

Jun 21, 9:31 PM

**Jennifer Wilson (Moderator):** Hello friends!

Jun 21, 9:32 PM

**Krstin (Guest):** 🙌!

Jun 21, 9:33 PM

**Kim Edsen:** Hello! I made it! Just got back from a summer band concert and squeezed in some grocery shopping!

Jun 21, 9:34 PM

**Jennifer Wilson (Moderator):** So I totally forgot to schedule the email reminder. Today has been so crazy I didn't even look at my list.

Jun 21, 9:34 PM

**Kim Edsen:** Some days are just like that!

Jun 21, 9:35 PM

**Ina (Guest):** I made it, I think I'm even here twice! Lol

Jun 21, 9:35 PM

**Patricia Moore:** Had a hard time finding you

Jun 21, 9:35 PM

**Jennifer Wilson (Moderator):** Better than not at all Ina!

Jun 21, 9:35 PM

**Susan Manohar:** Hi everyone! Happy summer solstice! Glad I made it!

Jun 21, 9:36 PM

**Jennifer Wilson (Moderator):** Patricia - the calendar will always tell you where to go:<https://www.simplescrapper.com/calendar/>

Jun 21, 9:36 PM

**Ina (Guest):** Yeah I didn't scroll all the way down initially, I thought it was just a landing page

Jun 21, 9:36 PM

**Jennifer Wilson (Moderator):** Same with the events area inside of the membership.

Jun 21, 9:36 PM

**Patricia Moore:** thanks, will try to remember Jennifer

Jun 21, 9:37 PM

**Jennifer Wilson (Moderator):** Tonight we are discussing The Productivity Project by Chris Bailey.

Jun 21, 9:37 PM

**Jennifer Wilson (Moderator):** To get started, share one of your favorite productivity tips or tools.

Jun 21, 9:38 PM

**Jennifer Wilson (Moderator):** Mine is usually Asana.. but you do have to look at it.

Jun 21, 9:39 PM

**Kim Edsen:** Choose 1-3 things on your list....focus on those and put blinders on to the rest

Jun 21, 9:39 PM

**Susan Manohar:** One of my favorites is using a timer. If I can focus for 25 minutes on one thing, it helps immensely with my general productivity.

Jun 21, 9:40 PM

**Patricia Moore:** Mindfulness..letting mind wonder

Jun 21, 9:40 PM

**Krstin (Guest):** Scheduling tasks.

Jun 21, 9:40 PM

**Jennifer Wilson (Moderator):** Blinders are handy Kim!

Jun 21, 9:40 PM

**Susan Manohar:** I've also started bullet journaling these past few months, it's helped immensely!

Jun 21, 9:41 PM

**Shannon Murphy Minner:** I love making lists and crossing tasks off. I also use the Google Keep website, I think someone recommended it on a chat.

Jun 21, 9:41 PM

**Jennifer Wilson (Moderator):** Susan, do you find that it helps with your random thoughts?

Jun 21, 9:41 PM

**Jennifer Wilson (Moderator):** I love Google Keep Shannon! I use it for all my lists.

Jun 21, 9:41 PM

**Susan Manohar:** Yes, the bullet journal helps with that so much! And not being constrained by a regular calendar, it helps me to keep track of all of the random-ness.

Jun 21, 9:42 PM

**Jennifer Wilson (Moderator):** Alright, if you are new here tonight (raise your hand, if so)... we typically run these discussions as follows:

Jun 21, 9:42 PM

**BettyLou Koffel (Guest):** Good evening

Jun 21, 9:42 PM

**Jennifer Wilson (Moderator):** I will share a quote from the book, followed by a related question. This format makes it a little easier for anyone to participate, even if you haven't read the book.

Jun 21, 9:42 PM

**Carol Anne (Guest):** I finally found you guys. I can't log in as me.

Jun 21, 9:43 PM

**Jennifer Wilson (Moderator):** Carole Anne, the only login here is Facebook or Twitter I think.

Jun 21, 9:44 PM

**Carol Anne (Guest):** I guess I remain a guest.

Jun 21, 9:44 PM

**Jennifer Wilson (Moderator):** Who is ready to dive in?

Jun 21, 9:44 PM

**Kim Edsen:** Me!

Jun 21, 9:45 PM

**Patricia Moore:** me

Jun 21, 9:45 PM

**BLK (Guest):** Hmm I'm getting notices about needing cookies...

Jun 21, 9:45 PM

**Krstin (Guest):** Me!

Jun 21, 9:45 PM

**Susan Manohar:** me too! I just got the book this week, have only read the first chapter, but love it so far!

Jun 21, 9:45 PM

**Jennifer Wilson (Moderator):** QUOTE // "My approach has always been one of striking a balance between carving out more time and energy for the things that are meaningful to me, and accomplishing more."

Jun 21, 9:45 PM

**Jennifer Wilson (Moderator):** QUESTION // Q1. Do you look at productivity with this sense of "balance"? If so, have you always?

Jun 21, 9:47 PM

**BLK (Guest):** Not always but it makes sense

Jun 21, 9:47 PM

**Carol Anne (Guest):** What is this "balance" thing of which you speak? Seriously, there is no such thing as balance in my life, it is all about carving out niches of time to get things done.

Jun 21, 9:47 PM

**Patricia Moore:** Been striving for balance for about 20 years....but not always successful...He makes it sound so easy

Jun 21, 9:47 PM

**Krstin (Guest):** Yes and yes . My days definitely feel more balanced if I have been productive.

Jun 21, 9:47 PM

**Kim Edsen:** Generally, my approach has been aimed at getting as much done as possible and less on finding balance

Jun 21, 9:48 PM

**Jennifer Wilson (Moderator):** For me it has been in more recently years that I thought about why I'm doing things, if they have meaning etc. Growing up it was definitely about doing more, achieving more, crossing things off lists at whatever cost.

Jun 21, 9:48 PM

**Shannon Murphy Minner:** No, I have trouble with time management so I'm not as productive as I could be.

Jun 21, 9:48 PM

**Susan Manohar:** At times I've been bogged down by "accomplishing more", but not necessarily accomplishing more of the things that are meaningful to me. I'm doing better now, but still struggle at times.

Jun 21, 9:48 PM

**Patricia Moore:** agree Susan

Jun 21, 9:48 PM

**BLK (Guest):** He's a young guy without a family. Balance was easier without children

Jun 21, 9:49 PM

**Jennifer Wilson (Moderator):** Reading this so early in the book made me really excited to continue... so much alignment with what we do and teach here at Simple Scrapper. (In contrast, we've read some productivity books that were much less heart-centered.)

Jun 21, 9:49 PM

**Patricia Moore:** And children grow up & bring home more with them

Jun 21, 9:49 PM

**Susan Manohar:** BLK, just as youth is wasted on the young, balance was lost on me when I was young too!

Jun 21, 9:50 PM

**BLK (Guest):** Susan, ah yes!

Jun 21, 9:50 PM

**BLK (Guest):** I'm excited to try the three things idea

Jun 21, 9:51 PM

**Krstin (Guest):** it works to focus on the top 3!

Jun 21, 9:51 PM

**Carol Anne (Guest):** A seminar at work talked about giving up the notion of work-life balance, because they never balance. One or the other takes dominance. Trying to "balance" is a waste of energy and induces guilt.

Jun 21, 9:52 PM

**Jennifer Wilson (Moderator):** Balance is indeed difficult.

Jun 21, 9:52 PM

**Krstin (Guest):** MIT's...most important tasks.

Jun 21, 9:52 PM

**Jennifer Wilson (Moderator):** I think it's more about feeling balanced than finding actual balance between items.

Jun 21, 9:52 PM

**Jennifer Wilson (Moderator):** Here's our next quote:

Jun 21, 9:52 PM

**Jennifer Wilson (Moderator):** QUOTE // The most productive people work at a pace somewhere between the monk and the stock trader—fast enough to get everything done, and slowly enough so they can identify what's important and then work deliberately and with intention.

Jun 21, 9:52 PM

**BLK (Guest):** I listened to the mindfulness chapter this afternoon while driving. It was funny everytime he asked if my mind had wandered I thought: well yes I am watching the traffic around me

Jun 21, 9:52 PM

**Jennifer Wilson (Moderator):** QUESTION // Q2. What's your typical pace when it comes to your everyday life, your outside work if you have any, and your scrapbooking?

Jun 21, 9:53 PM

**Kim Edsen:** It depends on the day...

Jun 21, 9:54 PM

**BLK (Guest):** This is the area where I think I can apply his ideas. I'm anxious to try mindful scrapbooking.

Jun 21, 9:54 PM

**Shannon Murphy Minner:** I am a teacher so work comes home with me and stresses me out. I do tend to go about 80 mph and don't know how to just sit and relax.

Jun 21, 9:54 PM

**Susan Manohar:** I tend to do most things slowly or at a moderate pace. No matter what I do, if I try to hurry, I end up messing things up or not really gaining time in the end.

Jun 21, 9:55 PM

**Krstin (Guest):** I am giving it helps to have accountability even if it is #the 100day project.

Jun 21, 9:55 PM

**Carol Anne (Guest):** I have this pattern for everything: panic > overwhelm > throwing something against the wall to see if it sticks > reflect > organize > settle down. I am quite amusing to my friends.

Jun 21, 9:55 PM

**Susan Manohar:** Shannon, me too!! Last day of school was last Friday, and the fast pace at school (then the work at home) always stresses me out. It takes a couple of weeks after school is out to calm down.

Jun 21, 9:55 PM

**BLK (Guest):** I often have several albums/projects out at a time. This is because I am batching photo editing or photo printing or...

Jun 21, 9:55 PM

**Jennifer Wilson (Moderator):** I think I am more slow now than ever.

Jun 21, 9:55 PM

**Carol Anne (Guest):** at events

Jun 21, 9:55 PM

**Krstin (Guest):** Learning

Jun 21, 9:56 PM

**Kim Edsen:** Carol Anne, I can identify with that!

Jun 21, 9:57 PM

**Carol Anne (Guest):** I've just accepted that I will feel like a chicken with its head cut off for a while, then things will even out. Finally figured that out at 59!

Jun 21, 9:58 PM

**Jennifer Wilson (Moderator):** Carol Anne.. how long is "a while".. I've been hoping it will pass?

Jun 21, 9:58 PM

**BLKinOR (Guest):** I've logged in and been knocked off several times. I think I'm going to go with the transcript later. Enjoy.

Jun 21, 9:59 PM

**Carol Anne (Guest):** LOL, Jennifer. At work and crops, I can keep it under 45 minutes. Everywhere else, its a crap shoot.

Jun 21, 9:59 PM

**Kim Edsen:** I tend to go full blast, until I burn out, then I pause awhile, then start over again. I'm finally getting a bit better at recognizing when I'm starting to get into stress mode and to head it off, but it's definitely a learning process

Jun 21, 10:00 PM

**Jennifer Wilson (Moderator):** Sorry Betty Lou!

Jun 21, 10:01 PM

**Jennifer Wilson (Moderator):** QUOTE // Your effort toward taking control of your time, attention, and energy will be fruitless when you don't first take stock of what tasks are the most valuable and meaningful to you.

Jun 21, 10:01 PM

**Carol Anne (Guest):** That stress mode wears me out too, Kim. I want to figure out how not to start out in high stress mode.

Jun 21, 10:01 PM

**Jennifer Wilson (Moderator):** QUESTION // Q3. Do you find that scrapbooking competes for a spot on your "valuable and meaningful" list?

Jun 21, 10:01 PM

**Shannon Murphy Minner:** Burn out has become my middle name Kim.

Jun 21, 10:02 PM

**Shannon Murphy Minner:** Yes it does. I can't justify working on my scrapbook projects when there is "stuff" to be done...like laundry, lesson plans, and soccer practices/games.

Jun 21, 10:02 PM

**Jennifer Wilson (Moderator):** Shannon, is laundry valuable and meaningful?

Jun 21, 10:02 PM

**Kim Edsen:** Scrapbooking definitely has a spot on my valuable and meaningful list...when doing the challenge that had us think about what we'd do with an extra 2 hours of our time my first thought was to do more creative/crafty projects (which, actually I felt kind of guilty about because it wasn't something like 'spend more time with family or friends')

Jun 21, 10:03 PM

**Krstin (Guest):** Not when I am doing a challenge. It gives me focus!

Jun 21, 10:03 PM

**Susan Manohar:** Yes, scrapbooking definitely competes. The Project Life app has helped immensely in that area for me, so I can scrapbook anywhere now. But there are still so many awesome activities that I want to do.

Jun 21, 10:03 PM

**Jennifer Wilson (Moderator):** I'm not sure introverts typically ever say that Kim.

Jun 21, 10:03 PM

**Carol Anne (Guest):** It most definitely competes, even though I know it belongs cemented there. I think guilt about "the other things to do", like Shannon and her laundry, knock it out.

Jun 21, 10:05 PM

**Shannon Murphy Minner:** Wearing clothes is valuable Jennifer

Jun 21, 10:05 PM

**Jennifer Wilson (Moderator):** I really enjoyed how the author emphasized doing the less meaningful tasks briskly and lingering over the meaningful ones.

Jun 21, 10:05 PM

**Shannon Murphy Minner:** Clean clothes...

Jun 21, 10:05 PM

**Kim Edsen:** Shannon...depends on who's the one wearing the clothes..... LOL

Jun 21, 10:05 PM

**Patricia Moore:** Scrapbooking definitely competes, but I less this year. Reading our monthly books I have made small changes...not that I have arrived!

Jun 21, 10:06 PM



**Shannon Murphy Minner:** I just have a hard time "indulging" when I feel like there are more pressing things competing for my time.

Jun 21, 10:06 PM

**Susan Manohar:** Gretchen Rubin has a quote, something about not spending time on making certain things perfect that don't need to be perfect (like don't spend 2 hours organizing your sock drawer)

Jun 21, 10:07 PM

**Patricia Moore:** Susan this is where I have allowed myself to "let up"

Jun 21, 10:07 PM

**Kim Edsen:** For me I'm working towards 'good enough'. The laundry is under control, the house is mostly clean, etc. Sometimes I get too focused on any given concept/project/idea that I miss the big picture...the big picture is generally more relaxing for me. There is always something I could be focusing on, but if I step back, it helps with perspective

Jun 21, 10:08 PM

**Jennifer Wilson (Moderator):** QUOTE // The biggest lesson I learned from this experiment was just how important it is to deeply care about your productivity goals, about why you want to become more productive.

Jun 21, 10:08 PM

**Jennifer Wilson (Moderator):** QUESTION // Q4. Do you want to become more productive in your scrapbooking? If so, why?

Jun 21, 10:08 PM

**Patricia Moore:** Yes, Kim he mentioned stepping back...I know I need to do that

Jun 21, 10:08 PM

**Krstin (Guest):** Yes, for my children.

Jun 21, 10:09 PM

**Patricia Moore:** for my family

Jun 21, 10:09 PM

**Kim Edsen:** I think, for me, it's less about being more productive and more about choosing to document meaningful stories. But I need to be in touch with what is meaningful to me before I can do that.

Jun 21, 10:10 PM

**Carol Anne (Guest):** I am very productive when I scrapbook, when I get to that flow stage. I want more time to scrapbook because I like completing projects, especially creative ones.

Jun 21, 10:10 PM

**Susan Manohar:** Yes, to tell my stories and to benefit from the self-care I feel when I scrapbook. It's so therapeutic for me and important for my mental health.

Jun 21, 10:10 PM

**Patricia Moore:** Kim that is a problem for me also. I often wonder what is more important or why am I spending time doing this

Jun 21, 10:10 PM

**Jennifer Wilson (Moderator):** For me there is a craving to document more. My guilt is about being too slow, not spending enough time. I need to manage my energy and attention better to carve out the time.

Jun 21, 10:11 PM

**Patricia Moore:** I am slow & get stuck a lot on my pages. Energy declines with age so not sure how much I can change that, but I am trying

Jun 21, 10:11 PM

**Carol Anne (Guest):** I'm to the point again where scrapbooking makes me happy and feel good about myself. For a very long time, it didn't.

Jun 21, 10:12 PM

**Shannon Murphy Minner:** Glad you are back to that place Carol Anne!

Jun 21, 10:12 PM

**Kim Edsen:** Carol Anne...that makes me happy that scrapbooking is uplifting for you...so sad when it didn't!


Jun 21, 10:12 PM

**Susan Manohar:** I've also found I remember more of what I've actually scrapbooked. It helps me remember what I want to remember.

Jun 21, 10:12 PM

**Susan Manohar:** Yay Carol Anne!

Jun 21, 10:12 PM

**Krstin (Guest):** No guilt we should be happy with some of our stories being told...good enough! 

Jun 21, 10:12 PM

**Patricia Moore:** yeah Carol Anne

Jun 21, 10:12 PM

**Susan Manohar:** Yes Krstin

Jun 21, 10:12 PM

**Kim Edsen:** Susan - YES! This is big for me as well.

Jun 21, 10:13 PM

**Jennifer Wilson (Moderator):** QUOTE // Despite your best intentions, you don't have as much time, energy, or attention as you would like. Or perhaps you procrastinate (Part Two of the book), spend too much time on low-impact tasks that get thrown your way (Part Three), don't spend your time intelligently (Part Four), feel overwhelmed (Part Five), are constantly distracted and can't focus (Part Six), or don't properly cultivate how much energy you have (Part Seven). From what I've experienced, that is perfectly normal.

Jun 21, 10:13 PM

**Jennifer Wilson (Moderator):** QUESTION // Q5. Assuming you are "normal," which of these is your biggest challenge when it comes to being productive in scrapbooking?

Jun 21, 10:13 PM

**Patricia Moore:** good enough & some is better than nothing

Jun 21, 10:13 PM

**Carol Anne (Guest):** Susan, my kids remember so few of our road trips. But do remember the ones I scrapbooked.

Jun 21, 10:14 PM

**Patricia Moore:** All of the above from time to time...varies from day to day

Jun 21, 10:14 PM

**Kim Edsen:** I think I'm a mix of procrastination and distraction...when I get on a roll, I'm good. Sometimes it takes a bit to get going!

Jun 21, 10:14 PM

**Carol Anne (Guest):** Low impact tasks, here.

Jun 21, 10:15 PM

**Susan Manohar:** Carol Anne, same for my kids! They remember the stories I've scrapbooked because they're reminded of them

Jun 21, 10:15 PM

**Susan Manohar:** Ummm, all of the above? Depends on the day

Jun 21, 10:15 PM

**Krstin (Guest):** Procrastination totally! 

Jun 21, 10:16 PM

**Jennifer Wilson (Moderator):** I certainly have experienced all.

Jun 21, 10:16 PM

**Krstin (Guest):** I am reminded of the stories when I scrapbook and journal them!

Jun 21, 10:17 PM

**Shannon Murphy Minner:** I would say not using my time intelligently is my biggie. I can definitely think of times I fell into the other parts too.

Jun 21, 10:20 PM

**Jennifer Wilson (Moderator):** QUOTE // Without becoming aware of how you currently spend your time, it's hard to reflect on whether you're acting in ways that match up with what your values and highest-impact tasks are.

Jun 21, 10:20 PM

**Jennifer Wilson (Moderator):** QUESTION // Q6. Have you kept a time log before? If so, what did you learn? If not, what might you think it would show?

Jun 21, 10:22 PM

**Krstin (Guest):** I downloaded app like moment to keep track of phone use and was surprised that it was only a little over 2 hours.

Jun 21, 10:22 PM

**Susan Manohar:** After listening quite a bit to Laura Vanderkam, I kept a time log for 5 days, all super heavy work days, but then fell off! I want to do it again, because there wasn't much wasted time in there. One takeaway is that I definitely don't get enough sleep during the school year.

Jun 21, 10:22 PM

**Kim Edsen:** I have not kept a full time log, though I did recently time how long it took me to do some chores (and I need to do it again)! I found that I didn't always have an accurate feel for what I could get done in a specific amount of time. I also forget to account for an entire task...like I'll think about sorting and starting laundry, but don't consider the time it takes to put it all away once clean

Jun 21, 10:23 PM

**Carol Anne (Guest):** I have kept a time log in the past. It shows that I spent a lot of time playing solitaire, watching TV and napping. At the time I was very good at wasting time. I'm getting better about it. Maybe I should do another log.

Jun 21, 10:23 PM

**Susan Manohar:** Carol Anne, I consider napping an excellent use of time!

Jun 21, 10:24 PM

**Jennifer Wilson (Moderator):** I get distracted too easily.. and tasks always take longer than I think they will.. in part because they do and in part because I get distracted.

Jun 21, 10:24 PM

**Kim Edsen:** This makes me think of the idea that you 'manage what you monitor', so if I did a time log it probably wouldn't be all that accurate (at least the first day or so) because, knowing I was tracking myself, I'd be more apt to stay on task

Jun 21, 10:24 PM

**Shannon Murphy Minner:** I have maybe kept a time log for a day or two. I think the results would be scary and I'm fairly confident I know what it would show.

Jun 21, 10:24 PM

**Carol Anne (Guest):** Kim, I also don't have that feel for how long something takes. Sometimes, I will procrastinate so much that when I actually do the task I am surprised at how quick it was.

Jun 21, 10:25 PM

**Jennifer Wilson (Moderator):** Totally!

Jun 21, 10:25 PM

**Jennifer Wilson (Moderator):** QUOTE // And there are six main task attributes that make procrastination more likely. Those are whether a task is one or more of the following: •

Boring • Frustrating • Difficult • Unstructured or ambiguous • Lacking in personal meaning • Lacking in intrinsic rewards (i.e., it's not fun or engaging)

Jun 21, 10:25 PM

**Patricia Moore:** I have kept time logs from time to time...more to do/did list. I don't watch a lot of TV or play games, but get distracted ...maybe have ADD as a child and have learned to cope/get the job done. Just not as efficient as it should be

Jun 21, 10:25 PM

**Jennifer Wilson (Moderator):** QUESTION // Q7. What task related to memory keeping are you most likely to procrastinate on? Which reason(s) do you think that is?

Jun 21, 10:25 PM

**Kim Edsen:** Carol Anne - yes. I have found this again and again (particularly related vacuuming my car....I can put it off for days....)

Jun 21, 10:25 PM

**Susan Manohar:** Jennifer, I'm also distracted so easily. It gets very frustrating!

Jun 21, 10:26 PM

**Shannon Murphy Minner:** I procrastinate on straightening my scrapbooking room/space.

Jun 21, 10:27 PM

**Carol Anne (Guest):** Keeping my space tidy. I'm with Shannon.

Jun 21, 10:27 PM

**Susan Manohar:** Me too, Shannon. Then it's hard to work there, then I don't get started, etc, etc

Jun 21, 10:27 PM

**Kim Edsen:** I tend to put off getting my photos ready to order....

Jun 21, 10:27 PM

**Kim Edsen:** it always takes longer than I think it should!

Jun 21, 10:27 PM

**Krstin (Guest):** Sometime s just gluing down!

Jun 21, 10:27 PM

**Patricia Moore:** I don't think I procrastinate, I just have a hard time completely finishing or don't know how to finish some projects so I tend to have a pile...organized but a pile

Jun 21, 10:28 PM

**Jennifer Wilson (Moderator):** Susan, would you mind sharing a photo of your bullet journal pages in the membership? If I recall you have before, but super relevant to this discussion!

Jun 21, 10:28 PM

**Krstin (Guest):** Me too... PM

Jun 21, 10:28 PM

**Susan Manohar:** Sure! I'll put it in the Book Club area!

Jun 21, 10:29 PM

**Jennifer Wilson (Moderator):** I think my biggest block is feeling like my energy level can't contribute to a desired end result, i.e. "good enough"... I guess this fits under Difficult maybe.

Jun 21, 10:29 PM

**Kim Edsen:** Patricia - that is another idea I try to remember - the idea of 'completing the cycle'...I'll get a task mostly done, then leave it. I think I always have good intentions that I don't have much left and will do it later, but then they start to accumulate...

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**Susan Manohar:** Jennifer, my energy level is key! I don't get enough sleep too often, so then when I have time to scrapbook, I'm too tired to do what I want to do.

Jun 21, 10:30 PM

**Krstin (Guest):** Yes Kim

Jun 21, 10:30 PM

**Shannon Murphy Minner:** Yes, I find printing photos takes awhile to, especially since I am trying to be intentional about the amount of photos I print.

Jun 21, 10:30 PM

**Jennifer Wilson (Moderator):** Couple more questions to squeeze in...

Jun 21, 10:30 PM

**Jennifer Wilson (Moderator):** QUOTE // Externalizing your tasks and writing them down is a powerful way to free up mental space and get organized. Performing a "brain dump" not only reduces stress and helps you focus, it also motivates you to action.

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**Jennifer Wilson (Moderator):** QUESTION // Q8. Do you write down what you need to do in your scrapbooking?

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**Krstin (Guest):** Yes!

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**Susan Manohar:** Yes! I use both my bullet journal and my Creative Hub, it helps a lot

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**Krstin (Guest):** I use pay it notes.

Jun 21, 10:32 PM

**Patricia Moore:** Yes Kim frustrating when I don't know what to do. I believe it was this book that said...we led ourselves into failure by saying 'don't know" should say "I will figure it out" and our brain will work it out.

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**Shannon Murphy Minner:** Yes, I do. I sometimes write down the photos I need to print and know which layout kit it will go with. Again...I'm that list maker.

Jun 21, 10:32 PM

**Krstin (Guest):** Post...

Jun 21, 10:32 PM

**Kim Edsen:** Sometimes, and I always find it helpful when I do! I'm a post-it note user too!

Jun 21, 10:33 PM

**Carol Anne (Guest):** I have been using my hub to document projects to do.

Jun 21, 10:33 PM

**Patricia Moore:** I make a list every morning, but not necessarily scrapbooking list...should do that

Jun 21, 10:33 PM

**Jennifer Wilson (Moderator):** QUOTE // If you want to become more productive, managing your time should take a backseat to how you manage your energy and attention.

Jun 21, 10:33 PM

**Jennifer Wilson (Moderator):** QUESTION // Q9. What's one thing you can try in the coming week to better manage your energy and attention?

Jun 21, 10:33 PM



**Carol Anne (Guest):** Right now I'm working on 'what I need to bring to a crop' list.

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**Jennifer Wilson (Moderator):** My best tip is to have one sticky note with your next action in your scrapbooking. You don't always need a bigger list.. just to know what's next when you sit down again!

Jun 21, 10:34 PM

**Krstin (Guest):** Great idea! 

Jun 21, 10:34 PM

**Patricia Moore:** I have been on a "clean eating diet" for 3 months...lost 11 pounds and improved A1C...more energy just by self-care

Jun 21, 10:35 PM

**Kim Edsen:** Well done, Patricia! Those are huge wins.

Jun 21, 10:35 PM

**Susan Manohar:** Managing my energy: sleeping, exercising, eating well. Having more energy will lead to more productivity.

Jun 21, 10:35 PM

**Krstin (Guest):** Exercise too.

Jun 21, 10:35 PM

**Susan Manohar:** Good job Patricia!

Jun 21, 10:35 PM

**Carol Anne (Guest):** I'm going to do the Three Things lists.

Jun 21, 10:35 PM

**Patricia Moore:** Adding exercise now and resting/reading in afternoon

Jun 21, 10:36 PM

**Shannon Murphy Minner:** Try to get my "mojo" back and work on my to do list. I have so much that I need to do while I am off on summer break! I am getting back into running so I start my day off with a 5K.

Jun 21, 10:36 PM

**Kim Edsen:** Carol Anne - I was just going to say that! I've started this week and am finding it helpful. In the past when I tried, my 3 would always gradually expand up and up - I'm trying to be more 'strict' this go round

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**Krstin (Guest):** Dare I say, cut down on coffee.

Jun 21, 10:37 PM

**Patricia Moore:** 3 things work well for me...

Jun 21, 10:37 PM

**Susan Manohar:** Shannon, I always put a lot of pressure on myself to "do all the things" every summer!

Jun 21, 10:37 PM

**Jennifer Wilson (Moderator):** I am definitely going to try the 3 things list. I usually have more.

Jun 21, 10:37 PM

**Jennifer Wilson (Moderator):** I am a week off of caffeine myself! It's not easy, but possible.

Jun 21, 10:37 PM

**Carol Anne (Guest):** I've been exercising more in the last month -- still waiting for that energy boost -- so I'm going to add mediation.

Jun 21, 10:38 PM

**Patricia Moore:** Jennifer, I changed to only green tea...took awhile to kick in but don't get the let down I use too

Jun 21, 10:38 PM

**Krstin (Guest):** Meditation...

Jun 21, 10:38 PM

**Shannon Murphy Minner:** I do to and then I don't do them Susan. I am got to declutter this house though.

Jun 21, 10:38 PM

**Kim Edsen:** I struggle with the 3 things because sometimes it's a lot of effort to get myself to do my everyday goals (ok, mostly the exercise part....) so sometimes some of those things get put on my '3 things'.

Jun 21, 10:39 PM

**[Susan Manohar](#)**: Shannon, me too! There's too much junk around here!

Jun 21, 10:39 PM

**Jennifer Wilson (Moderator)**: Here's one final quote.. no question..

Jun 21, 10:39 PM

**Jennifer Wilson (Moderator)**: QUOTE // Investing in your productivity is a worthwhile goal, but life is too short to not be kind to yourself in the process.

Jun 21, 10:39 PM

**Carol Anne (Guest)**: Amen!

Jun 21, 10:39 PM

**[Patricia Moore](#)**: The problem with 3 things is I always seems to have a lot of different 3 things going & not a lot to show/completion that is

Jun 21, 10:39 PM

**Jennifer Wilson (Moderator)**: I see a lot of self-kindness already happening here.

Jun 21, 10:39 PM

**[Susan Manohar](#)**: Yes, Jennifer! Be kind to yourself! Above all!

Jun 21, 10:40 PM

**Krstin (Guest)**: My PT exercises are a MIT.

Jun 21, 10:41 PM

**[Kim Edsen](#)**: I also find it helps me be specific - rather than 'weed', today I put 'weed for 30 minutes'. I felt successful because I got that done, if it had been too broad I would have been frustrated that I didn't get ALL the weeding done. A good insight for me

Jun 21, 10:41 PM

**Jennifer Wilson (Moderator)**: Thank you all for joining me tonight! I hope you each learned something new tonight or have a new idea of something to try! This one is well worth the read.

Jun 21, 10:41 PM

**[Susan Manohar](#)**: Kim, good perspective and idea

Jun 21, 10:41 PM

**[Patricia Moore](#)**: Kim, I did pick that up also...it helps to define the project

Jun 21, 10:42 PM

**[Susan Manohar](#)**: Thank you, Jennifer! I'm glad I picked it up, and will finish in a few days!

Jun 21, 10:42 PM

**[Kim Edsen](#)**: I liked this one, too! I think a lot of valuable takeaways.

Jun 21, 10:43 PM

**Krstin (Guest)**: Good one... thanks!

Jun 21, 10:43 PM

**[Patricia Moore](#)**: Jennifer, I did find this book more helpful than some...a lot of new thought to apply...Thanks Jennifer & ladies

Jun 21, 10:43 PM

**[Kim Edsen](#)**: Night, all!

Jun 21, 10:43 PM

**Jennifer Wilson (Moderator)**: Take care everyone! <3

Jun 21, 10:44 PM

**[Susan Manohar](#)**: Good night everyone!

Jun 21, 10:44 PM

**[Patricia Moore](#)**: Shannon & Susan....decluttering at my house also

Jun 21, 10:45 PM

**[Shannon Murphy Minner](#)**: Good night!

Jun 21, 10:45 PM

**[Shannon Murphy Minner](#)**: Fun times, fun times Patricia!

Jun 21, 10:45 PM

**[Susan Manohar](#)**: Patricia, this is the summer it gets done!