But it'll probably die quicker than a [00:14:00] newer vehicle that has less miles 'cause it was a rental. So we, that's how we were able to afford it was a little higher mileage to have that bigger space. Um,

so it just, yeah. You never know the background story that kind of bring people back down to being a real person.

Um, like grandma passing away. That was a huge challenge. I went and did an install a half hour before, or I mean, finished an install and not even an hour before the visitation started. Had to sprint home 15 minutes away. Sprint back into town to get dressed and um, yeah. You just, just gotta roll with the punches, I feel like. And, um, not having that armor up. But sometimes it's good to have that armor up just to kind of block it and then deal with it later.

Julie Lefebure: Yeah. Yeah.

Alissa Studt: I guess. I don't know.

Julie Lefebure: Mm-hmm. Yeah. And also the, the [00:15:00] armor and of God. You know, that you, you walk in that every day. You know, and that was a challenging, that was really just a couple months ago. When Bill's, Bill's mom passed away. I mean, kind of unexpectedly. And I, I think I talked, I did talk about it on the podcast in a earlier episode. But, that was a challenge for all of us. Um, and watching you, you know, you had, you put your business on hold that weekend and you, um, you were there for family. And you, you just showed up. Even in your own grief, you showed up for other people. And you did that really well.

Alissa Studt: Thank you.

Julie Lefebure: Yeah. Yeah. And it's hard to explain. I don't, I don't know. It's hard to explain to little ones, death and grief. You know, they don't really understand that. But, um, I think they understand more than I realize sometimes, so.

Alissa Studt: Yeah. Yeah. We were just talking about her the other day and Nolan mentioned, well, she's not alive anymore. And I said, I know. Yeah. She's up in heaven with God.[00:16:00]

Julie Lefebure: Yeah.

Alissa Studt: Yeah. They, they, yeah. They remember, they do, you know? Yeah.

Julie Lefebure: So, yeah. So life is not perfect for any of us. And wherever God has us, He wants us to bloom. And I, I, I, I just think of friends that are

walking through cancer or friends that are dealing with situations with, um, loved ones. And yeah, we just, God just wants us to bloom right where we are and you do that really well. And you make it look simple. You do. But sometimes it is good to know, good to remember that all of us have challenges.

Alissa Studt: Tears are shed in the background.

Julie Lefebure: Mm-hmm.

Alissa Studt: You know,

Julie Lefebure: It's behind closed doors sometimes. Yeah. Or in the bathtub. Or in the shower.

Alissa Studt: Yeah, that too.

Julie Lefebure: Yeah. You can always go to God with those. So what have been some of the blessings in the season that God has you in right now?

Alissa Studt: Um, the blessings would be for sure the boys. Being able to be home with them. I won't take that for granted. Wish I would've done it a little sooner than what I did, but hindsight's [00:17:00] 2020. You know, you're nervous about taking the leap so you hold on a little bit longer. Um, at least that was my mentality anyway. Yeah, just being present. Being there.

Julie Lefebure: Yeah.

Alissa Studt: I, I've structured my business a little bit differently, um, this last year-ish, and it's allowed me some more free times on the weekends than what I would've had. So I'm still have installs on the weekends, but I'm not booked back to back to back. So that's been very nice.

Julie Lefebure: Yeah.

Alissa Studt: So, yeah.

Julie Lefebure: Good. Yeah. That's great. I'm sure Morgan likes having you home.

Alissa Studt: Yeah. Mm-hmm.

Julie Lefebure: With a meal as soon as he walks in the door. No.

Alissa Studt: Yeah. Well, I mean, I'm able to. I'm able to most nights because you know, we're home all day. Um, or you know, there's time to put something together quick rather than rushing to go pick up the boys. To then rush home to get dinner made, so.

Julie Lefebure: Yeah.

Alissa Studt: --Yeah, that's been [00:18:00] very nice to be able to have slow evenings rather than feeling rushed dinner, bath, bed. So, yeah, it's. Definitely a little slower. We can take a bath in the morning. Well, probably not in the summer. Mm. We were able to in the winter, but now we spend all day outside pretty much. So

Julie Lefebure: Thankful for baths and bath time. Mm-hmm. Um, so I forgot that your word for this year was abundance.

Alissa Studt: Mm-hmm.

Julie Lefebure: So what does abundant life, you know, I'm big about living an abundant life. So what does an abundant life look like for you right now?

Alissa Studt: Yeah. Um, like, I feel like the last question about like, blooming with the challenges, it was hard for me to come up with ideas at first. It was because like, I guess I don't really necessarily see them as challenges. It's just switching that perspective to like the positive outlook, you know. Obviously there's not a lot of positive when someone passes away. But I mean, there is still. Um, it was a hard year for [00:19:00] grandma. You know?

Julie Lefebure: Yeah.

Alissa Studt: Year plus. So you know, knowing that. So trying to yeah switch the perspective. Or to, I mean, it's even like, even if, yeah, and I don't wanna say lie, I have to lie to yourself, but like make yourself believe that it's, I, I don't know, it's like the rose colored glasses, you know? Sometimes you just have to make it feel better than what it is. And um, and then that will also come with just having that perspective switch. It's just kind of, I don't really wanna say faking it till you make it. But it kind of is to be able to get to where you, you are thinking the positives and feeling that abundance.

Julie Lefebure: And having that mindset shift too.

Alissa Studt: Yeah. Uhhuh

Julie Lefebure: The more you do that, the, the more positive of an outlook that we have. That we don't, we don't go down this rabbit hole of woe is me and

Alissa Studt: Mm-hmm. Yeah, I know there's, um, [00:20:00] yeah, you can, you can definitely kind of point out the people in life once you've had that mindset shift, you're like, whoa. You know, that's, yeah. They, they've, they've got their, their brain on the negative. I feel like once you do kind of get that, you're able to get that perspective switched to where you, your life is abundant,

you are living an abundant life, you can, um, really, I don't know, live life. I don't know. I feel like that sounds silly, but like it's the simple things that make you feel like you've got more than what you do. I don't know. Yeah. It's just, I don't know.

Julie Lefebure: Appreciating the little things.

Alissa Studt: Yeah. Yeah. It's those small, like the, I think I probably, I think I might've said this in the, the last, the podcast last year, but like praising God for a good parking spot. Like that's awesome. You know, like, I don't know. Yeah. It [00:21:00] just. You, you've got a good life. It's, yeah, it just,

Julie Lefebure: Mm-hmm. It's appreciating all of those things. Yeah. And not only that, but it also then your boys pick up that. And you know, first of all, how our thoughts just determine so much of our lives, of our, even our actions, our attitudes, our behaviors, and then it affects other people. And then kind of a ripple effect, and they're affecting other people and, you know. Yeah.

Alissa Studt: Yeah. At my old job, there was a term of like calling people higher. Like if there was negative speaking or, you know, grumbling about something, like calling them higher to kind of switch out of that. Like, hey, that's not something we should be doing. Or, or like, oh, think about it this way. You know? Just that kind of nonchalant calling people higher to switch out of that mindset. So, yeah.

Julie Lefebure: Yeah. That's really good. That's awesome. Um, [00:22:00] if you could go back and encourage your younger self, what would you say to her?

Alissa Studt: Oh, gosh.

Julie Lefebure: Cause I know that younger self really well. But you know her better, so.

Alissa Studt: Yeah. Yeah. Some days I feel like she's a stranger sometimes. You know, you forget. It's, oh, feels like a long time ago. Um, I would say to be you. I'm gonna get emotional.

Julie Lefebure: Okay. I got the Kleenex.

Alissa Studt: Oh, I'm okay. Um, but really like,

Julie Lefebure: Here you go.

Alissa Studt: I did not plan on that.

Julie Lefebure: I don't mean to laugh, but

Alissa Studt: No. Yeah.

Julie Lefebure: Sometimes questions do that. So what do you mean by be, be you?

Alissa Studt: Um, I would say to be authentic. I feel like growing up you're pressured to fit in. And so just be you, and who [00:23:00] God made you to be.

Julie Lefebure: Yeah. Yeah. Mm-hmm. I think that's a good one for all of us. Even, even now, even today. At our age, no matter what age we're at, to be, to be you. Yeah. Because the world wants us to be something else, but God wants us to be who He created us to be. So, I'm sorry you're getting teary-eyed, but um, yeah.

And I, you know, I think you should give yourself some credit too. You were yourself. Yeah, you know, there was friends that influenced you, but you still lived a different way than some of your other friends, some of your high school friends. And yeah, you, you had unique gifts and talents. And you know, I just, it's funny to see, there's been [00:24:00] times when you and I have been out, like even doing balloon installs and I remember we ran into an old high school classmate of yours. And I just thought, wow. Wow. You know, look at where you are and what you're doing. And it doesn't even have to be about that. But that you've just, you know, you've just been following God and, and, um, it was just night and day difference. I could just see the light coming from you and, and I really couldn't see much light coming from the other person. You know,

you can see when someone has just this light glowing inside. And, um, so yeah, you are being, you and you realized that sooner than what many people realized that. But that's important. So I'll change the subject so you can quit crying.

Alissa Studt: Thank you. Dunno why I got so emotional.

Julie Lefebure: That's okay. That's all right. Um, I think this is always interesting. What is something that you wish women my age knew about women your age or even moms or [00:25:00] any of the realm type of things about women your age, what would that be?

Alissa Studt: Um, I'm gonna go with something funny here. Um, I would say that, uh, we do know how to parent, even though we might not put socks on our babies. I promise they will survive. Both of mine did.

Julie Lefebure: You put socks on, oh, wait

Alissa Studt: They kick 'em off. You can only try so many times.

Julie Lefebure: When?

Alissa Studt: When they're like in their car seats, when they're little, little.

Julie Lefebure: Oh, they still kick him off and he's two years old.

Alissa Studt: I know but yeah, I feel like that's just like the

Julie Lefebure: Yes.

Alissa Studt: the grandma thing or great grandma thing to give heck when there's no hat or no socks.

Julie Lefebure: Yeah. And, and we were taught that we had to have a onesie on the baby. And so when I was trying to tell you to put onesie on Nolan, you were like. No. What?

Alissa Studt: Just put the clothes on.

Julie Lefebure: And I remember Bill's grandma, when we lived next door to her, I used to take you [00:26:00] outside and it would be a, you know, kind of a

breezy day and she said you need to have a bonnet on her head or a hat on her head.

Alissa Studt: Yeah. That's where that's what my thought came from.

Julie Lefebure: Yeah. It's like, oh, the generational thing of how to raise kids. Yeah. I just thought those kids are gonna be sick all the time, 'cause they didn't have socks on. No. Yeah. So that's really good. Yeah, that's really good.

Alissa Studt: Something lighthearted. Yeah, I guess I can't really think of anything else that would be more serious, I guess, but um, yeah.

Julie Lefebure: Um, I would say, , if we, yeah, we switched it...

Alissa Studt: Vice versa.

Julie Lefebure: I, I would want women your age to not discount women my age. Yeah. Just because we are in an older, um, generation, I think sometimes we get, sometimes I think, and I, I don't [00:27:00] think everybody does this, but I, I, I think sometimes the younger generation can just not think that we have value or worth or, um I don't know that we don't have much to offer anymore. And not everybody. You don't do that.

Alissa Studt: I was gonna say, I think quite the opposite. There's a wealth of knowledge.

Julie Lefebure: Yeah. I mean, in, in this season of life that I'm in, I feel like I am like in the zone where I still have enough energy to do all the things I wanna do and I've had a lot of experiences in life and a lot of, um, wisdom from those experiences that I just feel like this is like really good age right now. Wait till you get here. It's gonna be awesome.

Alissa Studt: Yeah. Not ready for the kids to grow up yet, but it'll, it'll come sooner than later.

Julie Lefebure: I looked at that little 4-year-old and I just thought, he looks like he's seven.

Alissa Studt: Oh yeah.

Julie Lefebure: The other day. Breaks my heart.

Alissa Studt: Yeah.

Julie Lefebure: And then I sent you that picture I sent to our, uh, our group family chat last [00:28:00] night of, um, a little picture of Nolan when he was just a few months old and it just breaks my heart. They grow so fast.

Alissa Studt: Yes.

Julie Lefebure: So on that, thinking about our mother-daughter relationship, I think we have a pretty good relationship. But what, what's one thing do you say that, um, you and I have done well in keeping our relationship growing?

Alissa Studt: Uh, we see each other quite frequently.

Julie Lefebure: We do.

Alissa Studt: Which is nice.

Julie Lefebure: That is very nice. Yeah. Um, yeah. Anything else besides that? Because that's kind of a given for us. But what if, what if a, a another mom and daughter have, you know, listening or mom or daughter and they want to better their relationship with the other. What would be something that we could suggest to do? Well see each other or communicate with each other.

Alissa Studt: I would say yeah, communicate if you can't see each other. Um, we're good at texting.

Julie Lefebure: Yeah, we are. Thanks for sending me all your birthday gift ideas too.

Alissa Studt: [00:29:00] Oh yeah.

Julie Lefebure: I love hearing from her. And sometimes, you know, we just get tied up in our own stuff during the day and we forget to text, but yeah.

Alissa Studt: It's always a text coming in at like 9:30 or 10:00 PM. Or first thing in the morning. Yeah. Mm-hmm.

Julie Lefebure: Um, what's something that we could do better to, to grow our relationship?

Alissa Studt: Um. I would say maybe like carve out specific time to spend together. Like even though we do get to see each other, it's, we're usually with the boys. So like attention's on them. Yes, we do have conversations. Um, but it would be maybe spending more time, just specifically just the two of us.

Julie Lefebure: Yeah. I love it when we get to do that.

Alissa Studt: Mm-hmm. Me too.

Julie Lefebure: And that's why I like it when you involve me in your balloon installs. Because I know it's just we're, I know we're, you know, I'm tying balloons and she's arranging 'em and I'm blowing them up on the machine. But it's our time. We get to be together and then we usually do coffee or lunch after or or before or something.

Alissa Studt: Yeah.

Julie Lefebure: [00:30:00] Yeah. I love doing that.

Alissa Studt: Yeah, me too.

Julie Lefebure: Good. So this has been so fun. I am just grateful that you, uh, are willing to just be in my life still and that you are here today to be able just to share your, your wisdom and your knowledge and your, your expertise with others. And also just to spend time with me. I love that. And is there, I know I didn't ask you this, was there one last thing that you could encourage someone with today? A closing thought?

Alissa Studt: Yeah. Um, get up 15 minutes earlier.

Julie Lefebure: Ooh, to do what?

Alissa Studt: To have you time, God time. Whatever you need. Make a cup of coffee.

Julie Lefebure: Awesome. Okay. I love it.

Alissa Studt: And if you need to do it in five minute increments. Start five minutes earlier until you get your 15 or until you get a half hour. Go on a walk. It's nice out now.

Julie Lefebure: [00:31:00] Yeah.

Alissa Studt: Yeah.

Julie Lefebure: Thank you for that. I'm gonna do that. All right. Well, thank you so much for joining us here today, and thank you for being here. I love you so much.

Alissa Studt: Love you.

Julie Lefebure: All right. Thanks for joining us.

Gosh, I love that girl. And I am so grateful for the relationship that we share.

And you know, I got to thinking, if you are wanting to grow your relationship, say with your mom or your son, or your daughter, may I encourage you in this today? Friend, I know relationships can be tricky, but when we invite God into them, something can happen that wouldn't otherwise happen without Him involved. And so I'm gonna, I'm gonna encourage you to pray and ask God to show you what you can do on your end to build that relationship with your children. Grown or not. Son or daughter. Doesn't matter. But God knows what they [00:32:00] need and He knows what you need. And when we involve Him, He will bring, He will bring some things to light maybe that wouldn't already happen. And so friend, He's not gonna steer you wrong.

And I think God wants all of us to have good relationships with those that we're related to, that are in our family and in our lives. And so I'm gonna encourage you today just to take one step in this today and ask God, ask God what that might be.

But about this episode, what encouraged you the most in our conversation and with what Alissa shared? And how will you begin to apply it to your life today? And will you take Alissa's suggestion of getting up 15 minutes earlier for some dedicated, what she said me time or God time? You know, just something so simple, getting up 15 minutes early, maybe five minutes one day, and then another five minutes earlier [00:33:00] the next day, and another five minutes the next day to make it to 15. But that's just some dedicated time that we can have with, um, just maybe some quiet time. And, uh, if you're struggling in spending time with God or just having some peace and quiet in the morning, that's a great idea. So I'm doing this. And I hope that maybe you'll do that too, but you can find out more about Alissa and her balloons in the links to the show notes.

And if you're looking for more encouragement and support as you continue blooming in your own life, as we wrap up this series with this episode, I would love to walk alongside of you. You can always find my books Right Now Matters and the Right Now Matters Bible study, the mentoring opportunities and other free resources over on my website at julielefebure.com. You'll find the links to all these things in the show notes. You know, friend, you don't have to walk this journey [00:34:00] alone. I would be honored to walk with you.

And if you live close to me, I invite you to our next Women's Evening of Encouragement in Cedar Rapids, Iowa. It's gonna be on Thursday, July, excuse me, June 5th from 6 to 8:00 PM at a Place for Friends in Cedar Rapids. And it's titled The Life You Long For: Living Fully in the Here and Now. You do not have to wait for the perfect moment to live the life that God has for you. We'll discover how to live fully, freely and joyfully right where we are. Now, the catch is there's only 25 seats available. So tickets are \$25 and you can find them on my website and the link to that is in the show notes also.

Now one big thing. Before we wrap up today, I want to give you a quick heads up about next week's episode. I'm so [00:35:00] excited. Did you catch that this week's episode is 199? So next week is a big one. It's the 200th episode of the Encouragement for Real Life podcast. I, I can hardly believe it. It's the first time I've really said that out loud and I honestly would not be here without you, my faithful listener.

So next week I'm doing something a little different. I'm looking back, I'm sharing some lessons I've learned and I'm celebrating God's faithfulness in this journey. I've even got a fun giveaway planned just to say thank you. So be sure to tune in next Tuesday. You won't want to miss it. It's gonna be so much fun.

But thanks for being here today. I appreciate you and just know that I am cheering you on. God bless you.

Thank you so much for joining me here today. You can find more at [00:36:00] julielefebure.com. And until next time, stay encouraged.