

Jan 5 2017, 8:22 PM

AprilSwingler: I Carrie Anderson

Jan 5 2017, 8:22 PM

AprilSwingler: That was meant to say "Hi" lol

Jan 5 2017, 8:22 PM

AprilSwingler: Hi girls

Jan 5 2017, 8:25 PM

CynthiaPoe: My first time here, I'm excited.

Jan 5 2017, 8:26 PM

ShannonMinner: Welcome Cynthia! Our book chats have become quite popular so we're glad you're here.

Jan 5 2017, 8:27 PM

CarrieAnderson: Hi April

Jan 5 2017, 8:28 PM

CynthiaPoe: Thank you Shannon. I just became a member last month and this is actually my first chat ever so I'll probably just hang out and watch but I'm excited to be here and try to figure this out.

Jan 5 2017, 8:28 PM

AprilSwingler: Welcome Cynthia!

Jan 5 2017, 8:29 PM

AprilSwingler: Jump right in, we're a friendly group and you have valuable thoughts to add!

Jan 5 2017, 8:29 PM

JudiPartlo: Hi everyone and Happy New Year!!

Jan 5 2017, 8:29 PM

CynthiaPoe: Thanks April, we'll see.

Jan 5 2017, 8:29 PM

ShannonMinner: Well welcome to the group. We hope you'll come back for more Cynthia!

Jan 5 2017, 8:29 PM

ShannonMinner: Happy New Year Judi!

Jan 5 2017, 8:30 PM

AprilSwingler: Happy New Year

Jan 5 2017, 8:31 PM

Jennifer Wilson: HELLO FRIENDS!

Jan 5 2017, 8:31 PM

Jennifer Wilson: HOW ARE YOU DOING TONIGHT?

Jan 5 2017, 8:31 PM

TanyaNapier: Good evening!

Jan 5 2017, 8:32 PM

AprilSwingler: Hello

Jan 5 2017, 8:32 PM

HelenMcLaughlin: Hi! Happy New Year!

Jan 5 2017, 8:32 PM

CynthiaPoe: Hello

Jan 5 2017, 8:32 PM

CindyDavenport: A little writers cramp from answering all the questions, but other than that all is good!

Jan 5 2017, 8:32 PM

KellySroka: Hello everyone!

Jan 5 2017, 8:33 PM

ShannonMinner: I haven't made it all the way through Cindy.

Jan 5 2017, 8:33 PM

Jennifer Wilson: I HAVE TYPER'S CRAMP FROM GETTING THE DISCUSSION GUIDE READY

Jan 5 2017, 8:33 PM

JudiPartlo: It was definitely a lot of writing!!

Jan 5 2017, 8:33 PM

CindyDavenport: I still have a little bit left too Shannon. I'm still processing my words.

Jan 5 2017, 8:33 PM

CarrieAnderson: I struggled through all the reading and then when I got to the workbook I was like....dangit...this is the part i wanted!!! lol

Jan 5 2017, 8:33 PM

HelenMcLaughlin: I wanted so badly to read the book, but I didn't get the chance. I'm joining tonight even to gain insights before I read it. Hope that's ok.

Jan 5 2017, 8:34 PM

TanyaNapier: I'm just starting the workbook portion...

Jan 5 2017, 8:34 PM

Cindy March: Happy New Year.

Jan 5 2017, 8:34 PM

AprilSwingler: I failed completely I read the intro and then December happened.

Jan 5 2017, 8:34 PM

CindyDavenport: It was a slow start for me too Carrie. . . but soooooo worth it to get to the workbook part

Jan 5 2017, 8:34 PM

ShannonMinner: From what I read she seems like an ADD writer...all over the place.

Jan 5 2017, 8:34 PM

Jennifer Wilson: I AGREE ON THAT CARRIE..

Jan 5 2017, 8:35 PM

Cindy March: This is the first meeting when I didn't read the book. ❓❓❓❓❓❓

Jan 5 2017, 8:35 PM

KellySroka: I am mostly through the workbook--it is a lot of writing and processing.

Jan 5 2017, 8:35 PM

Jennifer Wilson: I DO THINK THE FIRST HALF COULD HAVE BEEN A LITTLE SHORTER...

Jan 5 2017, 8:35 PM

JudiPartlo: Shannon - I felt that way, too. She jumped around so much it was hard for me to focus on!

Jan 5 2017, 8:35 PM

CarrieAnderson: shannon...yes...exactly

Jan 5 2017, 8:35 PM

AprilSwingler: I'm thinking that perhaps it will be good to go through it this month now that my 2017 focus is set.

Jan 5 2017, 8:35 PM

KimEdsen: I didn't make it to the workbook, I agree with Jennifer, the first part was rather wordy. Those that have done the workbook part, what do you think? Worth doing?

Jan 5 2017, 8:35 PM

CarrieAnderson: i was pretty lost ...there were good "soundbites" but overall...hard to read

Jan 5 2017, 8:36 PM

ShannonMinner: I will keep on trucking through. I think there are some good nuggets of wisdom in there.

Jan 5 2017, 8:36 PM

CindyDavenport: Absolutely Kim. Do the workbook!

Jan 5 2017, 8:36 PM

AprilSwingler: I had a hard time reading because the book is published in a TERRIBLE font.

Jan 5 2017, 8:36 PM

CarrieAnderson: i think i should have jumped into the workbook and just gone back to skim the rest

Jan 5 2017, 8:36 PM

JudiPartlo: Exactly, Carrie!

Jan 5 2017, 8:36 PM

KellySroka: The workbook is definitely worth doing--I made some interesting discoveries.

Jan 5 2017, 8:36 PM

KimEdsen: Cindy, good to know!

Jan 5 2017, 8:36 PM

AprilSwingler: But I look forward to the meat of the book

Jan 5 2017, 8:37 PM

Jennifer Wilson: Oh that's it April.. it's sans-serif... books should always be serif for ease of reading!

Jan 5 2017, 8:37 PM

CarrieAnderson: i am looking forward to this discussion to give me some clarity and guidance

Jan 5 2017, 8:37 PM

Jennifer Wilson: IS THERE ANYONE HERE WHO IS ATTENDING A BOOK CLUB CHAT FOR THE FIRST TIME?

Jan 5 2017, 8:38 PM

CarrieAnderson: i was not a fan of the capital, not capital, tiny print, big print, large quotes....ugh...to much

Jan 5 2017, 8:38 PM

AprilSwingler: Carrie Anderson perhaps I will try doing that

Jan 5 2017, 8:38 PM

TanyaNapier: I have to admit, sometimes I was happy when it was a page of big print. I really wanted to get to that workbook

Jan 5 2017, 8:39 PM

CarrieAnderson: lol tanya....agreed!

Jan 5 2017, 8:39 PM

CynthiaPoe: Yup. I've bought the book but not had time to read it before tonight's discussion.

Jan 5 2017, 8:39 PM

JudiPartlo: Heehee - me, too, Tanya!!!

Jan 5 2017, 8:39 PM

Jennifer Wilson: I'M GOING TO SHARE SOME QUOTES AND QUESTIONS.. I'VE TRIED TO INCORPORATE SOME OF THE WORKBOOK CONVERSATIONS INTO THE QUESTIONING... I THINK YOU WILL BE ABLE TO PARTICIPATE WHETHER YOU'VE READ IT OR NOT.

Jan 5 2017, 8:39 PM

CarrieAnderson: jennifer....sorry...i dont remember where to find the discussion guides

Jan 5 2017, 8:39 PM

Jennifer Wilson: JUST AS SOME CONTEXT.. WE'LL BE TALKING BOTH GENERALLY AND ABOUT CREATIVITY/SCRAPBOOKING.. SO FEEL FREE TO ANSWER FROM EITHER PERSPECTIVE.

Jan 5 2017, 8:40 PM

Jennifer Wilson: I POST THE DISCUSSION GUIDE ON THE BOOK CLUB PAGE AFTER THE CHAT. MAYBE SOMEDAY I'LL GET AHEAD AND POST IT BEFORE

Jan 5 2017, 8:40 PM

CarrieAnderson: oh ok...no worries

Jan 5 2017, 8:40 PM

Jennifer Wilson: QUOTE // p.24 - "Why do I desire what I desire? The answer is fast, clear, and simple: to feel good, of course."

Jan 5 2017, 8:40 PM

Jennifer Wilson: QUESTION // Q1. What makes you feel good?

Jan 5 2017, 8:41 PM

CindyDavenport: Being healthy

Jan 5 2017, 8:41 PM

HollyinVegas (guest): The finished product!

Jan 5 2017, 8:41 PM

TanyaNapier: playing

Jan 5 2017, 8:41 PM

KimEdsen: Balance - a good mix of productivity, creativity, and fun

Jan 5 2017, 8:41 PM

KellySroka: Being in a creative flow

Jan 5 2017, 8:41 PM

AprilSwingler: engaging in a thoughtful conversation with depth

Jan 5 2017, 8:41 PM

JudiPartlo: Being organized, being outside, working out, accomplishing a goal, feeling healthy

Jan 5 2017, 8:41 PM

Cindy March: Doing a job well.

Jan 5 2017, 8:41 PM

Tiffany Mitchell: Purpose and play.

Jan 5 2017, 8:42 PM

KimEdsen: @KellySroka - YES! Love flow!

Jan 5 2017, 8:42 PM

AprilSwingler: Getting something new and prety

Jan 5 2017, 8:42 PM

ShannonMinner: Having a creative outlet. I also love to accomplish something.

Jan 5 2017, 8:42 PM

Jennifer Wilson: I KEPT COMING BACK TO FEELING LIGHT/WEIGHTLESS, QUIET, NEAR WATER, IN WATER. (I THINK I'M TIRED.)

Jan 5 2017, 8:43 PM

Candace: I agree with water...I am peaceful centered, calm near water!

Jan 5 2017, 8:43 PM

JudiPartlo: Feeling light is a nice thought

Jan 5 2017, 8:43 PM

AprilSwingler: I just came back from 2 weeks at the lake. I agree about water!

Jan 5 2017, 8:44 PM

Jennifer Wilson: QUOTE // p.35 - "Awareness is realizing that our life could always be better. Growth is doing what it takes to make it better."

Jan 5 2017, 8:44 PM

CarrieAnderson: food, affection, quiet time, the beach

Jan 5 2017, 8:44 PM

Jennifer Wilson: QUESTION // Q2. If you consider a spectrum of unaware, aware, and growth... where do you fall on it? (Reminder: We are each on our own unique journey.)

Jan 5 2017, 8:44 PM

Jennifer Wilson: OOH, FOOD MAKES ME FEEL GOOD TOO.. WHICH IS PROBABLY NOT A GOOD THING... BUT WE'RE NOT SUPPOSED TO JUDGE WHAT MAKES US FEEL GOOD...HMM...

Jan 5 2017, 8:44 PM

ShannonMinner: Aware, I guess.

Jan 5 2017, 8:45 PM

JudiPartlo: I think I swing between aware and growth, depending on the day

Jan 5 2017, 8:45 PM

CindyDavenport: Somewhere between aware and growth

Jan 5 2017, 8:45 PM

Candace: On a scale of 1-10.. Probably 7. Used to be 8.

Jan 5 2017, 8:45 PM

HelenMcLaughlin: Aware. I have been in a period of introspective-ness...for quite a while now, actually.

Jan 5 2017, 8:45 PM

KellySroka: I feel mostly in the growth stage in many areas of my life these days.

Jan 5 2017, 8:45 PM

KimEdsen: I'd say growth...I'm always working towards improving my health, my relationships, my tasks

Jan 5 2017, 8:46 PM

TanyaNapier: Hmmm, I'd say aware

Jan 5 2017, 8:46 PM

AprilSwingler: I think my attitude makes a bigger difference in how happy I am rather than a certain level of efficiency or accomplishment

Jan 5 2017, 8:46 PM

Candace: I am in the dis-equilibrium that comes with transition. Growing, but not grown.

Jan 5 2017, 8:46 PM

Jennifer Wilson: GREAT INSIGHT APRIL

Jan 5 2017, 8:47 PM

CarrieAnderson: Id say barely aware and a far way from growth

Jan 5 2017, 8:47 PM

KimEdsen: What is that quote, something like 'life is 10% what happens to you and 90% your attitude'?

Jan 5 2017, 8:47 PM

Jennifer Wilson: I'D SAY I'VE BECOME MORE COMFORTABLE WITH THAT DISEQUILIBRIUM CANDACE.. DO YOU FEEL THAT WAY COMPARED TO A TRANSITION YOU'VE GONE THROUGH BEFORE?

Jan 5 2017, 8:47 PM

Tiffany Mitchell: Growth, but definitely a work in progress...

Jan 5 2017, 8:48 PM

JudiPartlo: Good quote, Kim

Jan 5 2017, 8:48 PM

Jennifer Wilson: QUOTE // p.37 - "We don't value inner attunement as much as we value outer attainment."

Jan 5 2017, 8:48 PM

Candace: Yes, Jennifer. It feels familiar in an uncomfortable way. Maybe that is why I am resisting the process..

Jan 5 2017, 8:48 PM

Jennifer Wilson: QUESTION // Q3. Since you're here tonight, you likely already have a some baseline value of inner attunement. Can you think of a event or period in life that created this mindset shift? Or was it more gradual?

Jan 5 2017, 8:48 PM

AprilSwingler: Increasing efficiency does not increase enjoyment for me. The reason to increase efficiency for me is only so I can have time to do the other things that are enjoyable. Now when I'm doing something I love and I have flow, that's very enjoyable

Jan 5 2017, 8:50 PM

Candace: Outer attainment is more concrete and easier to mark as progress. Inner attunement seems more nebulous. At least to me.

Jan 5 2017, 8:50 PM

AprilSwingler: I think I was already on that road. But having to slow down last year confirmed it

Jan 5 2017, 8:50 PM

KimEdsen: I think the thing with growth is that it is never ending. While it seems I'm facing the same challenges time and time again (apparently not learning from the past...) I think the bigger picture is that we'll always be facing (and hopefully, overcoming!) challenges in our daily lives - it's not something you learn once and move on from

Jan 5 2017, 8:50 PM

CindyDavenport: The shift came during a difficult time in my marriage. All is well now, but that is the time of the shift

Jan 5 2017, 8:50 PM

KellySroka: I think having a family made me gradually realize that I needed to be in touch with my own core feelings so that I can give freely and support the feelings of those around me.

Jan 5 2017, 8:50 PM

HelenMcLaughlin: I think turning 50 has something to do with inner attunement. I could feel it happening as I was in my late forties, but hitting 50 was when things really started to gel for me.

Jan 5 2017, 8:50 PM

Jennifer Wilson: OOH, YES KELLY!

Jan 5 2017, 8:50 PM

JudiPartlo: It's been gradual but increasing the past 7 years, after getting out of a bad marriage and discovering more who I really am.

Jan 5 2017, 8:51 PM

KimEdsen: @Candace - agree about outer vs. inner!

Jan 5 2017, 8:51 PM

CynthiaPoe: I totally agree with Helen.

Jan 5 2017, 8:51 PM

TanyaNapier: I'd say motherhood did it for me.

Jan 5 2017, 8:51 PM

JudiPartlo: Yes, getting older has certainly given me better perspective, too!

Jan 5 2017, 8:52 PM

CarrieAnderson: i am still searching for inner attunement

Jan 5 2017, 8:52 PM

Jennifer Wilson: THERE WAS A PERIOD IN MY LIFE WHERE I WAS DISCONNECTED FROM THINGS THAT BROUGHT ME JOY, VERY CUT OFF FROM MY FEELINGS... THEN THE LIGHTBULB TURNED ON AND I'VE BEEN MOVING BACK INTO MYSELF EVER SINCE

Jan 5 2017, 8:53 PM

CarrieAnderson: i seem to chase the fleeting feeling of happiness without investing in the more rewarding feeling of joy

Jan 5 2017, 8:54 PM

JudiPartlo: That's really insightful, Carrie.

Jan 5 2017, 8:54 PM

CindyDavenport: You have to read the January book Carrie!

Jan 5 2017, 8:54 PM

KimEdsen: I've always tended to be a very driven person, from middle school age and up; sometimes I worry that it's about an outlook of dissatisfaction vs. opportunities for growth, but when I look at my day to day life I know (at least now), it's more about striving for improvements vs. unhappiness. Plus, I just like novelty, I get bored so I'm regularly changing up my routines/approaches

Jan 5 2017, 8:55 PM

AprilSwingler: I went through a period where I didn't know what I liked to do. I feared I had forgot how to have fun, enjoy life. I can't tell you when that started to change but I am so far away from that place now. I think maybe I was burned out from not taking care of myself.

Jan 5 2017, 8:55 PM

Jennifer Wilson: IT'S SUPER SELF AWARE TO KNOW YOU LIKE NOVELTY... AND THAT IT'S OK TO KEEP THINGS FRESH

Jan 5 2017, 8:55 PM

CindyDavenport: I think you almost have to give yourself permission to turn inward. We as women are so tuned out to taking care of others and not ourselves

Jan 5 2017, 8:55 PM

CarrieAnderson: cindy...ive ordered it and am excited to read it!!

Jan 5 2017, 8:55 PM

JudiPartlo: That is for sure, Cindy.

Jan 5 2017, 8:55 PM

TanyaNapier: True, Cindy

Jan 5 2017, 8:56 PM

Jennifer Wilson: QUOTE // p.39 - "Core desired feelings originate deep within us and make themselves known when we take the time to listen. They do not change with circumstances."

Jan 5 2017, 8:56 PM

Jennifer Wilson: QUESTION // Q4. Whether you've completed any of the exercises or not, what might be some of your core desired feelings? Here are some ideas, if you need help: <http://www.daniellelaporte.com/cdf>



[CDF Library - The Desire Map](#)

Jan 5 2017, 8:57 PM

AprilSwingler: Cozy

Jan 5 2017, 8:57 PM

JudiPartlo: Confident, growing , healthy, engaged

Jan 5 2017, 8:58 PM

CindyDavenport: Peace, encouragement, secure, balanced, organized, strong, prepared. . . .

Jan 5 2017, 8:58 PM

KellySroka: satisfied, calm, peaceful, complete, intentional, slow

Jan 5 2017, 8:58 PM

Candace: April, that makes sense. I cannot feel joy, fun, etc when I am tired and fried.

Jan 5 2017, 8:58 PM

CarrieAnderson: this concept is very intimidating....i dont know why...its just my immediate reaction....i think i feel like picking is too hard and what if I pick wrong???

Jan 5 2017, 8:58 PM

Jennifer Wilson: MINE WERE QUIET, POWERFUL, LIGHT... ALIGNED AND EASE ALSO RESONATE

Jan 5 2017, 8:58 PM

HelenMcLaughlin: Grace, peaceful, strong, love

Jan 5 2017, 8:58 PM

AprilSwingler: Delight, calm, cozy, engaged

Jan 5 2017, 8:58 PM

Jennifer Wilson: THINK OF IT LIKE A HAT SHOP CARRIE...

Jan 5 2017, 8:58 PM

Jennifer Wilson: TRY ONE ON, SEE IF IT FITS

Jan 5 2017, 8:58 PM

AprilSwingler: I need the first three to be any good at the last one

Jan 5 2017, 8:58 PM

CindyDavenport: There is no wrong answer Carrie.

Jan 5 2017, 8:58 PM

TanyaNapier: Confident, calm, quiet, healthy, strong

Jan 5 2017, 8:59 PM

HelenMcLaughlin: gratitude

Jan 5 2017, 8:59 PM

KimEdsen: Ease, Delight, Strong, Thoughtful

Jan 5 2017, 8:59 PM

Tiffany Mitchell: Open, light, patient, connect, and up

Jan 5 2017, 8:59 PM

CarrieAnderson: shine inspired delight ease

Jan 5 2017, 9:00 PM

JudiPartlo: Love shine!

Jan 5 2017, 9:00 PM

CarrieAnderson: that list helped....it was the starting with a blank slate thing I think...lol

Jan 5 2017, 9:00 PM

Jennifer Wilson: AS I WAS THINKING ABOUT THIS.. AND THE RELATIONSHIP WITH ONE LITTLE WORD.. I FEEL LIKE OUR WORDS ARE VEHICLES FOR MOVING TOWARDS THE CORE DESIRED FEELINGS... BUT DEFINITELY NOT THE SAME.

Jan 5 2017, 9:00 PM

KimEdsen: This is like 'One Little Word' on steroids

Jan 5 2017, 9:01 PM

CarrieAnderson: agreed jennifer

Jan 5 2017, 9:01 PM

Candace: Confident, calm, healthy, strong.

Jan 5 2017, 9:01 PM

AprilSwingler: Actually I CAN put my finger on when things turned around for me. I took a chance and I went to an event where I didn't know any one and they accepted me and embraced me and I belonged. I had not belonged in a long time

Jan 5 2017, 9:01 PM

CindyDavenport: Agree Kim.

Jan 5 2017, 9:01 PM

CarrieAnderson: one little word feels more "action" oriented

Jan 5 2017, 9:01 PM

Jennifer Wilson: SO MY WORD PRACTICE FOR WINTER... I WANT TO PRACTICE MY MORNING ROUTINE SO I CAN FEEL MORE POWERFUL, MORE ALIGNED, FIND QUIET IN MY DAY

Jan 5 2017, 9:01 PM

JudiPartlo: April, I'm glad you figured that out!

Jan 5 2017, 9:01 PM

CarrieAnderson: omg....april....same experience...we'll have to compare thoughts later

Jan 5 2017, 9:01 PM

Candace: YAY APRIL!!

Jan 5 2017, 9:02 PM

Jennifer Wilson: BEAUTIFUL APRIL... I DEFINITELY STRUGGLE WITH THAT SENSE OF BELONGING

Jan 5 2017, 9:02 PM

AprilSwingler: It was like sleeping beauty. I awakened and I remember who I was

Jan 5 2017, 9:02 PM

KimEdsen: Does anyone NOT struggle with a sense of belonging? Is it one of those things we all feel but never talk about ?

Jan 5 2017, 9:02 PM

AprilSwingler: yes for sure Carrie!

Jan 5 2017, 9:02 PM

TanyaNapier: That's awesome April

Jan 5 2017, 9:02 PM

CarrieAnderson: side note...jennifer I signed up for Fabulous too!!!

Jan 5 2017, 9:02 PM

JudiPartlo: Yes, Kim!

Jan 5 2017, 9:02 PM

Jennifer Wilson: IT'S DEFINITELY NOT TALKED ABOUT

Jan 5 2017, 9:02 PM

Jennifer Wilson: COOL CARRIE

Jan 5 2017, 9:03 PM

JudiPartlo: What's Fabulous, Carrie?

Jan 5 2017, 9:03 PM

KimEdsen: It's up there on the vulnerability scale...

Jan 5 2017, 9:03 PM

HelenMcLaughlin: Yes, Kim, I agree that most people feel it and no one talks about it.

Jan 5 2017, 9:03 PM

CarrieAnderson: judi....the daily habits app that jennifer mentioned last chat

Jan 5 2017, 9:03 PM

JudiPartlo: Oh - thanks! Was out of town for that one~

Jan 5 2017, 9:04 PM

AprilSwingler: Oh that's funny you mention that Carrie My phone got a software upgrade today and there was this new app Fabulous and I thought it was bloatware but luckily I looked it up first I had installed it when Jennifer told us about it but never set it up

Jan 5 2017, 9:04 PM

CarrieAnderson: kim....therapy is making me realize just how much I AVOID vulnerability...lol

Jan 5 2017, 9:04 PM

Jennifer Wilson: It's Android only right now... <http://www.thefabulous.co/>



[The Fabulous](#)

Jan 5 2017, 9:04 PM

JudiPartlo: Too bad - I'm on Iphone

Jan 5 2017, 9:05 PM

Jennifer Wilson: QUOTE // p.43 - "How do you know when you're stifling yourself with structure vs. nurturing, or setting yourself free, with structure? You know because it feels good to do it, and leads to more good feelings?"

Jan 5 2017, 9:05 PM

Jennifer Wilson: QUESTION // Q5. Can you think of any examples of structure that very clearly led to not-so-good feelings? What about good feelings?

Jan 5 2017, 9:05 PM

CarrieAnderson: oh I just thought of something.....looking back at the Brene Brown book....whole hearted is DEFINITELY something I would like to be!!

Jan 5 2017, 9:05 PM

Jennifer Wilson: THIS IS A GOOD TRANSITION... BECAUSE USING THAT APP IS STRUCTURE THAT HAS FELT SO GOOD.

Jan 5 2017, 9:05 PM

KimEdsen: Carrie, I think the more we can get to know ourselves, the better!

Jan 5 2017, 9:05 PM

AprilSwingler: Methodical scrapbooking vs inspired scrapbooking

Jan 5 2017, 9:06 PM

AprilSwingler: Pocket scrapbooking felt too methodical to me

Jan 5 2017, 9:06 PM

JudiPartlo: I think that structure really helps me to focus and not feel so overwhelmed. It almost always gives me good feelings.

Jan 5 2017, 9:06 PM

AprilSwingler: But I think I found an angle to approach it

Jan 5 2017, 9:07 PM

AprilSwingler: I'm going to try it again but only for certain kinds of recording. Stories that are 1 pocket big

Jan 5 2017, 9:07 PM

CindyDavenport: Racking my brain, but I usually am at my best when I have a pretty solid structure

Jan 5 2017, 9:07 PM

Jennifer Wilson: I THINK I STILL HAVE A SMALL DISCONNECT WITH POCKET SCRAPBOOKING... BECAUSE IT IS WHAT I ADMIRE MOST, BUT HAVE THE MOST TROUBLE FEELING PERFECTIONIST ABOUT...

Jan 5 2017, 9:07 PM

Candace: Scrapbooking has become a joy again for me. I have moved it up the priority list of things to do because it feels so good. Fun!

Jan 5 2017, 9:07 PM

Jennifer Wilson: LOVE THAT CANDACE!!

Jan 5 2017, 9:07 PM

JudiPartlo: Cool!

Jan 5 2017, 9:08 PM

AprilSwingler: the more concrete my plan the more I don't enjoy the process. I think I enjoy the thinking as much as the doing. And if I plan too minutely I'm kind of done with the thing without needing to DO it.

Jan 5 2017, 9:09 PM

JudiPartlo: Interesting how different we all are!

Jan 5 2017, 9:09 PM

Jennifer Wilson: OH TOTALLY APRIL!

Jan 5 2017, 9:09 PM

TanyaNapier: I'm thinking about projects that I have recently started and feel like I HAVE to finish them because I started them and can't do anything else but them. That structure I have built myself doesn't feel so good!

Jan 5 2017, 9:09 PM

AprilSwingler: I really enjoy the figuring out of doing something. The appeal is learning how to do it

Jan 5 2017, 9:09 PM

Jennifer Wilson: I THINK THAT'S ONE OF THE BIG LESSONS FROM THE FINISHING PROJECT... IT IF DOESN'T FEEL GOOD, YOU'LL SEE THAT IN NOT BEING FINISHED, SO YOU NEED TO REALIGN

Jan 5 2017, 9:09 PM

JudiPartlo: Funny, Tanya, because I think structure has actually helped me to start letting go of what isn't important to me.

Jan 5 2017, 9:10 PM

KimEdsen: Sometimes having a plan is good and sometimes it's overwhelming - it might have to do with the scale of the project/plan whether it's freeing or stifling; it may be that for smaller/short term projects I do well with more of a plan than a huge long-term approach

Jan 5 2017, 9:10 PM

Candace: April, Could that be when the planning part meets the left brain's needs, but the creative right brain part hasn't started.

Jan 5 2017, 9:11 PM

KimEdsen: or could it be sometimes you can plan (longer story, making connections) and sometimes you don't (less journaling, more focus on creativity)...for me I think I need the balance of both

Jan 5 2017, 9:11 PM

TanyaNapier: I'm finding the more distance from my start time to when I return to a project, the more likely I am to pull back from perfection and call it done.

Jan 5 2017, 9:11 PM

CindyDavenport: I follow a similar thinking Kim. Don't put things on a list. . . just go do them

Jan 5 2017, 9:11 PM

Jennifer Wilson: QUOTE // p.53 - "Recalling your desired feelings when you're not getting what you want... interrupts your mental complaints, and points you in the direction of what you do want, which allows for some optimism to slip into your mind, which gets you closer to the expanded state of 'what's possible,' which opens your heart, which is not only comforting, but allows the light of consciousness to enter, by which you can see more clearly."

Jan 5 2017, 9:11 PM

Jennifer Wilson: QUESTION // Q6. What is a creative situation in which you could use this exercise to find clarity?

Jan 5 2017, 9:11 PM

AprilSwingler: I am a left brained intuitive. I think they are a bit contradictory

Jan 5 2017, 9:12 PM

CynthiaPoe: I usually do well structure but when I don't follow through I feel like I've failed. I've decided to set up "guidelines" so that I have flexibility within on how I get projects done.

Jan 5 2017, 9:13 PM

KimEdsen: I am as well April!

Jan 5 2017, 9:13 PM

Candace: Ugh, some of her quotes drive me crazy. It is like a web of info/ideas. Or maybe it is me!!

Jan 5 2017, 9:13 PM

Jennifer Wilson: FOR ME IT'S SIMPLY SITTING DOWN TO SCRAPBOOK... IF I THINK I SHOULD BE SCRAPBOOKING, BUT CAN'T FIND THE MOMENTUM.. IF I FOCUS ON HOW I WANT TO FEEL.. THAT MAKES IT MORE APPEALING

Jan 5 2017, 9:13 PM

CarrieAnderson: well...if one of my CDF is simplicity....i could remember that and use it to reign myself in when I start down the rabbit trail of complicating a project....like having to look at every one of my pieces of paper to pick the RIGHT paper

Jan 5 2017, 9:13 PM

KimEdsen: I like that Cynthia: structure with flexibility

Jan 5 2017, 9:14 PM

JudiPartlo: For me, one situation would be my daughter's high school scrapbook pages. I've been stuck on the journaling, because it was a difficult time in our relationship. I could remind myself of the feeling I want from this project-offering a legacy and reminder to her of how much she is loved.

Jan 5 2017, 9:14 PM

Jennifer Wilson: LIKE IF I WANT TO FEEL QUIET.. SCROLLING IG OR FB IS COUNTER TO THAT

Jan 5 2017, 9:14 PM

AprilSwinger: When I really mess up. Maybe I lose it with my family or I have feelings of regret. Like last year my word was grace. So when I felt awful for a bad failing I would think.... THAT was the opposite of GRACE. So I would think "what WOULD have been the path of grace." and then I work through it in my mind and the next time I am in a similar position I have already thought through it, I have a plan

Jan 5 2017, 9:14 PM

CarrieAnderson: candace....NOT JUST YOU....lol...i had that thought alot

Jan 5 2017, 9:15 PM

CarrieAnderson: april....love that....will have to apply that to my relationship with husband...haahaaa

Jan 5 2017, 9:15 PM

KimEdsen: Good idea, Judi. I can see that being helpful in my life as well

Jan 5 2017, 9:15 PM

Jennifer Wilson: QUOTE // p.54 - "To feel the way you want to feel as often as possible, you just need to do easy things to help you feel that way every day."

Jan 5 2017, 9:15 PM

Jennifer Wilson: QUESTION // Q7. In the context of Creativity & Learning, what is one easy thing you can do to feel how you want to feel?

Jan 5 2017, 9:15 PM

Guest639 (guest): Me too Candace.... Quotes are sometimes overwhelming when I feel like I have to dissect it

Jan 5 2017, 9:15 PM

CarrieAnderson: just fifteen minutes everyday....

Jan 5 2017, 9:16 PM

TanyaNapier: For me it when I am feeling like I want to be creative, but don't feel like I can or have enough time

Jan 5 2017, 9:16 PM

JudiPartlo: Schedule daily or almost daily creative time

Jan 5 2017, 9:16 PM

KimEdsen: I'm with Carrie...just a few minutes each day

Jan 5 2017, 9:16 PM

Candace: Take time to create and learn.

Jan 5 2017, 9:16 PM

JudiPartlo: Yes,

Jan 5 2017, 9:16 PM

Candace: Yes, schedule that time!

Jan 5 2017, 9:16 PM

JudiPartlo: Carrie - the power of 15 minutes!

Jan 5 2017, 9:16 PM

CindyDavenport: Just sit down and work on anything. . . journaling, a page, photo organization, just do something.

Jan 5 2017, 9:16 PM

TanyaNapier: I agree- make a little time each day

Jan 5 2017, 9:17 PM

Jennifer Wilson: WOW, I SPY SOME CONSENSUS

Jan 5 2017, 9:17 PM

KimEdsen: I've noticed it's also helpful to stop when I'm still rolling, it makes it easier to jump back in the next time, to continue from where I left off vs. starting from scratch

Jan 5 2017, 9:17 PM

Candace: WE must be on the right track, Jennifer!

Jan 5 2017, 9:17 PM

CarrieAnderson: hahaahahaha jennifer....you have taught us well master...lol

Jan 5 2017, 9:17 PM

Candace: I like that idea, Kim!

Jan 5 2017, 9:17 PM

AprilSwingler: I have a tendency to self-berate in my mind. I will just lay into myself when I have messed up. And now when I catch myself doing that I do the "What would have been the path of (this year it will be heart) and it takes me out of that negativity and makes me feel like I'm turning it around

Jan 5 2017, 9:17 PM

CarrieAnderson: kim....i like that!

Jan 5 2017, 9:18 PM

Guest639 (guest): I agree just do it, but for me having a clean desk space helps me sit down everyday whenever I want. Dirty desk equals no gratification

Jan 5 2017, 9:18 PM

KellySroka: Do the type of scrapbooking that I love--and not dwell on what I could/should be doing.

Jan 5 2017, 9:18 PM

CarrieAnderson: kelly....YOU make the rules

Jan 5 2017, 9:18 PM

KimEdsen: That's awesome April - negative self talk is so damaging, it's something I've been guilty of a time or two as well, though thankfully I feel like I'm doing better about giving myself Grace

Jan 5 2017, 9:18 PM

AprilSwingler: I am done with SHOULD not more should!!!

Jan 5 2017, 9:19 PM

HelenMcLaughlin: My friend says, "Stop Should-ing all over yourself!"

Jan 5 2017, 9:19 PM

AprilSwingler: It feels so good doesn't it Kim

Jan 5 2017, 9:19 PM

Jennifer Wilson: LOVE THAT HELEN

Jan 5 2017, 9:19 PM

AprilSwingler: lol I'm adopting that helen

Jan 5 2017, 9:19 PM

JudiPartlo: Haha - Helen, that's awesome!!

Jan 5 2017, 9:19 PM

CarrieAnderson: helen....cracking up....love that!

Jan 5 2017, 9:19 PM

KimEdsen: Helen, does your friend listen to Jess Lively's podcast? She says that!

Jan 5 2017, 9:19 PM

HelenMcLaughlin: I can't take the credit...it's from a wise friend and I've never forgotten it.

Jan 5 2017, 9:19 PM

AprilSwingler: That was part of why I chose Heart. I want to do the thing where my heart is in them

Jan 5 2017, 9:19 PM

HelenMcLaughlin: No, she's never mentioned her.

Jan 5 2017, 9:20 PM

Jennifer Wilson: QUOTE // p.71 - "Goldie Hawn said that she was so happy all the damn time because she decided to be."

Jan 5 2017, 9:20 PM

AprilSwingler: And I want to connect and engage and life HEARTily

Jan 5 2017, 9:20 PM

KimEdsen: I'm guessing she's not the original source, then!

Jan 5 2017, 9:20 PM

Jennifer Wilson: QUESTION // Q8. If you were to decide today to be one feeling, what would it be?

Jan 5 2017, 9:20 PM

KimEdsen: peace

Jan 5 2017, 9:20 PM

CarrieAnderson: sane...does that count??? lol

Jan 5 2017, 9:20 PM

AprilSwingler: content

Jan 5 2017, 9:20 PM

HelenMcLaughlin: grateful

Jan 5 2017, 9:20 PM

Jennifer Wilson: IT ALL COUNTS!

Jan 5 2017, 9:20 PM

CindyDavenport: Relaxed

Jan 5 2017, 9:20 PM

Candace: Good one Carrie!

Jan 5 2017, 9:20 PM

Tiffany Mitchell: joy

Jan 5 2017, 9:20 PM

ShannonMinner: Tired

Jan 5 2017, 9:21 PM

Guest639 (guest): In a state of wonder and awe

Jan 5 2017, 9:21 PM

TanyaNapier: happy

Jan 5 2017, 9:21 PM

JudiPartlo: present

Jan 5 2017, 9:21 PM

AprilSwingler: When I am content I thrive.

Jan 5 2017, 9:21 PM

Guest639 (guest): Or enlightened

Jan 5 2017, 9:21 PM

Candace: I can't put words to it. That's not good. LOL

Jan 5 2017, 9:22 PM

CindyDavenport: Ooh, I like thrive April

Jan 5 2017, 9:22 PM

CarrieAnderson: candace...describe in pictures...we'll get it...

Jan 5 2017, 9:22 PM

Candace: Wait, I will scrap it, LOL!

Jan 5 2017, 9:22 PM

AprilSwingler: Candace maybe it means that when I figure how to word it, it will be very powerful

Jan 5 2017, 9:23 PM

Jennifer Wilson: YES, ANY SYMBOLS OR IMAGES COME TO MIND CANDACE?

Jan 5 2017, 9:23 PM

Candace: Oh, that is good April. Worthy of me thinking it through to figure it out.

Jan 5 2017, 9:23 PM

Guest639 (guest): Maybe joy is the best summary word for me

Jan 5 2017, 9:23 PM

AprilSwingler: you have to mine to get a diamond candace (I have no idea how diamonds are mined but it sounds good)

Jan 5 2017, 9:23 PM

Candace: It is like sharing and giving and connecting but with confidence.

Jan 5 2017, 9:23 PM

CarrieAnderson: thats what i did for the vision board exercise in refresh....powerful images that ended up meaning alot

Jan 5 2017, 9:24 PM

CindyDavenport: Feel a sense of community maybe Candace?

Jan 5 2017, 9:24 PM

CarrieAnderson: i would call that being present, being kind, being generous

Jan 5 2017, 9:24 PM

CarrieAnderson: community...yes...i like that

Jan 5 2017, 9:25 PM

Candace: Community., present, connected.....yes

Jan 5 2017, 9:25 PM

CindyDavenport: Maybe a sense of belonging too as was mentioned earlier.

Jan 5 2017, 9:25 PM

AprilSwingler: All the words that have been coming up through our dicussions and exercizes this month have been so powerful.

Jan 5 2017, 9:25 PM

Jennifer Wilson: I'VE FOLLOWED DANIELLE FOR SEVERAL YEARS NOW, THOUGH THIS IS MY FIRST TIME COMPLETING THE BOOK... AND SHE REALLY EMPHASIZES THAT THIS IS ITERATIVE..

Jan 5 2017, 9:25 PM

CarrieAnderson: connected...to yourself and to others....giving to yourself and to others

Jan 5 2017, 9:25 PM

AprilSwingler: Engage, Connect, Nourish!

Jan 5 2017, 9:26 PM

AprilSwingler: and in a little while Refresh

Jan 5 2017, 9:26 PM

Jennifer Wilson: EACH TIME YOU GO THROUGH, YOU FIND MORE CLARITY.. YOU MASSAGE AND NURTURE THOSE FEELINGS, POLISH THEM.

Jan 5 2017, 9:26 PM

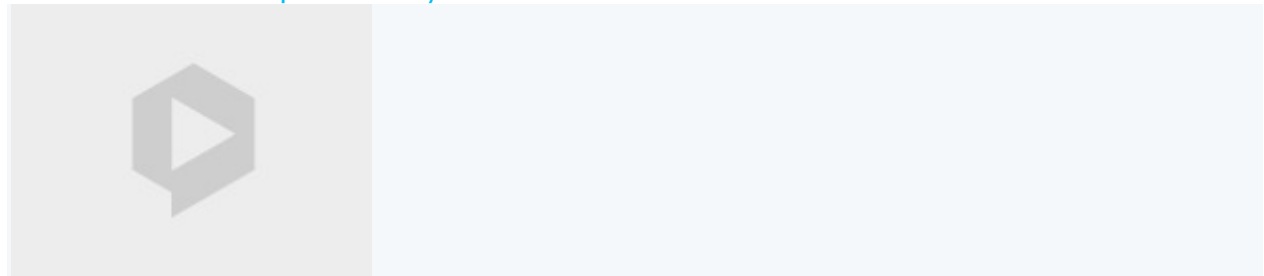
AprilSwingler: I'm going to sing the song from Pocahontas now

Jan 5 2017, 9:26 PM

Candace: !!!!

Jan 5 2017, 9:26 PM

Jennifer Wilson: <https://www.youtube.com/watch?v=saOHKFWW3tU>



[Lip Sync Battle with Melissa McCarthy - YouTube](https://www.youtube.com/watch?v=saOHKFWW3tU)

Jan 5 2017, 9:26 PM

AprilSwingler: That circle of life colors of the wind, connectedness thing it seems like that

Jan 5 2017, 9:26 PM

CarrieAnderson: cracking up

Jan 5 2017, 9:27 PM

Candace: I love it!!

Jan 5 2017, 9:27 PM

KimEdsen: That is Melissa McCarthy bit is hilarious

Jan 5 2017, 9:27 PM

Jennifer Wilson: QUOTE // p.111 - "Motivation and inspiration both have places in our lives and in our pursuit of desires, but inspiration trumps motivation and it should, in fact, be leading the motivation."

Jan 5 2017, 9:27 PM

CarrieAnderson: omg....melissa mccarthy is the best lip syncer ever

Jan 5 2017, 9:27 PM

Jennifer Wilson: I LOVED THIS SECTION.. BC IT REMINDED ME OF OUR IMPORTANT X EXCITED EXERCISE OR WHAT FILLS YOU UP AND FITS YOUR LIFE

Jan 5 2017, 9:27 PM

Jennifer Wilson: QUESTION // Q10. What is inspiring you right now?

Jan 5 2017, 9:28 PM

Candace: and a great comedian while being a strong confident woman.

Jan 5 2017, 9:28 PM

Guest639 (guest): A new year and a decision made of how to approach scrapping this year. I don't feel behind yet

Jan 5 2017, 9:29 PM

Tiffany Mitchell: New product that I got for Christmas. A chance to play.

Jan 5 2017, 9:29 PM

ShannonMinner: I am getting inspired by some new kits I bought and photos I had printed.

Jan 5 2017, 9:29 PM

JudiPartlo: Yes, a new year is always inspiring to me

Jan 5 2017, 9:29 PM

KimEdsen: Guest639 - I'm with you, a clean slate! Also, consciously striving for balance in all areas of my life. I tend to 'go big or go home' which isn't usually very sustaining

Jan 5 2017, 9:29 PM

Jennifer Wilson: I'M BEHIND, BUT I FEEL PEACE WITH IT... I AM WHERE I AM... BUT I CAN REALLY SEE HOW TURNING TO THE CDFS CAN HELP ME MAKE BETTER DECISIONS THAT LEAD TO MORE CREATIVITY, MORE REST, MORE FUN, MORE RESULTS ETC.

Jan 5 2017, 9:29 PM

CindyDavenport: Going thru some old memorabilia that is really generating some stories more so than the pictures that go w/ the memorabilia

Jan 5 2017, 9:29 PM

TanyaNapier: The new year

Jan 5 2017, 9:30 PM

KellySroka: I am being inspired by the small moments of everyday life that I want to capture before big changes come.

Jan 5 2017, 9:30 PM

AprilSwingler: The year is pregnant, right now, none of the paths are set , the possibilities are infinite

Jan 5 2017, 9:30 PM

Jennifer Wilson: BEAUTIFULLY SAID APRIL.. AND A GREAT NOTE TO CONCLUDE.

Jan 5 2017, 9:31 PM

Jennifer Wilson: THANK YOU ALL FOR ALLOWING ME TO RESCHEDULE. NEXT YEAR WE WON'T PLAN THE DECEMBER DISCUSSION SO CLOSE TO CHRISTMAS!

Jan 5 2017, 9:31 PM

JudiPartlo: Thank you, everyone!

Jan 5 2017, 9:31 PM

Jennifer Wilson: OR RATHER, AT THE END OF THIS YEAR

Jan 5 2017, 9:31 PM

KimEdsen: Good night, all! Thanks for a great discussion!

Jan 5 2017, 9:31 PM

CarrieAnderson: this was great! now i am eager to do the workbook instead of being scared of it...lol

Jan 5 2017, 9:32 PM

Jennifer Wilson: I'M EXCITED TO GET STARTED READING THE BOOK OF JOY FOR OUR NEXT DISCUSSION ON JANUARY 26TH

Jan 5 2017, 9:32 PM

Guest639 (guest): Thank you

Jan 5 2017, 9:32 PM

TanyaNapier: That flew by!

Jan 5 2017, 9:32 PM

CindyDavenport: Good read Jennifer. Thanks.

Jan 5 2017, 9:32 PM

Candace: This has been a great discussion. Leaves me with a lot to think about. And I am SO looking forward to discussing the Book of Joy. It is awesome!

Jan 5 2017, 9:32 PM

ShannonMinner: I am going to keep trucking away at reading it and get to the workbook.

Jan 5 2017, 9:32 PM

HelenMcLaughlin: I've ordered it from the library but it hasn't come in yet!

Jan 5 2017, 9:32 PM

AprilSwingler: Thank you all this has been such a full discussion. Difficult to reflect and read and interact because the thoughts are flying

Jan 5 2017, 9:32 PM

TanyaNapier: Thanks Jennifer!

Jan 5 2017, 9:32 PM

Jennifer Wilson: I LOVE THAT YOU ALL ARE EAGER TO JOIN ME HERE TO DISCUSS HOW THESE FASCINATING BOOKS CONNECT WITH OUR CREATIVE LIVES.

Jan 5 2017, 9:32 PM

Jennifer Wilson: HAVE A WONDERFUL WEEKEND!!

Jan 5 2017, 9:33 PM

TanyaNapier: And thank you for a wonderful year of the book club!

Jan 5 2017, 9:33 PM

Jennifer Wilson:

Jan 5 2017, 9:33 PM

ShannonMinner: I have enjoyed the book club aspect of membership.

Jan 5 2017, 9:33 PM

Guest639 (guest): Yes great books this year thank you

Jan 5 2017, 9:33 PM

CarrieAnderson: yes! the only book club I have really stuck with

Jan 5 2017, 9:33 PM

AprilSwingler: that's great Carrie - the spark of inspriation conquers fear

Jan 5 2017, 9:34 PM

CarrieAnderson: watching melissa right now.....haahahahahahahahaha

Jan 5 2017, 9:34 PM

TanyaNapier: Me too, Carrie. Super proud of myself for reading all the books

Jan 5 2017, 9:34 PM

AprilSwingler: Goodnight

Jan 5 2017, 9:34 PM

Jennifer Wilson: NIGHT ALL

Jan 5 2017, 9:34 PM

ShannonMinner: Goodnight everyone!

Jan 5 2017, 9:35 PM

TanyaNapier: Goodnight