

Sipping the Small Moments

Some prefer the beckoning bright sun on a day filled with waves of heat and windows down, others revel in the comfort that snowflakes, fires, and fuzzy socks bring, and some simply prefer those crisp mornings that brings a new awakening to a different vibrant dimension. The sweetness of the fall air, the dropping of all the tiny yellow leaves, and dimming of daylight brings pure satisfaction for a lot of others; especially for 23-year-old Colorado native, Michaela Schuette, who expresses her passions through being outside and other forms of creativity.

Season by season, lives shift and explorations either speed up or slow down, and through the changing of seasons it is sometimes hard to keep our individual creativity and inspiration flowing in a way that consistently makes us feel whole and at peace within our lives. Michaela shares her passions, creativity, and how she keeps her energy going by finding the little things in her day-to-day endeavors. “When you find time for the little things,” she said, “inspiration just kind of comes with the things you like.”

As a woman of adventure and who seeks out the sweat-life, she grew up with sports at the forefront of her daily life, eventually leading her to the D1 Field Hockey Team at The University of the Pacific in Stockton, Calif. “I always grew up playing outside, and I have never really understood the couch potato lifestyle,” Michaela expressed. After being medically injured in an uncommon and undiscoverable way fueled by constant dizziness, Michaela took a year off and spent a lot of her time in Europe, couch hopping in a non-couch potato manner, visiting her previous au pairs, and ending up in Austria for about four months.

When Colorado soon pulled her back, Colorado State University became home for her, continuing with her path in Communication, as well as adding Interior Design into the mix to fuel her creativity in how she wanted at the time. Balancing the two majors as well as three jobs and a social life became challenging, as one can imagine, so interior design made it’s way off the school checklist earlier than

anticipated for Michaela. But as much as she enjoys Communication, she said, “It’s hard to stay motivated with something you aren’t in love with. I miss that aspect of interior design, for sure.”

Sitting under the fall branches hanging under the darkening sky, we began to dive deeper into the depths of creativity, as she said, “In the fall, I literally wake up so happy every day.” An old opaque concrete wall shone from her phone as she shared a new project she had worked on the previous week while being sick. “I like to find silly little art projects,” she said, as I zoomed into the muted painted wall with stroked contrasting tones of overlapping colors.

She has found peace within ventures such as the wall, drawing, or other ways of design, but has also discovered a great depth of passion through her job at Lululemon Athletica in Fort Collins, Colo. The Lululemon store in Fort Collins is apart of a new movement called ‘The Local’ which is a small store concept and is committed to enhancing yoga-based communities. Centered off of this concept and the growth within the company, Michaela said, “It would be sweet if I could lead a store abroad with a new store’s first takeoff.” She hopes to work full time for Lululemon after graduating and then apply abroad to work with other global communication sectors while exploring more of the world.

While she remains at the new store in Fort Collins, she said, “I get to help with the layout of the whole store, so that’s kind of how I stay creative as well.” The company is all about living your best life and encouraging people to do the same. Michaela highlights on the fact that they provide the community with workshops that help people get inspired, and that’s part of what she loves so much about Lululemon and her contribution within the company and community. “Having a good sweat life (which is apart of the company’s motto) and commitment to at least making an effort gives me my energy – even if it doesn’t happen every day, we’re all human – but taking the time to sit down for ten minutes and just draw or call my mom or go on Pinterest,” Michaela explains, is so important. Whether it is from work, drawing, small art projects or being outside, Michaela uses these tactics to keep her happiness fueled.

“I definitely think the biggest part that I tell everybody too is when they’re like, ‘How do you find the time to travel? How do you find time to do mini trips and stuff?’ And it’s like yeah I work a lot, I work 6 days a week. Monday’s are technically my only day off and I still go to class all day,” Michaela said. “I don’t really have time off, but it’s just committing. It’s always just making that commitment to yourself and your own personal happiness, and being like ‘yo’ I just need 30 minutes to go bust my ass on a treadmill, or you know, you just have to take those small moments and do things that kind of add up.”

Michaela thrives off of fall, spending her moments outside, finding time for herself, and being apart of a company and community greater than herself. As for most college students, it’s hard to find the time to do everything we want to do in a day sometimes, but just like Michaela encourages, it’s all about the small things in order to stay happy. She shared that it’s all about taking those small breaks, “and saying, okay I had a 10 minute break, now I need to go back and crush out this homework so I can go do the things I want to do.”

We all have passions, inspirations, and creations worth working towards, and even though it might be hard to always stay energized and motivated, these are aspects of life that we should never let slip away from us. She said, “It’s about just kind of reconnecting with yourself.”