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Steph: Hey, everyone. Welcome to Modern Photo Solutions. I am Steph Clay, and I'm here today with Melanie Day. I'm so excited to have her here. Melanie is a mom of three kiddos and a basketball player who played for UCLA and BYU. She's also a basketball junkie. She is a cancer victim. Melanie can be found at FiveYearsToLive.org and on Instagram @melanieday. Hi, Melanie.

Melanie: Hi, how's it going?

Steph: Great. Thank you so much for being here today.

Melanie: I'm so excited to be here. Thank you for having me.

Steph: Yes. I am really excited for my listeners to get to know you better and to hear your message because you are so inspiring.

Melanie: Well, thank you. I'm just excited to be here, so thanks for having me.

Steph: Yes. Okay, so let's jump into this. Your blog is FiveYearsToLive.org and your tagline on that blog is awesome. It is inspiration to live life to the fullest from the perspective of a cancer victim. You were ... Let's share with our listeners a little bit about your journey. You were diagnosed with cancer in 2013?

Melanie: Yes.

Steph: Okay and you were pregnant.

Melanie: I was pregnant. I just found out I was pregnant a few weeks before that, so the diagnosis and the news that I was pregnant were very close.



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Steph: The bitter and the sweet, my goodness.

Melanie: Yes.

Steph: Tell us a little bit about that journey.

Melanie: Yes, okay, so I found out I was pregnant. We were so excited. We wanted to have ... I was older when I got married, and so we wanted to have as many kids as we could as fast as possible. That's what we tried. I have three kids that are a year and a half apart, and so we were so excited to be pregnant. I just started having pain in my breast. I went into the emergency room. They immediately said I need to just make sure it's not cancer. We were actually in Colorado. The summer before my husband's last year of law school. He was going to law school in Idaho. I had to go all the way back to Idaho just to get tested because of insurance issues, so when I found out that there's a possibility of cancer, I just knew. I just knew that I had cancer. I went back, got tested. Sure enough, I had cancer. Honestly, when I first found out I had cancer, I thought I would have to abort. I was devastated because, I thought, you know, I would be able to have this baby.

That is what I expected, but I was pleasantly surprised that you can go through chemo and cancer treatment while you're pregnant. I have a healthy baby boy to this day who's three and a half years old that really is a wild kid, but he's healthy as can be, so I just feel so lucky. I feel so blessed that I have this little miracle baby.

Steph: For sure. The miracles of modern medicine, right?

Melanie: Yes, for sure.



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Steph: Yes, yes. Okay, so you find out that you have cancer and start treatment.

Melanie: Yes, so because it was an aggressive ... My cancer was very aggressive. It was growing fast. I was in a lot of pain, which most people don't know or most people assume that cancer is not painful. Well, mine was because the tumor was so large. It was just putting a lot of pressure on my breasts. We started chemo right away. I had to wait a week or two to start chemo because you have to be in your second trimester, and I was about 10 weeks when I found out. I had to wait a couple weeks, and in that time, it was just non-stop doctor's appointments, testing, meeting with all kinds of doctors and specialists. It was honestly really exhausting. It was full days of doctor's appointments, back to back to back. Once I started chemo, I was in my second trimester, and it was very rough. I was doing Adriamycin Cytosan. They call it AC chemo or the red devil. The devil it is.

It's very rough. My white blood cell count got to ... My immune system was basically non-existent. I got down to zero so many times, and so I had to have blood transfusions. I spent a lot of time in the hospital just staying away from people, honestly and getting hydrated. The nurses, they just took care of me. I was living in Moscow, Idaho while my husband was going to law school there. It was a small town. I actually felt like I was so blessed to be in that little town at that time because I wasn't a number to them. I was a unique case, and they really took care of me. I spent so much of my time at the hospital that I became friends with the nurses. I actually had a spot. It's funny because whenever I would check into the ER, they would welcome me back.

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Then, they would put me in the same room in the labor and delivery floor because that's the cleanest area in a hospital. That's where I stayed to be away from other sick people, but they had this corner room in the labor and delivery floor that they saved for me. They never put any women in there. They saved it for me because they knew I would be coming back at some point. They kept it clean, and it was in the corner, away. That's where I stayed, and I always had to have a special ... I was neutropenic, so I couldn't have fresh produce which is funny because it's like you'd think you want to eat healthy, but there I was, not able to eat fresh fruits and vegetables because of the risk. I spent a lot of time there.

Eventually, I made it through all the chemo rounds. They had to actually give me more chemo to last my whole pregnancy so that I wasn't without any treatment, if that makes sense. Usually, you do four rounds of AC chemo, but I ended up doing six. It's every three weeks, and it extended it out so I can last my whole pregnancy while being on treatment. Then, about a month before I gave birth, I had a mastectomy to get the cancer out. They got the cancer out with clear margins. It was successful. It was a very large tumor. It was basically the size of my whole breasts. I had a C-section the day after Christmas with my little boy. You know, it was just a really rough time. I look back on it and while I'm going through it ... You know, while you're going through stuff, you don't realize just the ... I mean this was a really rough time, but I was just surviving everyday.

Steph: Yes, that's what I was going to say. You're in survival mode just trying to get ... Then, when you have time to stop and take a breath and look back and go, "Wow. This was hard."

Melanie: For sure, yes. I mean my husband was ... That whole summer, I found out in June that I had cancer. He had just started his internship in

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Colorado two weeks prior. He spent the whole summer in Colorado by himself. He didn't have a car. We only had one car, and so he rode his bike to work. I don't know how we got around. I don't know how he managed, but he was alone by himself while his wife was going through cancer treatment. Then, when his internship was over, he came back. He finished his last semester of law school. He studied for the bar. He looked for a job. I mean he had so much pressure on him. I can't imagine. Then, so he finished his law school. He finds a job. A week after my son's born which my son was born the day after Christmas, so a week later, he goes to his job in Northern Nevada in this little town. I actually moved back home with my parents in Irvine, California with my kids. Here I am, flying to California with this week-old baby. I am this bald ridiculous-looking woman on this plane.

Steph: You just had surgery too.

Melanie: I just had surgery. I stayed with my parents so that they can help take care of me while my husband finished studying for the bar, took the bar and started his job. I didn't want to go to a small town to finish treatment, because I still had more chemo to do. A few weeks after I gave birth, I started another type of chemo called Taxol chemo. Then, I had radiation which was pretty gross. My skin was like ... I was like a burn victim on my chest. I did all that for four months. Then, I finally moved to Nevada with my husband. We were united, and I just started to heal from there. I was still on, you know, I still did infusions, but it was not hard chemo. Then, I actually found out I was cancer free a few months later. I spent a year being cancer free and was so excited, moving on with my life and trying to figure out what I wanted to do. I just felt healthier and healthier. I had energy.

Then, in the fall of 2015, I found out that the cancer came back. It had gone to my bones. It was shocking. It was devastating. You know, in



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my mind, I was moving on, you know? I was ready to move on with life and help grow my family. Here I was, given a death sentence. I was told I had to have two to five years to live, statistically. Five years being doable, ten years, not likely. I knew I had about that time to live. You know, my world was rocked. My perspective on everything changed. I spent a while in shock and just had a lot of tender moments, to be honest. Then, I went through depression. I was really depressed. I just couldn't handle knowing that I wouldn't be around for my kids and for my husband, that they wouldn't have a mom. That was just devastating to me. I didn't know how to handle it. Eventually, I got out of this depression through the help of some friends.

Now, I feel like I'm in a space where I have been through this experience and this trial. I want to help other people with what I've learned. I want to share what I've learned. I want to share my perspective with other people. That's my mission. That's what I want to do now.

Steph: Yes, and that's why we have you here today which I'm really excited to hear. It's such an incredible story and such an incredible journey. I don't know that any of us would know how we would react or how we would feel. Really, kudos to you for coming through the way you have and deciding to make a difference. It makes me super emotional, but really so amazing that you want to be able to lift up and inspire other people and make a difference in their life, because I just think that's amazing. It's wonderful that that's what you want to do with some of the time that you have left. Thank you for that. Thank you for being here. Thank you for being willing to share.

Melanie: Yes, you know, Stephanie, you know, I hate cancer. I wish I didn't have it. I'd do anything not to have it, but you know, I'm so grateful for what it's taught me. I'm so grateful that I have this urgency to live my life



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well and to change my priorities and wake up and live life how I should. I'm just really am grateful for it. It sounds odd when I tell people that, but I really am. I just feel like so many of us are distracted and were caught up in things that do not matter. This trial has really helped me. I don't do this perfectly, but I'm trying to get better and prioritizing what is really important. What is really important? My husband, my kids.

I mean there's other things that are important, but nothing is more important than that. I want to help other people realize that without having to go through this, through an experience like this. I really think that people can. To wake up and realize everyday that we have is just a bonus day. Everyday that we have, we're so lucky. We don't know when our time is up. You know, make memories with family. That's what it's all about.

Steph: For sure, and that's a key thing. I think that all the time. I don't know how much time I have with my family. It could be a day. It could be years. We don't know, and trying to remember that on a daily basis is a struggle because just like you said, we get busy. We get distracted by things that don't matter. If you were to sit down with one of my listeners for lunch, I actually had this as a question for the end, but we're going to jump to it because it fits here. If you could sit down with one of my listeners for lunch or to grab a bite to eat or just to visit, what would your advice be to them or her? Most of my listeners are women.

Melanie: My advice to one of your listeners would be start with the end in mind. Something that we don't do a lot in our society is talk about death. I think it's okay. I think it's okay to talk about death. I think it's okay to plan it, to prepare. I think it's okay to think about what's going to happen after I die. Whatever it is to that person, whatever they believe, I think they really need to take a look at that and to evaluate what it is



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they believe. If they believe whatever it is, to use that as motivation to live life. For me, I believe that this life on earth is such a tiny part of my existence that that motivates me to not worry about the little things. I don't need to worry about what I look like all the time. I don't need to worry about judging someone. I need to worry about forgiving someone. I need to worry about giving someone the benefit of the doubt, because everyone's trying the best that they can. I need to worry about my relationship with the people I love.

I think if you have the end in mind, then you can start realizing that everyday you have is just it's like borrowed time. Everyday you have is an opportunity to get better and to live life to the fullest. Something that we did this passed Christmas is we didn't buy our kids elaborate gifts. We shopped at a thrift store for our kids and got them simple gifts. We put money into a family vacation. It's pretty simple. We went here in Utah to Midway. We stayed in a hotel for a few days. We did fun activities with our kids because we want to create memories. That's, you know, I don't want to put an emphasis on buying things. I want to put an emphasis on making memories. That is what we're trying to do. I would encourage people to live life as if they too have five years to live. Live life as if you knew, you know, you've really think about what is the end and start living your life now how you want to do it.

Steph: That is so eloquent and so beautiful and perfect and the best advice, I think, for anybody. I think if we can remember that on a daily basis, our lives will be so much richer, so much more blessed and so much more fulfilling on a daily basis, if we can, each day, think of that and think, "If I only had five years, what would I do today? What would I do at this minute? How would I react with this situation?" So good.

Melanie: Yes, and I guarantee every one of us will change. You know, we change something if we have that in mind.



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Steph: Absolutely, absolutely. We had in our family, and it's something that I have not talked about on this podcast. My husband was diagnosed with kidney failure just over 10 years ago. At first, he was told that he wasn't going to be able to get a transplant. Giving someone that's in their early 30's a sentence of having to have dialysis on a daily basis in order to live, it changed our perspective. It changed our life. It changed how we decided we were going to live once we got that second chance. It does. It does change you to the core and makes reevaluate and rethink every situation. I think it's so good to have that reminder again because, like you said, it's so easy to get distracted and caught up in things that don't matter.

Melanie: Yes.

Steph: Let's talk a little bit about how you're documenting this journey, because I know there's several different ways. You started a Facebook group, first thing. That's what you did first, right?

Melanie: Yes.

Steph: Facebook page.

Melanie: Yes, I had a Facebook page. I noticed that I had to tell people all the time what was going on, so I just am like, "You know what? I just need to create a platform where I could just say what's going on, and then everyone knows." I had a Facebook page called, "I got breast cancer. Ain't nobody got time for that." That's how I kept people updated on what was going on. I realized, you know, I actually like writing and telling my story of what's going on. I had no idea before that that I liked writing. I hated english. Anyway, that was really good for me as an outlet and just therapeutic to get my feelings out. I started that. Then,



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you know, I started to realize that I wanted to help other people that might be in similar situations. I thought, "Well, maybe I'll start a blog where I help other people who are maybe a few steps behind me in their cancer journey."

I quickly realized as I wrote and shared with people that it wasn't just for people who are going through cancer. It was, honestly, more for people who weren't and who almost needed this wake-up-call of, "Man, that's how I need to live my life. That's the perspective I need." That's how it evolved.

Steph: Yes, I love reading your blog. You are a very good writer, especially-

Melanie: Thank you.

Steph: I mean for somebody that didn't like english which I can totally relate to. I've read through lots, several posts on your blog and just really ... Yes, you're a very good writer. I loved reading everything on there.

Melanie: Thank you.

Steph: I'm glad that you're sharing. I'm really glad that you're sharing. It's helped me as somebody that, at this point in my life, I don't have a lot of people in my life who have had cancer, and so it's really good for me to be able to read it and understand that perspective. I know as I get older, I'm only going to have more and more people in my life that battle the same battle. I hope that I can be better prepared to be able to support and offer support. You know. If someone in my immediate family or even myself if we go through this, your blog is a great source of what to expect and what people go through as they're going through treatment as well.



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Melanie: Yes, thank you.

Steph: Yes, so you're also documenting on Instagram. You've been doing some really fun things.

Melanie: Yes. Oh my gosh. My whole life, I've been the person that was the penny pincher, never did anything because I wanted to save money. You know, I remember in college, all my friends were going out to eat at nice restaurants. I'm like, "No. I'm going to stay home and eat cereal because it's cheap, and I don't care." That's how I've been, but you know what? I just don't know how long I have to live. What am I saving my money for? At what point am I going to be done? You know what I mean? I just am like, "You know what?" By that, I don't mean I go out and buy expensive toys and things. I spend my money on memories. That's what I'm doing. This year, starting with our Christmas vacation, we've just been planning trips. I've been gifted so many things by so many kind people in my life.

When I wrote my book, at least, last fall, I wrote it but I wasn't writing it with the intension that people would help me do these things or that I'd actually get to do all of these things. It's just things that I thought, "You know, I would really like to do this with the time I have left. I don't know if I will, but this is what I would like to do." Well, I'm like knocking things off left and right.

Steph: You are.

Melanie: One of the big things, one of the most worldly, I should say, things I put on my list, because I have things that aren't ... They're a little bit different. You know, things I want to teach my kids.

Steph: Yes, you have a wide variety of things on your bucket list.



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Melanie: Yes, but the number one thing, honestly, that I wanted to do was go to the North Carolina at Duke basketball game. I'm a huge basketball fan, obviously. Honestly, that's the biggest game. People do not get tickets. You can't get tickets. Sold out for years. One ticket was being sold for \$17,000 to this game. I mean it's a tiny arena, and it's the biggest rivalry in sports. No way ever did I think I would actually go to this game, but some people found out, the BYU coaches who were my coaches found out that that was on my bucket list. They reached out to the Duke coaches. They were all in. They made it happen, and I had this fantasy week, this basketball fantasy in North Carolina. I couldn't have dreamed of a more incredible week than what I had, so I did that in February.

Steph: Yes, amazing. Amazing.

Melanie: Yes.

Steph: You just got back from New Zealand too.

Melanie: I just got back from New Zealand. Lord of the Rings land.

Steph: Yes, and you've railed across a couple of things off of your bucket list, I think, being down there.

Melanie: Yes, yes. I was invited to play basketball in this tournament there. First of all, I had to get in shape just to play. I mean I've been battling cancer and having babies for the past six years of my life, so I played in a basketball tournament in New Zealand. I mean after the last game, I broke down and cried because I did that. You know, a year ago if you would have looked at me, I was not in any kind of shape to play basketball, to exercise. I played against the national team of New

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Zealand, the former national team, and I did pretty well. That was just so cool that I have been able to get back in shape to play. While we were there, we went on adventure after adventure. We went skydiving in New Zealand which I put that in my bucket list, but that was seriously a joke. I really did not want to go.

Steph: That's what I thought. Then, I saw your Instagram pictures of you actually doing it.

Melanie: Oh my gosh. That was crazy.

Steph: That would be terrifying.

Melanie: It was terrifying, the whole way down. If you see pictures of me, I'm like freaking out. My face is hilarious, but it was so cool. It was unreal. It felt surreal like I really wasn't falling out of the sky. It was the highest drop in New Zealand. It was 75 seconds of free fall which is nuts, like a five-minute fall. It was crazy.

Steph: Terrifying.

Melanie: Yes, but I'd do it again,

Steph: You'd do?

Melanie: You know what? I would do it again. I would just tell him, "Please don't spin me. I don't want to throw up."

Steph: Yes.

Melanie: I got nauseous from the spinning. If you ever go sky diving, tell him not to spin you.



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Steph: No spinning, please. It's incredible, really incredible. You're posting stuff on Instagram, and really, you have a lot of text that you post there too. They're like mini blog posts a little bit where you're posting details and things like that. That's another way that you're documenting everything.

Melanie: Yes.

Steph: Is there anything else that I'm not aware of?

Melanie: No, it's mostly Instagram which feeds into my Facebook. Then, also my blog. Yes. Yes, my Instagram really is like a mini blog. It's documenting what I'm doing as much as I can. I enjoy that. I enjoy telling the story of it and not just a picture and a couple words. I enjoy telling the emotions behind what was going on because I want that for my kids. I want my kids to know, because I want them to know me. Then, but also, I want to help others. I want to help inspire other people. I really feel strongly about that.

Steph: For sure, and you're doing that. I'm just grateful, really grateful that you're doing everything that you are because it is so inspiring on so many levels. Just the way you're living your life and inspiring for us to be able to remember, but also just to be a good person and be kind. All of those really good things put our family first. It's so good. I wanted to mention you took your mom with you, right, to New Zealand?

Melanie: I didn't. I didn't take my mom.

Steph: Why did I think it was your mom with you?



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Melanie: My friend, [Maria 00:30:50], is from New Zealand, and her family lives there. Her mom is there, so I probably mentioned her mom a lot.

Steph: Okay. That could be it.

Melanie: Yes.

Steph: That's probably what it is. Okay, fun, so you went to New Zealand all alone?

Melanie: All alone with two of my team mates, college team mates. Then, new people that I've met. Yes.

Steph: So brave. I mean talk about daring greatly and doing, because that would be scary for me, I think. I guess you knew your team mates before, right?

Melanie: Mm-hmm (affirmative).

Steph: You had been able to play with them and stuff before going?

Melanie: Two of my team mates I know from BYU and we played when we played together there, but the other four, I did not know. It was an adventure, you know? It was totally an adventure. I just feel like my whole life, I've always said no to things because I was too scared or I didn't have money. At least I didn't think I should spend money on that. You know, what would I do with the kids? Blah, blah, blah. We have so many excuses. I just feel like, "You know what? I just need to start saying yes." Saying yes to adventures and to these things that could potentially be such great memories.

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Steph: That's where I can see myself not wanting to do that for the exact reason that it would be scary, you know? It's a scary thing. You don't know people, but what an amazing experience it was. I encourage people to go look at your Instagram and read through because you really made some amazing connections with people. You formed some new friendships and relationships. That's what this life is all about.

Melanie: Absolutely. You know, you mentioned that. One of my favorite things about New Zealand is how kind the people are. This one friend of my friends ... So my one friend, Maria, is from New Zealand. One of her friends came to our games, and he played on the national team, the national men's basketball team. They're called The Tall Blacks. He walks up to me right before the game, and he says, "Hey, I want you to have this." He gave me the sweatshirt off of his back.

Steph: Wow.

Melanie: It was one of the Tall Blacks sweatshirts that only those players get, you know?

Steph: Yes.

Melanie: I mean that's just how the people there are. If I wouldn't have been brave enough to go on this adventure, I wouldn't have met so many people like him that just gave themselves and accommodated us and hosted us and just were so kind.

Steph: It's so great. I love hearing all of these stories.

Melanie: I love the people of New Zealand. Kiwis are awesome.



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Steph: Yes, that's so good, so great. Okay, tell me a little bit about, if you don't mind, a little bit about your photos. You're taking tons of photos. What do you use for your primary cameras?

Melanie: Okay, so this is where I need you.

Steph: Oh, good. Ye hey.

Melanie: I have a GoPro. Someone gave us a GoPro for Christmas. One of my mission companions, actually. One of my good friends who I lived with in Portugal. She gave me a GoPro because I wanted to document everything that we would be doing. I knew this year would be full of adventures, and I wanted to document it. I have a GoPro. Then, I use my phone. I actually recently bought a new phone, the iPhone 7 with the most gigs possible-

Steph: Good for you.

Melanie: Because I was so sick of taking pictures and then finding out I didn't have any storage. I just didn't want to think about it. Honestly, i knew I would be documenting my life from here on out and taking pictures all the time. I didn't want to run out of storage. I have ... What is it? 264 gig. I'm trying to look.

Steph: 256.

Melanie: 256. I have that.

Steph: Good.



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Melanie: I've been taking pictures non-stop since around Christmas, and I haven't ran out, but I have. Last week, I ran out of storage on the iCloud.

Steph: Okay, yes. That makes sense. Just upgrade it. It's only a couple bucks to upgrade it.

Melanie: I have upgraded it once. Can I just keep upgrading it then?

Steph: Mm-hmm (affirmative), I think so, yes. Yes. I've got 256 on my phone as well, and I've got a whole lot of pictures on there. 17, 18,000, I think on my phone. I think I pay five bucks a month for iCloud storage.

Melanie: Oh, okay.

Steph: One of the other things that I would recommend that you do, because your photos are ... iCloud isn't a true back-up. It's a back-up for if there's a disaster with your phone, but it's not a true back-up. I would also set up Google Photos on your phone because it will run in the background and automatically back everything up that's on your phone as well. You've got it on there?

Melanie: I'm trying.

Steph: Okay, good. It's working?

Melanie: Yes.

Steph: It's working for you in the background?

Melanie: Yes. The problem is I have to leave the app on for it to run, is that right?



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Steph: Well, it backs up faster if you leave it open, but it should automatically back up. I've noticed though, if I'm at home when I was running my big back-up, my first back-up. If I was at home for a really long time, it would sometimes go to sleep. Then, I just have to open it back up because it does trigger automatically if you leave your house and then come back. That's usually what triggers it to start backing up again.

Melanie: Okay.

Steph: If you're home for, you know ... I'm sometimes a home buddy and might not leave my house for a day or two, then sometimes, it will fall asleep. Yes, if you leave it open, it for sure backs up faster.

Melanie: Okay.

Steph: My back-up took me a few weeks to do.

Melanie: Oh, really?

Steph: Yes, but I went out of town in between. In the middle of it, I went out of town for 10 days. I wasn't connected to wifi at all while I was out of town, and so it wasn't doing anything for those 10 days. Once I was at home, I would say, so depending, I mean if you have 17,000 photos ... Do you have about that many?

Melanie: Yes. It says 16,708 items left.

Steph: I was a good guesser.

Melanie: Yes.



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Steph: Yes, so depending on what the speed of your internet is, if you have fast internet, it might take you a week or two, a couple of weeks to get it all done.

Melanie: I can do it on any wifi, right, or do you have to be on my home?

Steph: Any wife. No, any wifi.

Melanie: Okay.

Steph: Yes. When I was traveling, we were staying with my in-laws. They only have a cellular hotspot for their wifi. Those were limited data, and so I didn't want to increase their data a ton by connecting to their hotspot. That's why I was off of wifi for a good 10 days which is torture. They didn't consult me before they decided to get rid of their regular wifi. I don't know what-

Melanie: That was sneaky of them.

Steph: It was super sneaky, yes. I think once you get Google Photos up and running, that will be perfect for you. The thing that I love about Google Photos has started making ... Has this assistant started making you little things?

Melanie: Yes, I was looking at that because I was listening to one of your podcasts talking about it, and so I thought ... I've been looking at the assistant. I had no idea because I've had Google Photos before, but I don't know. I just didn't really understand it. I was worried that if I deleted the photo there, that it would delete it from my iCloud. It's all so confusing to me. This is why I need you.

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Steph: Yes. That deletion thing could be super confusing, actually, for sure. It can be scary because you don't want to have things deleted permanently, but if you delete ... See, I even have to stop and think about it. I have a little cheat sheet in one of my classes that people can print up, in my paid class that people can print up to use or save to their phone to use. I can send you that as well to refer back to for the deletion. If you delete in Google Photos, it does not delete it off of your phone. If you delete it off of your phone, it will delete it in Google Photos.

Melanie: Okay, that makes sense.

Steph: Yes.

Melanie: What about iCloud, because I'm paying for this iCloud storage.

Steph: Yes, but if you delete it off of your phone, it deletes it out of iCloud. That's why iCloud isn't a true back-up.

Melanie: Oh, but Google Photos is?

Steph: Yes.

Melanie: Okay. I'm going to need to take your course because honestly, like I said, I have a GoPro and I got this phone because I want to document my life. I want to have it online so that my kids can always have it, but I also do chat books, but I would be interested in buying nicer books, hard back and more quality photos to have to have these memories. I would love to go back and get organized throughout the years of our family. I do have those intentions that I want to do because it is so important to me. It's like when I was getting married, the most money I



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spent was on a photographer because I want those memories. I want them to be quality, right? I don't care about anything else.

Steph: I certainly agree.

Melanie: Yes. It's so important to me. I'm so glad to be talking to you and getting to know you better because this is something that is important to me. I just am really ... It's overwhelming, and I don't know where to start. I have this nice GoPro that I know has so much capability that I don't even know-

Steph: Yes, yes, yes.

Melanie: What to do. I want to make videos. I have an intention to, for every trip that we've been on, I want to make a really cool video with music and have that on a YouTube channel, but I haven't done that. Since I've got the GoPro for that Christmas vacation, I haven't done anything with it. I just have the videos, and I just need to get on it.

Steph: Yes and this is what's so great because in this day and age, there are so many tools for you to be able to create those videos in minutes or seconds even. Google Photos will create them for you, even. A couple of my favorite tools, if you want to take some of those GoPro videos and do some things with them, I really do like Google Photos for editing and putting videos together with photos and/or videos and adding my own music. You can go in and create your own movie just by going to the movies tab in Google Photos. Let me get in there, and I'll talk you. If you tap on the ...

Melanie: Oh, the assistant?

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Steph: Mm-hmm (affirmative), tap on the assistant and then tap on movie. Then, you can select up to 50 photos or videos. I was able to make mine for my mom. I did a custom one. They had that mother's day tool where it would automatically make you a mother's day movie in Google Photos, but I didn't. I wanted my own thing. I wanted it done my own way, so I went through and selected 50 photos of my mom with her kids and then added my own music. I was able to make it about two minutes long but also iMovie on your phone. I can't use iMovie on my Mac for some reason. It's too complicated for me.

Melanie: That's how I feel.

Steph: Yes.

Melanie: I use it on my tiny little phone, and my little fingers are making this movie on iMovie because I don't like to do it on my computer.

Steph: Yes, it's just way easier on your phone. The app is way easier, I think, on the phone than the app on the Mac. For sure, that as well. Then, if you want, I'd be happy to just to give you my Heart of Photo Fabulous class which it doesn't take very much time to go through the whole class, but that would get you making some pages, if you wanted to, where you could put your ... Then, Project Life app. Your photos, your journaling so that you have the words there together. Then, you could order the higher quality books like you want if that's something that you're interested in doing, for sure. The great thing about it is that it all only takes a few minutes. You can have some really good quality photos and books in your memories. Then also, I would recommend seeing about getting your blog printed up in a book.

Melanie: Oh, okay.



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Steph: Because I think that that would be a great ... There's just something about having things printed, you know? Having the blog there, but having something printed that your girls, your kids, because I know you got a son too, that your kids can flip through and read. I think it's a wonderful thing. It's magical to have it in print.

Melanie: Yes. I guess because also, there's always the fear of, "Okay, is it really going to be there in 20 years? I don't know," you know?

Steph: Yes, yes, for sure.

Melanie: I think we all have that fear that it might not be on the worldwide web.

Steph: Right because I mean Google can change things. All companies can change. They can decide to change features. That's why I always say you need to be backed up in more than one place online, more than one Cloud place so that when companies change things, you've got your back-up there, but yes, I love having my printed books. I have books that I've printed. Photo books that I've printed with AdoramaPix 10 years ago, over 10 years ago that still look brand new.

Melanie: Really?

Steph: Yes. I leave them out. I don't put mine in a closet. I leave them out on a bin on the floor for everyone to go through whenever they want. They get kicked around. They get stepped on, but they still look brand new because they're just that good of quality.

Melanie: Yes. Yes, I heard you talk about that Adorama. I want to look into that.

Steph: Yes, a new counsel with Adorama, you can slurp over your Instagram account and have your photos there and then copy and paste your



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journaling as well into a book that way. I think that would be really good, a great way for you to document things quickly and easily too.

Melanie: Yes. It's like a nice-looking chat book.

Steph: Yes. It's a much higher quality.

Melanie: Okay.

Steph: Yes because it's a lay flat photo book. Then, the pages, they're like almost the cardboard books that kids have. They're almost that thickness. They're super thick card stock photo paper.

Melanie: Oh, cool, yes.

Steph: Yes. It's a photo paper too. It's like photo quality, not just paper, paper. There's a few ideas, but I'm happy to be your go-to consultant anytime you have questions or need help with anything so that we can get all of these adventures that you're going on documented easily, quickly.

Melanie: Yes because I have a lot more adventures coming up.

Steph: I'm excited. What do you have coming up? Let's hear.

Melanie: Okay, so next week, my kids don't know, but we're going to Florida and Disney World, SeaWorld, Universal. Actually, we're going with a cancer retreat that's putting us, a gift unit to us.

Steph: That's incredible.



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Melanie: So incredible. Then, we've got family reunion this summer. Then, I'm going to be going to a cancer treat in Hawaii, a surfing retreat in November which I'm super excited about.

Steph: How fun.

Melanie: We've got a few here and there. Yellowstone as a family, and we want to do the Mediterranean cruise next year. My husband and I will be doing that.

Steph: That's something you guys have talked about and dreamed about for a long time, right?

Melanie: Yes, that's my ultimate vacation, for sure. That's what I've always ... that's the number one thing I've always wanted to do, as far as vacations, so yes. We both lived in Portugal and so we want to go on the cruise but then also spend some time in Portugal and throughout Europe. Yes, just so many things that we are doing that I want to document. I've never been the mom that takes pictures, but this has forced me to do it, and I'm so glad because I'm learning a lot. I'm just so glad I have all these pictures now for my kids to see some day.

Steph: Yes. That's an interesting perspective shift you've had, I think, as a result of this that make the photos more important.

Melanie: Yes, yes. I want to be organized about it. Not just have 17,000 photos on my phone, but I want them to be somewhere where we can look through them and have them organized and just have the best ones, because you know, sometimes, I'll take 20 pictures of the same thing which is so lame.

Steph: Yes, I do it.



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Melanie: Then, to have the best one and just have it really organized in a book, in a video for my posterity.

Steph: I love it. I love hearing that. I think it's really great wisdom for everybody, so good. I'm not even saying that lightly. Let me be your person to help you get this done because I know it's important too. I want you to be able to do it. I want you to be able to do it without spending a lot of time doing it.

Melanie: Yes.

Steph: For sure, let me help you with that. I'm excited that you're going to Disney World. Disney's one of my favorite places in the world.

Melanie: Yes?

Steph: Yes.

Melanie: Okay.

Steph: I was just there a couple of weeks ago, and I'm headed back in June.

Melanie: I guess you do love it.

Steph: It's a little ridiculous, quite honestly, but yes. I'm excited to see those pictures pop up on Instagram. I can't wait for you to experience it.

Melanie: Yes. I went when I was a little kid and that's it, so it should be amazing.

Steph: It will be magical. Ye hey.



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Melanie: Yes, it always is.

Steph: Yes, that's so great. Melanie, thank you so much for being here. I appreciate it. I've enjoyed visiting with you so much.

Melanie: Thank you so much for having me. It's been fun.

Steph: Yes. I want to remind our listeners one more time that you can be found at FiveYearsToLive.org, right?

Melanie: Mm-hmm (affirmative).

Steph: Then, Melanie Day on Instagram. Is there anywhere else?

Melanie: That's it. That's where I am, yes.

Steph: Okay, perfect. You can follow along with Melanie's journey, and be sure to reach out to her and let her know how inspiring it's been to hear her today on this show. Thank you again, and we'll see you next time on Modern Photo Solutions.