

Nov 29, 9:32 PM

**April Swingler (Guest):** Are we in the right place for Book Club discussion?

Nov 29, 9:32 PM

**Carol Anne (Guest):** I don't know. I can check back at the site.

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**Terri Torrez (Guest):** This is where the calendar link goes.

Nov 29, 9:33 PM

**April Swingler (Guest):** I got a notification on the new platform and it linked here. So I think this is the right spot.

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**Terri Torrez (Guest):** But I haven't done one in a while so not sure.

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**Breon (Guest):** Yup

Nov 29, 9:33 PM

**Cindy March:** Hello Everyone.

Nov 29, 9:33 PM

**Breon (Guest):** for this year

Nov 29, 9:33 PM

**Jennifer Wilson (Moderator):** Hello! Sorry I am a few minutes late.

Nov 29, 9:33 PM

**Jennifer Wilson (Moderator):** My clock in the bedroom must be slow!

Nov 29, 9:33 PM

**April Swingler (Guest):** Same here.

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**April Swingler (Guest):** Aha we ARE in the right place lol

Nov 29, 9:33 PM

**Carol Anne (Guest):** OK. Good to know I'm in the right place.

Nov 29, 9:34 PM

**April Swingler (Guest):** Hi everyone!

Nov 29, 9:34 PM

**Jennifer Wilson (Moderator):** How is everyone tonight?

Nov 29, 9:34 PM

**Kristin Brandt:** Good! 

Nov 29, 9:34 PM

**BettyLou (Guest):** Good Evening

Nov 29, 9:35 PM

**April Swingler (Guest):** I'm good. This is my 2nd book group discussion today lol.

Nov 29, 9:35 PM

**Kristin Brandt:** Hello !

Nov 29, 9:35 PM

**Kim Edsen (Guest):** April, overachiever!

Nov 29, 9:35 PM

**BettyLou (Guest):** Wow @April

Nov 29, 9:35 PM

**Kim Edsen (Guest):** April, what was the other book?

Nov 29, 9:35 PM

**Jennifer Wilson (Moderator):** That's awesome April. So cool.

Nov 29, 9:35 PM

**April Swingler (Guest):** I guess my book group must schedule on the same dates as Simple Scrapper.

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**Terri Torrez (Guest):** Scrambling to finish the last few pages of the book.

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**BettyLou (Guest):** I finished my audio book on the way home this evening.

Nov 29, 9:36 PM

**Cindy March:** I'll finish it up this weekend.

Nov 29, 9:36 PM

**Breon (Guest):** I have to say I jsut started the book so I'm lurking

Nov 29, 9:36 PM

**Breon (Guest):** but the beginning looks good!

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**BettyLou (Guest):** Breon, I'm sure Jennifer's questions will draw you in anyway

Nov 29, 9:36 PM

**April Swingler (Guest):** I'm about half way through but this is my second read. I'm enjoying it as much as I did the first time!

Nov 29, 9:37 PM

**BettyLou (Guest):** My second read also. I liked it better this time.

Nov 29, 9:37 PM

**April Swingler (Guest):** Well I'm listening to the audio, but I'm considering buying the ebook because I find myself wanting to highlight sections.

Nov 29, 9:37 PM

**Jennifer Wilson (Moderator):** I've got a ton of quotes for us tonight.

Nov 29, 9:38 PM

**Jennifer Wilson (Moderator):** Let me preface by saying I'll be asking questions from two perspectives: (1)gratitude >> happiness >> motivation for hobbies and (2) scrapbooking as a gratitude practice.

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**April Swingler (Guest):** Oh I like that spin!

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**Jennifer Wilson (Moderator):** Alright, let's get into it!

Nov 29, 9:39 PM

**Jennifer Wilson (Moderator):** If you're new here, I'll be sharing quotes followed by discussion questions!

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**Jennifer Wilson (Moderator):** QUOTE // "Like all of us, she gets so busy concentrating on what she wants that she forgets to be happy for what she has."

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**Jennifer Wilson (Moderator):** QUESTION // Q1. Briefly share your experience with gratitude as a practice.

Nov 29, 9:40 PM

**Judi (Guest):** Finally figured out how to log in!

Nov 29, 9:40 PM

**Judi (Guest):** So - I'm grateful for that!

Nov 29, 9:40 PM

**Breon (Guest):** Just wrapping up the Thankful 30 at Scrapaneers and realizing I have a lot of things to be thankful for- not all of which need to be big dramatic things.

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**Kim Edsen (Guest):** Yay, Judi...you made it!

Nov 29, 9:40 PM

**BettyLou (Guest):** I've practiced daily photos/gratitude during November for several years not sure when that started

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**Breon (Guest):** they can be tiny things too

Nov 29, 9:40 PM

**Tiffany Mitchell:** I have done 30 days of thankful for the past 3 years....

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**Judi (Guest):** Tiffany - I've been doing 30 Days of Thankful for 3 years, too - really find it a good awareness practice

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**Terri Torrez (Guest):** I've attempted gratitude journaling in the past but it never stuck. I read Gratitude Works (Emmons) and understood the importance and still couldn't make it stick. This time tied it to the end of my Morning Pages -- and it's so seamless it's like I've always done it.

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**April Swingler (Guest):** I did a daily gratitude share on FB (most) days in December a few years ago. It surprised me how rewarding it was. I thought I was done with the project but the NEXT year I made a mini-album using the posts I'd shared the previous year and THAT was super rewarding.

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**Kim Edsen (Guest):** For the past few years I've kept a gratitude journal. Before bed I write down at least 3 things I was grateful for that day.

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**Carol Anne (Guest):** I am just trying to incorporate gratitude into my week this past month. Life changes have made me look at expressing gratitude more.

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**BettyLou (Guest):** Terri, I'm so happy that it's working for you.

Nov 29, 9:42 PM

**Jennifer Wilson (Moderator):** (By the way, so terrific to see 19 of you here tonight!)

Nov 29, 9:42 PM

**Breon (Guest):** Terri Im so glad thats working!

Nov 29, 9:42 PM

**April Swingler (Guest):** I generally try to put a positive spin on things and prefer to feel good about things. So I was nodding my head in agreement through the whole book. But I also got some good ideas of things I can try areas to improve.

Nov 29, 9:42 PM

**Kristin Brandt:** Started writing what I was fearful for in my daily planner. 2 years ago!

Nov 29, 9:43 PM

**Breon (Guest):** April, i kept notes for my recent project and am planning to art journal it!

Nov 29, 9:43 PM

**Judi (Guest):** Carol Anne - me, too. I've had some life blows this fall and reading this book made me realize how important it is to look for the good!!!

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**BettyLou (Guest):** After reading this book, i bought myself a small journal to begin using in December. I think I want to do this more than one month a year.

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**April Swingler (Guest):** That's a great idea Breon!

Nov 29, 9:44 PM

**Jennifer Wilson (Moderator):** QUOTE // "It happens too often that you have something terrific right in front of you but don't realize it until the lover is gone, the moment is past, and the flowers are wilted."

Nov 29, 9:44 PM

**Jennifer Wilson (Moderator):** QUESTION // Q2. Can you think of a time this has happened to you in memory keeping, whether photography, journaling, or scrapbooking?

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**April Swingler (Guest):** I bought a Gratitude May Book after I read this book the first time, but I have not followed through. I need to hunt that out. I liked her idea of 3 days a week. I don't like doing thing every single day = chore

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**Judi (Guest):** Yes, not keeping up with journaling when my kids were little. There were so many precious experiences and things they said that I can't remember the details of now

Nov 29, 9:45 PM

**BettyLou (Guest):** April, I'm with you on that!

Nov 29, 9:45 PM

**Carol Anne (Guest):** Same here, Judi.

Nov 29, 9:45 PM

**Tiffany Mitchell:** There are plenty of photos I wish I had taken....

Nov 29, 9:45 PM

**Kristin Brandt:** I should have taken a picture of the memory.

Nov 29, 9:45 PM

**BettyLou (Guest):** I think that it's really common in memory keeping because the perspective of time changes so much.

Nov 29, 9:46 PM

**Cindy March:** I wish my journals had more gratitude instead of complaint about the same things: work, mom

Nov 29, 9:46 PM

**Cindy March:** Money orders...

Nov 29, 9:46 PM

**April Swingler (Guest):** My mom passed away. I appreciated her when I was gone, but my experience of memories of her triggered by photos is very different now that she has been gone more than 10 years. I am so grateful for the memories and GLAD our family always had a practice of taking lots of pictures. I find the photos are wonderful memory triggers!

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**BettyLou (Guest):** There are plenty of missed photos but it is possible to scrap a story without a photo.

Nov 29, 9:47 PM

**April Swingler (Guest):** Cindy maybe try the reframing strategy she talks about.

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**Kim Edsen (Guest):** I used to get together once a month to scrapbook with a friend. Her schedule got busy so it tapered off, but I miss it, as we always had fun!

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**Kristin Brandt:** True BettyLou...and there are Google photos! 

Nov 29, 9:48 PM

**Breon (Guest):** I agree Kim

Nov 29, 9:48 PM

**Jennifer Wilson (Moderator):** QUOTE // "You can't be passively grateful, you actually have to stop and feel it, experience the emotion."

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**Jennifer Wilson (Moderator):** QUESTION // Q3. Is gratitude an emotion you feel while scrapbooking? What other emotions bubble up?

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**Cindy March:** I am going to try. There are days when it challenging to the find the good,

Nov 29, 9:48 PM

**Breon (Guest):** Its not so bad as it used to be with our crops, but I do miss the in person ones

Nov 29, 9:48 PM

**Breon (Guest):** ALL THE FEELS

Nov 29, 9:48 PM

**Breon (Guest):** I get everything when I'm making a page

Nov 29, 9:48 PM

**Judi (Guest):** Sometimes I feel a roller coaster of emotions

Nov 29, 9:49 PM

**Terri Torrez (Guest):** I have felt it in the past but not lately because I've felt like I'm not telling the important stories. That's something I plan to fix in 2019.

Nov 29, 9:49 PM

**BettyLou (Guest):** Scrapbooking emotions gratitude and love

Nov 29, 9:49 PM

**April Swingler (Guest):** Reframing here's a quote from my Thankfulness Album "One hundred ant twenty-six million: The number of questions Ethan has asked me today. Mom's brain is closed for refurbishment, use yours.

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**April Swingler (Guest):** THANKFUL that he still thinks I know the answer to everything.

Nov 29, 9:49 PM

**Cindy March:** Scrapbooking always makes me feel glad. I stop and think how ci

Nov 29, 9:49 PM

**Judi (Guest):** Terri - that's cool to hear! Do you have a plan?

Nov 29, 9:49 PM

**BettyLou (Guest):** Love it April

Nov 29, 9:49 PM

**Kim Edsen (Guest):** I'm with Breon on the feelings. Sometimes it's gratitude, but also joy and happiness and nostalgia and even some sadness every now and then depending on the story

Nov 29, 9:49 PM

**Judi (Guest):** Yes!!

Nov 29, 9:50 PM

**Terri Torrez (Guest):** I do think the gratitude journaling is having an impact. I've only been doing it about a week and I wasn't sure if doing it in the morning would have the same impact as looking for things during the day to journal at night. But it is. Slowly but surely it's creeping into my thoughts throughout the day.

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**Cindy March:** Cute my nephew is.

Nov 29, 9:50 PM

**Jennifer Wilson (Moderator):** Definitely nostalgia

Nov 29, 9:50 PM

**Terri Torrez (Guest):** Judi - yes, I'm going to look for gaps in my LOM and start keeping a list of ready stories.

Nov 29, 9:50 PM

**Carol Anne (Guest):** Sometimes I am most grateful for the ability to take a picture of an event, or person and that I don't have to rely on my memory completely. I'll always have that smile, that back flip on the balance beam captured.

Nov 29, 9:51 PM

**Kim Edsen (Guest):** That's awesome Terri

Nov 29, 9:51 PM

**April Swingler (Guest):** I have to let myself feel the frustration and hurts, but once I've processed those, then I'm able to find a good spin. There's a balance and I think for each person it's different.

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**Kristin Brandt:** Nostalgia....

Nov 29, 9:51 PM

**BettyLou (Guest):** I find that scrapbooking gives me a perspective that makes me less annoyed about someone or something....that may be gratitude but it could be something else

Nov 29, 9:51 PM

**Carol Anne (Guest):** Kristin - yes.

Nov 29, 9:51 PM

**Breon (Guest):** I want to be more grateful, but it's a practice for sure, April

Nov 29, 9:51 PM

**Terri Torrez (Guest):** Carol Anne - I find I'm really grateful for those few photos that capture particular expressions.

Nov 29, 9:52 PM

**Kim Edsen (Guest):** I find that too, April. Scrapbooking can be very therapeutic.

Nov 29, 9:52 PM

**Judi (Guest):** Terri- sounds good! I'm looking forward to using the Creative Hub more to plan my stories

Nov 29, 9:52 PM

**Breon (Guest):** Sometimes scrapbooking itself gives me anxiety, just from perfectionist gremlins creeping

Nov 29, 9:52 PM

**Jennifer Wilson (Moderator):** We're definitely going to get more into that!

Nov 29, 9:52 PM

**Jennifer Wilson (Moderator):** QUOTE // "Researchers have found that people who write down three things they're grateful for every night (or even a few times a week) improve their well-being and lower their risk of depression."

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**Jennifer Wilson (Moderator):** QUESTION // Q4. Have you tried this approach to a gratitude practice?

Nov 29, 9:52 PM

**April Swingler (Guest):** Very much so. I realize how rich my life is when I spend time with my memories. And I feel like scrapbooking is another way to honor those parts of my life.

Nov 29, 9:52 PM

**Judi (Guest):** I have but didn't keep it up

Nov 29, 9:52 PM

**Jennifer Wilson (Moderator):** Some folks have already shared, but let's get really specific here with what you have tried.

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**Jennifer Wilson (Moderator):** I tried with an app once and in a planner once.

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**Judi (Guest):** Mine was in a planner, too

Nov 29, 9:53 PM

**BettyLou (Guest):** I have not tried writing down gratitudes every day in a journal

Nov 29, 9:53 PM

**Kristin Brandt:** Yes in my planner.

Nov 29, 9:53 PM

**Kim Edsen (Guest):** Yes, I've done this exact thing. Some days it's more going through the motions, but I also note small things throughout the day that I'm grateful for, so it's been impactful that way.

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**April Swingler (Guest):** Breon I can identify with the perfection anxiety. I've gotten better, but it's a constant struggle.

Nov 29, 9:53 PM

**BettyLou (Guest):** I'm ready to start again on Saturday though!

Nov 29, 9:53 PM

**Carol Anne (Guest):** Haven't tried writing because I fear it would end up like my Morning pages -- forgotten and failed. I think our next book is supposed to help with that feeling.

Nov 29, 9:53 PM

**Judi (Guest):** Maybe the every day thing was the issue, like some others mentioned.

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**Breon (Guest):** I have a gratitude journal in my Day One App. I have used it sporadically. I think there was always pressure to think of new things each day, but sometimes I'm grateful for Netflix and frozen waffles for more than one day a month lol

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**Cindy March:** I just started writing down three things I am grateful for. There are already duplicates

Nov 29, 9:53 PM

**Guest4286 (Guest):** Honoré here: I usually fall asleep at night before I get my gratitude

Nov 29, 9:54 PM

**Guest4286 (Guest):** S written so I alw

Nov 29, 9:54 PM

**Judi (Guest):** Haha - love that, Breon!!

Nov 29, 9:54 PM

**Breon (Guest):**

Nov 29, 9:55 PM

**Carol Anne (Guest):** LOL Honore'

Nov 29, 9:55 PM

**Cindy March:** I note my gratitude on the top of a blank journal page.

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**Jennifer Wilson (Moderator):** I am grateful for coffee pretty much daily.

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**Guest4286 (Guest):** Honoré here: I usually get really sleepy in the PM so I write my gratitude most often in the morning or throughout the day

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**Terri Torrez (Guest):** I've tried with an app and a journal before. But I always tried at the end of the day. I still don't have any bedtime routine after all these years. But I finally have a morning routine -- and one that involves journaling too. So for me it took building a slow

morning routine. And slow means having time without being rushed. Not sure I could have done it when my son was younger.

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**Jennifer Wilson (Moderator):** QUOTE // “Experts used to claim that it took just twenty-one days to form a new habit, but a recent study out of University College London found most of us need more than two months and sometimes as many as six to make a real change in behavior.”

Nov 29, 9:55 PM

**Jennifer Wilson (Moderator):** QUESTION // Q5. What does your own personal data say about habit change?

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**Kim Edsen (Guest):** I'll repeat things as they come up; really whatever bubbles up in the moment, I'm not worried about originality though I do try to go beyond generic family and friends and be specific, like 'grateful to play a game with Caroline tonight' etc.

Nov 29, 9:55 PM

**April Swingler (Guest):** In Simple Scrapper membership we have a post each friday to state accomplishments and what we want to do next. I've found that KNOWING that is coming helps me to be paying attention to what my accomplishments ARE and giving myself credit for them. It's a very positive habit I feel it ties in with this.

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**Guest4286 (Guest):** @Terri Torez: Me also!

Nov 29, 9:56 PM

**Judi (Guest):** I love that Friday reminder - need to get back to using it!!

Nov 29, 9:56 PM

**Breon (Guest):** It takes me a long time to changes habits

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**Breon (Guest):** even when I do something for a few months, I think I get comfortable that it's a habit, and then I fall back out of it.

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**BettyLou (Guest):** I think it matters for the habit and the depth of change it requires.

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**Terri Torrez (Guest):** I finally finished Better Than Before so I've been focusing a lot on what makes a habit work for me. Triggers and rewards are the big ones.

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**Breon (Guest):** Constant vigilance!

Nov 29, 9:57 PM

**Judi (Guest):** Same, Betty Lou

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**Kim Edsen (Guest):** For me habits seem to flow, some stick easily and some are much harder. Also, I can lose good habits pretty quickly (i.e. exercising) if I'm not vigilant.

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**April Swingler (Guest):** When I stop being vigilant about a habit, its easy to fall back into old ways.

Nov 29, 9:57 PM

**April Swingler (Guest):** I'm not very good at habits.

Nov 29, 9:57 PM

**Tiffany Mitchell:** I have found with big life changes, moving new babies, etc, it is much harder to make habits stick.

Nov 29, 9:57 PM

**Jennifer Wilson (Moderator):** Definitely that outside accountability is helpful.

Nov 29, 9:57 PM

**Judi (Guest):** The habit I've worked hardest on this year is trying to learn Spanish - I'm on a 115 day streak with Duolingo!!

Nov 29, 9:57 PM

**Jennifer Wilson (Moderator):** Cool Judi

Nov 29, 9:57 PM

**Cindy March:** New habits for me are jumping in with both feet,

Nov 29, 9:57 PM

**Terri Torrez (Guest):** April - you know, it's funny. I almost always forget and I'm surprised when the Friday check in pops up. And then I have to think about the week to see what I accomplished.

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**BettyLou (Guest):** I did notice that this month when I was focused on gratitude, I found some of my husband's habits less annoying and more endearing

Nov 29, 9:58 PM

**Judi (Guest):** Terri - I really like that book. A good one for me to reread!

Nov 29, 9:58 PM

**BettyLou (Guest):** So that means gratitude got into my system within 2 weeks this time

Nov 29, 9:59 PM

**Kristin Brandt:** I started a walking habit! 

Nov 29, 9:59 PM

**Judi (Guest):** Yeah, Kristin!!!

Nov 29, 9:59 PM

**Jennifer Wilson (Moderator):** I was just thinking about ways to make a gratitude journal a habit and I wonder if Alexa could do it.

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**April Swingler (Guest):** the more general & loosey goosey my objectives are. The better I am at sustaining them over a long time. But part of that is that many things can fall into the defenition. Like with my word for the year... I guess I'm more successful saying "This is the thing I want more of in my life" and being less locked into specific courses of action. Defining the objective works better for me than defining a specific action I will take

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**Kristin Brandt:** Ha ha!

Nov 29, 10:00 PM

**Jennifer Wilson (Moderator):** Yes! <https://www.amazon.com/Homefield-Studios-Gratitude-Journal/dp/B078HMZ4BS>

Nov 29, 10:00 PM

**Judi (Guest):** Oooh - cool idea, Jennifer!!!!

Nov 29, 10:00 PM

**Cindy March:** Kristin good for you.

Nov 29, 10:01 PM

**Jennifer Wilson (Moderator):** There are several.

Nov 29, 10:01 PM

**Judi (Guest):** Interesting, April. Can I ask what your word is?

Nov 29, 10:01 PM

**Guest4286 (Guest):** Alexa as in Amazon Echo system? Cool!

Nov 29, 10:01 PM

**BettyLou (Guest):** Jennifer, wow! Searching for a google one....

Nov 29, 10:01 PM

**April Swingler (Guest):** This year my word is elight and I'm using #AprilsYearOfDelight

Nov 29, 10:01 PM

**Breon (Guest):** I didn't even know Alexa had skills!

Nov 29, 10:02 PM

**April Swingler (Guest):** Last year I did HEart and the year before that Grace

Nov 29, 10:02 PM

**Jennifer Wilson (Moderator):** Actually a

LOT: [https://www.amazon.com/s/ref=nb\\_sb\\_noss\\_1?url=search-alias%3Dalexa-skills&field-keywords=gratitude](https://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Dalexa-skills&field-keywords=gratitude)

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**Judi (Guest):** Love it! Sounds so vibrant and positive!

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**Jennifer Wilson (Moderator):** QUOTE // "You can think of gratitude as a form of mental exercise that primes the mind for positivity."

Nov 29, 10:03 PM

**Jennifer Wilson (Moderator):** QUESTION // Q6. Have you ever thought of scrapbooking as a form of gratitude practice?

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**Tiffany Mitchell:** depends on my focus of the layout...

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**Guest4286 (Guest):** Honoré here: Yes but I think it was fleeting. T

Nov 29, 10:04 PM

**Carol Anne (Guest):** Very fleeting

Nov 29, 10:04 PM

**Terri Torrez (Guest):** The number of Alexa skills about gratitude suggests something about Alexa users. Though I'm not entirely sure what.

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**BettyLou (Guest):** Honore, that was a particularly authentic answer

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**Guest4286 (Guest):** Honoré here- more so when I re read layouts

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**Cindy March:** Absolutely. Scrapbooking gives me a permanent place for my gratitude.

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**BettyLou (Guest):** Well making a thankfulness album is definitely a gratitude practice

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**BettyLou (Guest):** probably even a monthly faves layout is too

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**Terri Torrez (Guest):** I agree with that. I think I feel more gratitude (and a lot of other feels) when I re-read the good ones than when I make them.

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**Jennifer Wilson (Moderator):** Love the way you said that Cindy!

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**Kristin Brandt:** I think scrapbooking as a whole can help you feel more grateful!

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**Judi (Guest):** Honore - I know what you mean, looking back at them after the fact definitely brings up gratitude

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**Cindy March:** Thanks Jennifer.

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**Kristin Brandt:** yes 👍 Terri.

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**Jennifer Wilson (Moderator):** QUOTE // “Gratitude shouldn’t be reserved for special occasions.”

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**Jennifer Wilson (Moderator):** QUESTION // Q7. What is one small step you can take to bring more gratitude into your hobby?

Nov 29, 10:07 PM

**Carol Anne (Guest):** Go deeper into it in my journalling.

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**Breon (Guest):** I have been a bit grumpy with my guy. I think I could work on pausing (very possibly my OLW next year) and reframing what he's doing. Hes got a good heart, but a thick head sometimes lol

Nov 29, 10:07 PM

**Breon (Guest):** oh sorry, into my hobby

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**Kristin Brandt:** more journaling...even if I hide it

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**Breon (Guest):** ignore all that lol

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**Carrie Anderson:** Try scrapping when I am in a thankful mood

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**Cindy March:** That's why coffee has been on the top of my page three days in a row. It's been cold and damp here, and nothing tastes better on a cold day, than a good coffee. Maybe a cookie too.

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**Breon (Guest):** Stop purchasing things, and being thankful for what I already have

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**Jennifer Wilson (Moderator):** Even bad coffee tastes good on a cold day... somehow I made the weakest pot ever today!

Nov 29, 10:08 PM

**Breon (Guest):** always a struggle but one that I need to work on

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**Kim Edsen (Guest):** Good one, Bre

Nov 29, 10:08 PM

**April Swingler (Guest):** Coffee is magic.

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**Cindy March:** 1)Don't worry about making a perfect page every time..

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**Tiffany Mitchell:** Do projects that center on why I am grateful to important people in my life.

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**Terri Torrez (Guest):** Definitely telling the important stories. I was just telling my mom today the new direction my husband's career is taking. And in three years I haven't told any of that story.

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**Breon (Guest):** ok guys its 10pm I am wanting coffee now lol

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**Guest4286 (Guest):** Honoré here: we often lament how far behind we are; I think we can turn that around and give gratitude for the time and creativity to memory keep, document the the stories of our very precious lives with words and photos

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**Kristin Brandt:** ☕! ❤️

Nov 29, 10:09 PM

**BettyLou (Guest):** During November I often write words of thankfulness about another person, I sometimes share that with them. I often write loving words on a layout but I may or may not share that with someone outside my husband and me, I could share more.

Nov 29, 10:09 PM

**Jennifer Wilson (Moderator):** I've been thinking about doing one layout a month next year that's about my personal journey.. not focused on a word and possibly incorporating gratitude.

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**Judi (Guest):** Yes, Honore!

Nov 29, 10:09 PM

**Carrie Anderson:** Love that perspective honore

Nov 29, 10:10 PM

**Judi (Guest):** Love that idea, Jennifer.

Nov 29, 10:10 PM

**Breon (Guest):** BettyLou that is so important!

Nov 29, 10:10 PM

**Cindy March:** 2) Accepting that not all my journaling on a page has to be epic.

Nov 29, 10:10 PM

**Terri Torrez (Guest):** @Jennifer - I think my OLW album ends up being a lot of that. Definitely about my personal journey. Often incorporating gratitude.

Nov 29, 10:10 PM

**Kristin Brandt:** love Honore.

Nov 29, 10:10 PM

**Jennifer Wilson (Moderator):** QUOTE // "I wanted to be grateful for my new stuff, but the zing I'd gotten from buying was already gone."

Nov 29, 10:10 PM

**Jennifer Wilson (Moderator):** QUESTION // Q8. Have you ever thought this way about scrapbook supplies?

Nov 29, 10:11 PM

**BettyLou (Guest):** Honore, agree!

Nov 29, 10:11 PM

**Terri Torrez (Guest):** Definitely. Though I buy a lot less now. I was very proud of myself today that I ordered that journal and none of the pretty embellishments.

Nov 29, 10:11 PM

**Judi (Guest):** I have experienced that way too often.

Nov 29, 10:12 PM

**April Swingler (Guest):** That's a huge one Cindy! I feel like the projects I've done since I adopted a "good enough" attitude instead of trying to chase perfection have better expressed who I am. That has been an accidental by-product. I really tried to change my attitude because scrapping SOME is better than scrapping NONE which was what I was doing while paralysed by the pressure I put on myself.

Nov 29, 10:12 PM

**Jennifer Wilson (Moderator):** I just bought pretty embellishments.. but I don't plan to do OLW. I'm too fickle and I'm OK with that.

Nov 29, 10:12 PM

**Breon (Guest):** Buying really is tied up with that reward center in the brain. It's amazing how that rush is part of our hobby

Nov 29, 10:12 PM

**BettyLou (Guest):** Yes, but I think less often. This community helps me with this.

Nov 29, 10:12 PM

**Judi (Guest):** It does

Nov 29, 10:12 PM

**Cindy March:** Sometimes. For financial reasons, i don't buy as much paper or supplies as I used to.

Nov 29, 10:13 PM

**April Swingler (Guest):** Absolutely. I've been Christmas shopping for a friend and her daughter who scrapbook. I'm getting the ZING buying pretty things for them but I'm not adding clutter to my house!

Nov 29, 10:13 PM

**Guest4286 (Guest):** Honoré here: great idea Jennifer; thinking that NTI Scrapbook day might be a fun one for Simple Scrappers to create a similar type LO

Nov 29, 10:13 PM

**Judi (Guest):** How fun, April!

Nov 29, 10:13 PM

**April Swingler (Guest):** I agree Simple Scrapper has helped me to SEE more clearly what I'm doing and think about WHY in a way that I didn't before

Nov 29, 10:14 PM

**Jennifer Wilson (Moderator):**

Nov 29, 10:14 PM

**Breon (Guest):** Jennifer I would love to see what you have in mind with those monthly layouts

Nov 29, 10:14 PM

**Kristin Brandt:** trying to use what I have!

Nov 29, 10:15 PM

**Jennifer Wilson (Moderator):** I don't have much more developed beyond that one sentence description. I did buy the dividers so my 6x8 album is going to have monthly sections... I think. I am waiting for Ali to release new pleather 6x8 albums too.

Nov 29, 10:15 PM

**Jennifer Wilson (Moderator):** I will definitely keep you all abreast of my thinking and creating with these.

Nov 29, 10:15 PM

**Kristin Brandt:** Do but some papers 4 for \$1.00 at HL.

Nov 29, 10:15 PM

**Jennifer Wilson (Moderator):** QUOTE // "His research found (over and over again) that people get more lasting joy from experiences than from objects."

Nov 29, 10:15 PM

**Jennifer Wilson (Moderator):** QUESTION // Q9. How would this apply to scrapbooking?

Nov 29, 10:15 PM

**Terri Torrez (Guest):** I definitely think the more you know yourself the easier it is to keep buying on target.

Nov 29, 10:16 PM

**Tiffany Mitchell:** I have found when I use my supplies it turns into an experience.....

Nov 29, 10:16 PM

**BettyLou (Guest):** The positive feelings always last longer after a few hours of scrapping than they do after a few hours of shopping

Nov 29, 10:16 PM

**Jennifer Wilson (Moderator):** For sure!

Nov 29, 10:16 PM

**Cindy March:** You don't need the latest tool or more paper to enjoy the Scrapbooking process.

Nov 29, 10:16 PM

**BettyLou (Guest):** Yes, Tiffany!

Nov 29, 10:16 PM

**April Swingler (Guest):** I noticed Ali offered a 3x8 album for OLW this year with pocket pages. I took that as being the Traveler's Notebook format's influence on our hobby.

Nov 29, 10:17 PM

**Guest4286 (Guest):** Yes BettyLou!

Nov 29, 10:17 PM

**April Swingler (Guest):** YES Betty Lou / that could be a Simple Scrapper motto!!!

Nov 29, 10:17 PM

**Judi (Guest):** Making gift albums feels like an experience to me and gives me a lot of joy. Going to an annual crop weekend, learning new skills to apply to my scrapbooking, looking back through pages/albums is a wonderful experience

Nov 29, 10:17 PM

**Kim Edsen (Guest):** I think this applies to scrapbooking as a reminder to MAKE stuff vs. just buy stuff. Also to let go of any guilt associated with enjoying your hobby and celebrate the experience it is.

Nov 29, 10:17 PM

**BettyLou (Guest):** Interestingly, for the most part the shopping needs to be at a different time than the creating for those of us who use paper

Nov 29, 10:18 PM

**Jennifer Wilson (Moderator):** QUOTE // "The objects that we most cherish are probably connected to a memory. I finally understood that it wasn't the frayed baby blanket that made me grateful but the memory of the sweet baby who used it."

Nov 29, 10:18 PM

**Jennifer Wilson (Moderator):** QUESTION // Q10. How are objects part of your memory keeping?

Nov 29, 10:18 PM

**BettyLou (Guest):** Kim, agree!

Nov 29, 10:18 PM

**Kristin Brandt:** Looking back a layouts.

Nov 29, 10:18 PM

**Breon (Guest):** I include photos of a lot of "random" objects in my scrapping

Nov 29, 10:18 PM

**BettyLou (Guest):** objects often become photos in my scrapbooking

Nov 29, 10:18 PM

**Breon (Guest):** They feature on a lot of their own layouts

Nov 29, 10:19 PM

**Judi (Guest):** I take a lot of pictures of treasured objects that are attached to memories

Nov 29, 10:19 PM

**Kim Edsen (Guest):** I photograph objects or include memorabilia. It feels so 'real'; a tactile reminder of a memory, like confirmation it really happened LOL

Nov 29, 10:19 PM

**Breon (Guest):** Also the tools we use to scrap

Nov 29, 10:19 PM

**Breon (Guest):** especially when youve been doing it a long time

Nov 29, 10:19 PM

**April Swingler (Guest):** Objects are memory touchstones. Weather it's the physical object or seeing it in a photo, seeing those things trigger my memories.

Nov 29, 10:19 PM

**Tiffany Mitchell:** Totally April!

Nov 29, 10:20 PM

**Kristin Brandt:** Yes.

Nov 29, 10:20 PM

**Kim Edsen (Guest):** I've long thought of starting a small album documenting items that have special meaning to me, especially items inherited that future generations won't necessarily know the significance of

Nov 29, 10:20 PM

**Jennifer Wilson (Moderator):** I love that idea Kim!

Nov 29, 10:20 PM

**Carrie Anderson:** That's why it's hard for me to get rid of stuff I feel like I'm getting rid of my memories

Nov 29, 10:20 PM

**Judi (Guest):** I started something like that Kim with all of our old Christmas ornaments

Nov 29, 10:21 PM

**Jennifer Wilson (Moderator):** That actually sounds like a fun project for a future Refresh, maybe?

Nov 29, 10:21 PM

**Kristin Brandt:** I take pics and keep some.

Nov 29, 10:21 PM

**April Swingler (Guest):** That's such a great idea Kim. I really want to do that for my christmas tree ornaments but I have not been putting up a full size tree for several years. It's something I really want to do but I am not yet ready to tackle it. I know the holiday season is NOT when I want to try to do it.

Nov 29, 10:21 PM

**Kim Edsen (Guest):** I feel like Stacy Julian has done something similar, but I think she was more using objects to tell stories. I just want everyone to know that was my Grandma's bread bowl

Nov 29, 10:22 PM

**Tiffany Mitchell:** I think you are right, Kim. I was thinking the same thing...

Nov 29, 10:22 PM

**April Swingler (Guest):** Yes I think Stacy did a class at Big Picture

Nov 29, 10:22 PM

**Jennifer Wilson (Moderator):** I feel like I have way too many ornaments that have no meaning at all.

Nov 29, 10:22 PM

**Jennifer Wilson (Moderator):** Thanks, will check out.

Nov 29, 10:22 PM

**Jennifer Wilson (Moderator):** QUOTE // "Gratitude helps you find meaning—and some version of contentment—in the chaos."

Nov 29, 10:22 PM

**Breon (Guest):** Jennifer, most of mine are from my in laws who gifted their junk to us when we had nothing lol

Nov 29, 10:22 PM

**Jennifer Wilson (Moderator):** QUESTION // Q11. Has scrapbooking helped you process challenges in your life?

Nov 29, 10:22 PM

**Kristin Brandt:** Hehe Jennifer!

Nov 29, 10:23 PM

**Breon (Guest):** mean nothing to me but that's a story in and of itself

Nov 29, 10:23 PM

**April Swingler (Guest):** Ornaments I've had since childhood have begun to break so I realize I want to commemorate that they lasted all those years, before they're gone

Nov 29, 10:23 PM

**Terri Torrez (Guest):** I have a lot of object layouts. My favorite is one about all the quilts and blankets my son was gifted as a baby. I have one about our couch in my childhood home. I really want to make one about Christmas ornaments. We buy a new one almost every year that represents something from the year.

Nov 29, 10:23 PM

**Cindy March:** I have way too much stuff for a project like that. They call me the family pack rat.

Nov 29, 10:23 PM

**BettyLou (Guest):** Gone for a few minutes to send a message to a photographer I hired to take special photos of two treasured objects....no response to my last message a month ago

Nov 29, 10:24 PM

**Judi (Guest):** April/Terri - I have been using the Project Life app to document my ornaments. It's been a really easy way to do it

Nov 29, 10:24 PM

**Kim Edsen (Guest):** Scrapbooking has definitely helped me process challenges. I think because doing journaling gives me the opportunity to wrap my head around it and look for the good, as April said earlier

Nov 29, 10:25 PM

**April Swingler (Guest):** I think a good way to tackle it would be for it to be an ongoing project. Maybe capture the story of 3 items each year. Or 5 or whatever you think will be a comfortable number. Then you can choose the ones that are speaking to you at the time knowing you will come back to it again later. So it's not the pressure of excluding objects it's just the joy of choosing what to include NOW

Nov 29, 10:25 PM

**Judi (Guest):** Yes, I would say scrapbooking helps me process challenges both through just the creative outlet and bringing meaning/processing experiences

Nov 29, 10:25 PM

**Kristin Brandt:** Couch...my grandmother 's she called it a davenport..awesome!

Nov 29, 10:25 PM

**Kim Edsen (Guest):** I have a simple photo album for our ornaments. I photograph any new ones each year and write in the caption spot where we got it and when. I set it out next to the tree. When the girls were little they played I Spy, looking for them on the tree.

Nov 29, 10:25 PM

**BettyLou (Guest):** Judi, that's a great idea, simple processing and you can easily dip in and out

Nov 29, 10:25 PM

**Breon (Guest):** my grandma called it that too

Nov 29, 10:26 PM

**Jennifer Wilson (Moderator):** So did mine!

Nov 29, 10:26 PM

**Judi (Guest):** Thanks, BettyLou - I agree, it makes it very approachable!

Nov 29, 10:26 PM

**April Swingler (Guest):** My Nana said davenport instead of couch too!

Nov 29, 10:26 PM

**Cindy March:** Scrapbooking is my safe place, I don't want to think about the challenges I face.

Nov 29, 10:26 PM

**BettyLou (Guest):** Kim, that is really neat. I like that!

Nov 29, 10:26 PM

**BettyLou (Guest):** So did my Nana!

Nov 29, 10:27 PM

**Breon (Guest):** I usually scrap things that are tough at the moment. It helps me think through it an sometimes I come up with creative solutions, or if it's a person, I think of what is at the root of why Im having a hard time before I commit to paper, and then I can use those words in a real life convo

Nov 29, 10:27 PM

**Kristin Brandt:** Kim - I love that!

Nov 29, 10:27 PM

**April Swingler (Guest):** That's a great practice Breon

Nov 29, 10:27 PM

**Guest4286 (Guest):** Cool Bree

Nov 29, 10:27 PM

**Jennifer Wilson (Moderator):** Scrapbooking helps me find a silver lining for the tough stories, bc I often don't want to whine in my journaling.

Nov 29, 10:27 PM

**Breon (Guest):** Those of you whole see my pages lately see a lot of my girl being very toddler like lately lol

Nov 29, 10:27 PM

**BettyLou (Guest):** Scrapbooking helps me process challenges. Sometimes the most helpful thing is to write the journaling and save it (I use DayOne for that.

Nov 29, 10:28 PM

**[Kristin Brandt](#):** I tell my dad stories. I hide the journaling though.

Nov 29, 10:28 PM

**April Swingler (Guest):** My favorite pages have journaling that I repurposed from another place.

Nov 29, 10:28 PM

**BettyLou (Guest):** I don't know that I've finished many layouts about challenges but getting the words down in a place where I'll easily find them again (not in a journal at some time unrelated to the event) helps

Nov 29, 10:28 PM

**[Kristin Brandt](#):** Sad. Oops!

Nov 29, 10:28 PM

**Kim Edsen (Guest):** So true, once you work through the emotions you might find the root of the problem wasn't actually what you originally thought it was

Nov 29, 10:29 PM

**Breon (Guest):** Kim that's me all the time

Nov 29, 10:29 PM

**Jennifer Wilson (Moderator):** Very true Kim! Writing, in any content, helps with that.

Nov 29, 10:30 PM

**Jennifer Wilson (Moderator):** Alright, one last question!

Nov 29, 10:30 PM

**Jennifer Wilson (Moderator):** QUOTE // "By paying attention, thinking positively, and reframing experiences, I had put myself in a different place this year than last."

Nov 29, 10:30 PM

**Jennifer Wilson (Moderator):** QUESTION // Q12. What's one small change you want to make in the new year to cultivate more gratitude in your life?

Nov 29, 10:30 PM

**Terri Torrez (Guest):** I journal to work through my anxieties and challenges. I don't tend to share those. Sometimes in my OLW but not so much on other layouts.

Nov 29, 10:31 PM

[Cindy March](#): Try and continue listing the things I am gre

Nov 29, 10:31 PM

**Breon (Guest)**: Use my Day One App even if its a repeat gratitude, and see where it takes me.

Nov 29, 10:31 PM

**Judi (Guest)**: I'd like to develop a more consistent gratitude journal practice and scrapbook some pages about the things I'm grateful for

Nov 29, 10:31 PM

**Kim Edsen (Guest)**: I've been trying to develop a meditation habit for what seems like forever. I'd like to finally find a way to make it stick. I think it would help me be more mindful and in the moment which almost always brings me gratitude. I just need to slow down enough to see it.

Nov 29, 10:31 PM

[Tiffany Mitchell](#): The stop complaining chapter resonated with me....

Nov 29, 10:31 PM

**BettyLou (Guest)**: Terri, I do that also but preparing journaling for a someday layout is a different thing for me.

Nov 29, 10:31 PM

[Kristin Brandt](#): Talk to my loved ones about my gratitude.

Nov 29, 10:31 PM

[Cindy March](#): Grateful for, even if it's just one thing-like coffee.

Nov 29, 10:31 PM

**Guest4286 (Guest)**: Honoré here: I plan to,take a more focused approach by beginning with journaling-deep word So-

Nov 29, 10:31 PM

**Breon (Guest)**: Kim I use the Calm App and while I still have miles to go, it helps

Nov 29, 10:31 PM

**Terri Torrez (Guest)**: I still haven't written the journaling for the night we were in the flood. I scrapped the pictures but it's the only page that has ever been in my album with the journaling unfinished.

Nov 29, 10:32 PM

[Cindy March](#): Good one Kristin.

Nov 29, 10:32 PM

**April Swingler (Guest):** I need to work on my attitude toward/interactions with family members.

Nov 29, 10:32 PM

**Jennifer Wilson (Moderator):** I'm thinking about how I can use my planner to jot down some gratitude notes.

Nov 29, 10:32 PM

**Breon (Guest):** I'm good at telling my family I'm grateful, but not showing them. I also need to work on that

Nov 29, 10:32 PM

**Kim Edsen (Guest):** Breon, I feel like I've tried them all! Argh! I just need to pair it with something, for awhile I did it while my coffee brewed but I gave that up, so.....there went the meditating!

Nov 29, 10:32 PM

**Jennifer Wilson (Moderator):** I am definitely setting the bar super low next year. I am space and ease in my life!

Nov 29, 10:32 PM

**BettyLou (Guest):** 1. Appreciate those around me

Nov 29, 10:33 PM

**Guest4286 (Guest):** Honoré here: I write/journal every morning and include gran

Nov 29, 10:33 PM

**BettyLou (Guest):** 2. Gratitude journal, not daily, since that makes it a chore but several times a week

Nov 29, 10:33 PM

**April Swingler (Guest):** I thank my family members often, but they don't seem to be hearing me. That must not be their "love language" so I need to keep working on it.

Nov 29, 10:33 PM

**Guest4286 (Guest):** Gratitude

Nov 29, 10:33 PM

**[Kristin Brandt](#):** Use the calm app.

Nov 29, 10:34 PM

**April Swingler (Guest):** Hmm I've been wanting to learn brush lettering. Perhaps practicing that daily could be joined with writing things I'm thankful for

Nov 29, 10:34 PM

**Terri Torrez (Guest):** I was committed to doing the gratitude journaling through the end of the year to see how it went but I don't see it going away. It's a natural extension of MP and I'm addicted to that now. It's become such an important tool in my life.

Nov 29, 10:34 PM

**Guest4286 (Guest):** Add sketches And doodles in my journal too

Nov 29, 10:34 PM

**Judi (Guest):** Oh, April, what a wonderful idea!

Nov 29, 10:34 PM

**Kim Edsen (Guest):** Good point about love languages April. I find that very true in my life.

Nov 29, 10:34 PM

**BettyLou (Guest):** April, that's a two birds with one stone option!

Nov 29, 10:35 PM

**Jennifer Wilson (Moderator):** That would be so fun April. Can't wait to see!

Nov 29, 10:35 PM

**Jennifer Wilson (Moderator):** Thank you all so much for joining me tonight. We've got one book left for 2018!

Nov 29, 10:35 PM

**April Swingler (Guest):** In some book they talked about adding a new habit on the coattails of another (Gretchen Rubin or Brene Brown)

Nov 29, 10:35 PM

**[Cindy March](#):** Thanks Jennifer.

Nov 29, 10:35 PM

**Judi (Guest):** Yes! The strategy of pairing!!

Nov 29, 10:36 PM

**[Kristin Brandt](#):** Yay, thanks Jennifer!

Nov 29, 10:36 PM

**Judi (Guest):** Thanks, everyone - so glad to be here tonight!

Nov 29, 10:36 PM

**Kim Edsen (Guest):** Good night all. I really enjoyed this one!

Nov 29, 10:36 PM

**BettyLou (Guest):** Thanks all. Have a good rest of the evening.

Nov 29, 10:36 PM

**Judi (Guest):** Me too - one of my favorites!

Nov 29, 10:36 PM

**April Swingler (Guest):** Thank you for this time everyone and Jennifer for facilitating such GREAT chats!!!

Nov 29, 10:36 PM

**[Tiffany Mitchell](#):** Loved this book choice!

Nov 29, 10:37 PM

**Guest4286 (Guest):** Honoré here: Grateful for all of you! Thanks ! Night

Nov 29, 10:37 PM

**April Swingler (Guest):** Good Night!