

Feb 23 2017, 8:31 PM

**Guest767 (Guest):** Hi, Is the chat starting?

Feb 23 2017, 8:33 PM

**JudiPartlo:** Hi- checking in from O'Hare airport while I wait for my next flight!

Feb 23 2017, 8:34 PM

**Guest767 (Guest):** What time is it there Judi? I am in Ontario.

Feb 23 2017, 8:37 PM

**Guest767 (Guest):** I guess it is another hour before the chat. I will check back in an hour.

Feb 23 2017, 8:43 PM

**JudiPartlo:** Sorry- my phone wouldn't let me type a message! Yes, I guess it's an hour later

Feb 23 2017, 9:15 PM

**Ina (Guest):** Hello? Testing 🙄

Feb 23 2017, 9:30 PM

**Cindy March:** Hello Everyone

Feb 23 2017, 9:30 PM

**Jennifer Wilson:** HELLO EVERYONE!

Feb 23 2017, 9:30 PM

**Jennifer Wilson:** HOW ARE YOU DOING TONIGHT?

Feb 23 2017, 9:31 PM

**JudiPartlo:** Sitting at the airport in Chicago !

Feb 23 2017, 9:31 PM

**Cindy March:** Good. 😊

Feb 23 2017, 9:32 PM

**Jennifer Wilson:** I AM SUPER EXCITED ABOUT TONIGHT'S DISCUSSION. THIS HAS BEEN ONE OF MY FAVORITE BOOKS. SO MANY FASCINATING CASE STUDIES AND SUPER PRACTICAL IDEAS.

Feb 23 2017, 9:32 PM

**EdithBanks:** Good

Feb 23 2017, 9:32 PM

**JudiPartlo:** Love this book!!

Feb 23 2017, 9:32 PM

**CindyDavenport:** Loved the case studies. Very different from other book we have read.

Feb 23 2017, 9:33 PM

**Jennifer Wilson:** TONIGHT WE ARE DISCUSSING SWITCH BY CHIP HEATH AND DAN HEATH. IS THERE ANYONE JOINING US FOR THE FIRST TIME TONIGHT?

Feb 23 2017, 9:33 PM

**Mandy Rathell Marks:** I haven't finished the book yet 🙄

Feb 23 2017, 9:33 PM

**JudiPartlo:** Very relevant and practical

Feb 23 2017, 9:33 PM

**EdithBanks:** I have barely started

Feb 23 2017, 9:33 PM

**Alissa Williams:** raises hand

Feb 23 2017, 9:33 PM

**Alissa Williams:** has not been to book club before

Feb 23 2017, 9:33 PM

**Jennifer Wilson:** WELCOME ALISSA! WOW, AND YOU'RE A LIBRARIAN....

Feb 23 2017, 9:33 PM

**Mandy Rathell Marks:** This is my first time

Feb 23 2017, 9:33 PM

**HonoreFrancois:** Hi! I just got hold of the book so I will be reading afterwards...but totally looking forward to the discussion...

Feb 23 2017, 9:33 PM

**Jennifer Wilson:** WELCOME MANDY!

Feb 23 2017, 9:34 PM

**Cindy March:** Oh no. I didn't get a chance to read it yet.

Feb 23 2017, 9:34 PM

**TaraNolley:** This is my first time attending, when I've read the book.

Feb 23 2017, 9:34 PM

**ReneeWilson:** My first time also

Feb 23 2017, 9:34 PM

**PamelaMontagno:** Hi

Feb 23 2017, 9:34 PM

**CindyDavenport:** Good for you Tara!

Feb 23 2017, 9:34 PM

**Jennifer Wilson:** TONIGHT WE'RE GOING TO FOCUS ON THE KEY PROCESS OUTLINED IN THE BOOK AND TRY TO WORK THE STEPS ON A COUPLE OF CHALLENGES WE FACE IN SCRAPBOOKING.

Feb 23 2017, 9:34 PM

**Tiffany Mitchell:** This was one of my favorites that we have read.

Feb 23 2017, 9:34 PM

**JudiPartlo:** 🙌🙌

Feb 23 2017, 9:35 PM

**Jennifer Wilson:** WELCOME TARA AND RENEE!

Feb 23 2017, 9:35 PM

**DionneJack:** I read this last year and enjoyed it so I may need to go back and re-read some parts of it. Looking forward to the discussion.

Feb 23 2017, 9:35 PM

**Jennifer Wilson:** SO WHAT WE'RE GOING TO DO IS THIS: I'VE PREPARED A DISCUSSION GUIDE AND I WILL COPY-PASTE SOME QUOTES/SUMMARIES FOLLOWED BY SPECIFIC QUESTIONS.

Feb 23 2017, 9:36 PM

**Jennifer Wilson:** WE'LL JUMP RIGHT IN WITH OUR FIRST QUESTION:

Feb 23 2017, 9:36 PM

**Jennifer Wilson:** QUOTE // p. 56 - "Change begins at the level of individual decisions and behaviors, but that's a hard place to start because that's where the friction is. Inertia and decision paralysis will conspire to keep people doing things the old way."

Feb 23 2017, 9:36 PM

**Jennifer Wilson:** QUESTION // Q1. What is a change in scrapbooking you've tried (and not succeeded) to make?

Feb 23 2017, 9:37 PM

**CindyDavenport:** Traditional to digital.

Feb 23 2017, 9:37 PM

**ReneeWilson:** Me too!

Feb 23 2017, 9:37 PM

**AleceNewell:** Going totally digital

Feb 23 2017, 9:37 PM

**PamelaMontagno:** Me too

Feb 23 2017, 9:38 PM

**[Tiffany Mitchell](#):** Creating pages consistently....

Feb 23 2017, 9:38 PM

**PamelaMontagno:** Yes I agree Tiffany

Feb 23 2017, 9:39 PM

**TaraNolley:** I agree with Tiffany as well

Feb 23 2017, 9:39 PM

**Jennifer Wilson:** Wow, so only two answers... transitioning to digital and creating consistently... I did not expect that!

Feb 23 2017, 9:40 PM

**HonoreFrancois:** I'm with Tiffany too

Feb 23 2017, 9:40 PM

**[Tiffany Mitchell](#):** Part of the reason why Project Life didn't work for me. I was always "behind".

Feb 23 2017, 9:40 PM

**CarrieAnderson:** consistent pages, creating mini kits, lom organizing, pockets vs pages, different sizes,

Feb 23 2017, 9:40 PM

**PatriciaMoore:** creating mini kits

Feb 23 2017, 9:41 PM

**PamelaMontagno:** Standard albums

Feb 23 2017, 9:41 PM

**CarrieAnderson:** photo organizing

Feb 23 2017, 9:41 PM

**CarrieAnderson:** completing classes

Feb 23 2017, 9:41 PM

**HonoreFrancois:** another problem: deciding on album size - mIN Blum!

Feb 23 2017, 9:42 PM

**HonoreFrancois:** That is main album

Feb 23 2017, 9:42 PM

**[Caroline Hackney](#):** Room organizing! Inertia is a huge issue for me when I'm surrounded by clutter.

Feb 23 2017, 9:42 PM

**[Cindy March](#)**: Getting rid of things I know I won't use.

Feb 23 2017, 9:42 PM

**[Tiffany Mitchell](#)**: Finishing projects that I have started is another one...

Feb 23 2017, 9:42 PM

**CarrieAnderson**: caroline...definitely me too

Feb 23 2017, 9:42 PM

**Jennifer Wilson**: SO KEEP IN MIND THE FIRST ANSWER YOU GAVE...

Feb 23 2017, 9:42 PM

**Jennifer Wilson**: QUOTE // In Chapter 2, Find the Bright Spots, the authors discuss solutions-focused therapy and pose a powerful question of visiting "How would your day be different if you..."

Feb 23 2017, 9:42 PM

**Jennifer Wilson**: QUESTION // Q2. How would your day (or week) be different if you successfully made the change you mentioned in the first question?

Feb 23 2017, 9:42 PM

**JudiPartlo**: Using some of my specialty tools

Feb 23 2017, 9:43 PM

**AleceNewell**: I would probably have more layouts

Feb 23 2017, 9:43 PM

**PamelaMontagno**: I would get more done

Feb 23 2017, 9:43 PM

**TaraNolley**: I would wake up and smile thinking about the page I worked on yesterday and was almost finished with.

Feb 23 2017, 9:43 PM

**[Tiffany Mitchell](#)**: I think I would get into the habit of creating and wouldn't go through periods of time where I don't seem to make anything.

Feb 23 2017, 9:43 PM

**DionneJack**: I would have more finished for sure.

Feb 23 2017, 9:43 PM

**CindyDavenport**: Probably a little more enjoyable by actually scrapbooking!

Feb 23 2017, 9:44 PM

**CarrieAnderson**: im kind of experiencing that with LOAD right now...ive got tons of layouts and im thrilled...plus im finding a flow and rhythm and its fun not forced

Feb 23 2017, 9:44 PM

**ShannonMinner**: Sorry, I am joining late.

Feb 23 2017, 9:44 PM

**[Caroline Hackney](#)**: I would make more progress and be less stressed bc the clutter is definitely stressful

Feb 23 2017, 9:44 PM

**EdithBanks:** I would feel productive and successful

Feb 23 2017, 9:44 PM

**Jennifer Wilson:** SO THERE IS DEFINITELY A SENSE OF FULFILLMENT, OF PRIDE YOU WOULD HAVE.

Feb 23 2017, 9:44 PM

**PatriciaMoore:** pages would be finished quicker

Feb 23 2017, 9:45 PM

**DionneJack:** Yes, Jennifer.

Feb 23 2017, 9:45 PM

**ReneeWilson:** I would have completed pages.

Feb 23 2017, 9:45 PM

**HonoreFrancois:** Oh, I'd be burning up the tracks! ).

Feb 23 2017, 9:45 PM

**CindyDavenport:** Pride not only in finished pages, but in the knowledge of actually working with digital tools and programs

Feb 23 2017, 9:46 PM

**Jennifer Wilson:** QUOTE // p. 17 - The premise of Switch is that a three-part framework can “guide you in any situation where you need to change behavior”:

Feb 23 2017, 9:46 PM

**PamelaMontagno:** Also pride in creating and having ideas

Feb 23 2017, 9:46 PM

**Jennifer Wilson:** 1. Direct the Rider - What looks like resistance is often a lack of clarity. So provide crystal-clear direction.

2. Motivate the Elephant - What looks like laziness is often exhaustion. It's critical that you engage people's emotional side.

3. Shape the Path - What looks like a people problem is often a situation problem. When you shape the path, you make change more likely.

Feb 23 2017, 9:47 PM

**Jennifer Wilson:** THIS IS SMALL, BUT IT IS A REALLY COOL GRAPHIC OF THE ENTIRE BOOK: [https://s-media-cache-](https://s-media-cache-ak0.pinimg.com/736x/e2/35/ed/e235edddd9c44698a68b6705e9cbf06.jpg)

[ak0.pinimg.com/736x/e2/35/ed/e235edddd9c44698a68b6705e9cbf06.jpg](https://s-media-cache-ak0.pinimg.com/736x/e2/35/ed/e235edddd9c44698a68b6705e9cbf06.jpg)



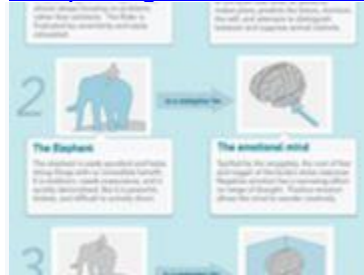
<https://s-media-cache-ak0.pinimg.com/736x/e2/35/ed/e235edddd9c44698a68b6705e9cbf06.jpg>

Feb 23 2017, 9:48 PM

**Tiffany Mitchell:** That is super cool!

Feb 23 2017, 9:48 PM

**Jennifer Wilson:** THIS ONE IS GREAT TOO: <https://s-media-cache-ak0.pinimg.com/564x/d8/81/f5/d881f59b22ad31042c1ccc7ab18f2063.jpg>



<https://s-media-cache-ak0.pinimg.com/564x/d8/81/f5/d881f59b22ad31042c1ccc7ab18f2063.jpg>

Feb 23 2017, 9:48 PM

**JudiPartlo:** That's a nice thought Tara

Feb 23 2017, 9:48 PM

**MandyMarks:** Direct the rider, lack of clarity, really resonated with me, it was like a lightbulb moment

Feb 23 2017, 9:48 PM

**Jennifer Wilson:** THE RIDER IS A METAPHOR FOR THE RATIONAL MIND, THE ELEPHANT FOR THE EMOTIONAL MIND, AND THE PATH FOR YOUR ENVIRONMENT

Feb 23 2017, 9:49 PM

**PamelaMontagno:** Sounds great

Feb 23 2017, 9:50 PM

**Jennifer Wilson:** NOTE // We're going to break down each part into steps and brainstorm ideas related to one of the changes mentioned tonight: creating more consistently.

Feb 23 2017, 9:51 PM

**PamelaMontagno:** 1/2 hr a day on scrapbooking

Feb 23 2017, 9:52 PM

**Jennifer Wilson:** EVERYONE READY?

Feb 23 2017, 9:52 PM

**CindyDavenport:** Go!

Feb 23 2017, 9:52 PM

**JudiPartlo:** Me!!!

Feb 23 2017, 9:53 PM

**MandyMarks:** ready

Feb 23 2017, 9:53 PM

**DionneJack:** yes

Feb 23 2017, 9:53 PM

**PamelaMontagno:** Yes

Feb 23 2017, 9:53 PM

**Jennifer Wilson:** QUOTE // Direct the Rider: Follow the Bright Spots - Investigate what's working and clone it.

Feb 23 2017, 9:53 PM

**PatriciaMoore:** yes

Feb 23 2017, 9:53 PM

**Jennifer Wilson:** QUESTION // Q3. What does the day/week look like of someone who creates consistently?

Feb 23 2017, 9:54 PM

**CarrieAnderson:** its scheduled its prioritized

Feb 23 2017, 9:54 PM

**Tiffany Mitchell:** I know if I don't have a detailed list of the next thing I need/want to get done, I get lost in my creative space and end up surfing Pinterest when I make time to create. I know a list helps me get started.

Feb 23 2017, 9:54 PM

**JudiPartlo:** Planned and scheduled time to create

Feb 23 2017, 9:54 PM

**CarrieAnderson:** yes tiffany....a list of next steps...or next projects

Feb 23 2017, 9:55 PM

**CarrieAnderson:** so the scheduled time is used efficiently

Feb 23 2017, 9:55 PM

**HonoreFrancois:** It's on the schedule as a top 3 priority

Feb 23 2017, 9:55 PM

**HonoreFrancois:** And it becomes a done item

Feb 23 2017, 9:55 PM

**PamelaMontagno:** Amen

Feb 23 2017, 9:55 PM

**Jennifer Wilson:** IS THERE ANYONE HERE WHO DOESN'T HAVE THIS PROBLEM? WE'D LOVE TO HEAR WHAT IT LOOKS LIKE FOR YOU.

Feb 23 2017, 9:55 PM

**EdithBanks:** Having all the supplies I need, photos, paper, etc

Feb 23 2017, 9:55 PM

**Alissa Williams:** for me the key to creating consistently is having pictures printed.

Feb 23 2017, 9:56 PM

**CindyDavenport:** uninterrupted block(s) of time

Feb 23 2017, 9:56 PM

**DionneJack:** For me it would look like scheduled time to make progress each week ultimately ensuring I complete the things I start.

Feb 23 2017, 9:56 PM

**MandyMarks:** I just need to prioritize the time

Feb 23 2017, 9:56 PM

**Jennifer Wilson:** THIS NATURALLY TRANSITIONS TO THE NEXT ITEM: QUOTE // Direct the Rider: Script the Critical Moves - Don't think big picture, think in terms of specific behaviors.

Feb 23 2017, 9:56 PM

**Jennifer Wilson:** QUESTION // Q4. What small, specific steps make the difference between creating consistently and not?

Feb 23 2017, 9:56 PM

**Alissa Williams:** I've also found that by keeping stuff out (which I can do now that my children are older) I can work on a layout or PL in smaller chunks of time.

Feb 23 2017, 9:57 PM

**MandyMarks:** alissa I agree it helps when you have a space where you can leave things out.

Feb 23 2017, 9:57 PM

**Alissa Williams:** For me it's not so much about the time, it's about having the right materials and then in terms of scripting if a 20 minute is open I can go work on a layout or a pocket page.

Feb 23 2017, 9:57 PM

**CarrieAnderson:** knowing whats next and this month having a concrete deadline has been working wonders

Feb 23 2017, 9:57 PM

**HonoreFrancois:** For me, it's having the idea/prompt for a layout...once I have that in mind, I'm good to go...

Feb 23 2017, 9:57 PM

**JudiPartlo:** Breaking projects down into baby steps and checking each step off

Feb 23 2017, 9:58 PM

**Alissa Williams:** for me it's the idea of knowing that I don't have to create the layout in one fell swoop but can work at in chunks as time allows.

Feb 23 2017, 9:58 PM

**CindyDavenport:** Scheduling some time, keeping it simple, and stick to one project at a time

Feb 23 2017, 9:58 PM

**[Tiffany Mitchell](#):** Being on top of photo printing and having the stories I want to tell already written.

Feb 23 2017, 9:59 PM

**[Erin Bright Fleming](#):** For me to be consistent I need to have my plan of what I am working on, otherwise I get totally overwhelmed. I scrap every Wednesday with friends for 2-3 hours.

Feb 23 2017, 9:59 PM

**PamelaMontagno:** Having it my calendar

Feb 23 2017, 9:59 PM

**MandyMarks:** I have to get better about scheduling my time and making creating a priority. I always WANT to create, but won't plan my weekend days well enough and end up not creating

Feb 23 2017, 9:59 PM

**Jennifer Wilson:** I LOVE THIS.. YOU LADIES \*KNOW\* HOW TO DO THIS.

Feb 23 2017, 9:59 PM

**PamelaMontagno:** And following it through

Feb 23 2017, 9:59 PM



**Jennifer Wilson:** QUOTE // Direct the Rider: Point to the Destination - Change is easier when you know where you are going and why it's worth it.

Feb 23 2017, 9:59 PM

**Jennifer Wilson:** QUESTION // Q5. How do you define "consistently"? What does that look like?

Feb 23 2017, 9:59 PM

**DionneJack:** Some small specific steps that help me create consistently are having photos ready to work with, scheduled time that I use for creating and the next step sorted out when I finish that day.

Feb 23 2017, 10:00 PM

**CindyDavenport:** Consistently means doing something related to memory keeping everyday -- from jotting down some story notes to downloading photos to actually putting pages together

Feb 23 2017, 10:00 PM

**Alissa Williams:** for me it's making progress at least once a week on either finishing or starting a page. I think creating begets creating so always having something to work on creates momentum of "consistently" for me

Feb 23 2017, 10:01 PM

**PamelaMontagno:** Every day working towards that goal whatever it may be

Feb 23 2017, 10:01 PM

**EdithBanks:** Consistently for me is weekly

Feb 23 2017, 10:02 PM

**DionneJack:** Creating consistently for me means making progress on my top priorities each week.

Feb 23 2017, 10:02 PM

**PatriciaMoore:** have something on going

Feb 23 2017, 10:02 PM

**PamelaMontagno:** Yes and completing what I start

Feb 23 2017, 10:02 PM

**MandyMarks:** I would love for consistency to be everyday, but realistically weekly is more likely to happen. I work full time, have a 40 minute drive home, exercise, dinner to prepare and two kids so weeknights are hard. I tend to be tired, mentally as well as physically, which makes it tough to create

Feb 23 2017, 10:02 PM

**HonoreFrancois:** There are some things I do every day besides eating, etc...I'd like telling stories to join that list...especially the ones from previous decades of my life.

Feb 23 2017, 10:03 PM

**[Tiffany Mitchell](#):** Consistently for me is, working towards my top priorities on the weekdays my kids are at school and the baby is taking a nap.....

Feb 23 2017, 10:03 PM

**JudiPartlo:** Weekly to actually work on a project

Feb 23 2017, 10:04 PM

**PamelaMontagno:** Weekly and daily goals

Feb 23 2017, 10:04 PM

**Jennifer Wilson:** OK, NOW THAT WE HAVE A CLEAR VISION, WE'RE TRANSITIONING INTO THE NEXT SEGMENT, MOTIVATE THE ELEPHANT

Feb 23 2017, 10:04 PM

**PatriciaMoore:** guard my time

Feb 23 2017, 10:04 PM

**Jennifer Wilson:** QUOTE // Motivate the Elephant: Find the Feeling - Knowing something isn't enough to cause change. Make people feel something.

Feb 23 2017, 10:04 PM

**Jennifer Wilson:** QUESTION // Q6. Why is it important to you to create consistently?

Feb 23 2017, 10:04 PM

**MandyMarks:** creating is what brings me JOY

Feb 23 2017, 10:05 PM

**ShannonMinner:** Consistency helps form habits.

Feb 23 2017, 10:05 PM

**CindyDavenport:** Fear of forgetting if I don't get the words down w/ the pictures

Feb 23 2017, 10:05 PM

**CarrieAnderson:** i have so much stuff i need to use up!!! and making stuff is calming and stress relieving and energizing and joyful

Feb 23 2017, 10:05 PM

**PamelaMontagno:** A sense of accomplishment

Feb 23 2017, 10:05 PM

**EdithBanks:** So true Mandy - it'

Feb 23 2017, 10:06 PM

**CindyDavenport:** What Mandy & Carrie said. . .

Feb 23 2017, 10:06 PM

**DionneJack:** It makes me happy and helps me get the stories told that matter to me and our family.

Feb 23 2017, 10:06 PM

**EdithBanks:** Also relieves stress

Feb 23 2017, 10:06 PM

**HonoreFrancois:** 'Cause I have less time in front of me than I have behind...

Feb 23 2017, 10:06 PM

**JudiPartlo:** To feed my creative soul and provide something lasting for my kids and grandkids

Feb 23 2017, 10:06 PM

**PamelaMontagno:** Happy and joyful is what we all want

Feb 23 2017, 10:06 PM

**Jennifer Wilson:**

Feb 23 2017, 10:07 PM

**Jennifer Wilson:** QUOTE // Motivate the Elephant: Shrink the Change - Break down the change until it no longer spooks the Elephant.

Feb 23 2017, 10:07 PM

**PatriciaMoore:** @Honore right there with you on the time left

Feb 23 2017, 10:07 PM

**JudiPartlo:** 

Feb 23 2017, 10:07 PM

**Jennifer Wilson:** QUESTION // Q7. What is the first small step you would take to start this change? And the second?

Feb 23 2017, 10:07 PM

**MandyMarks:** I need to get consistent. I am so far 'behind' on my scrapbooking and it stresses me out and I have forgotten stuff and the longer time spans without scrapping the further 'behind' I get and the worse I feel. I want to document our lives and be able to enjoy the albums. Not to mention I have enough supplies to seriously open my own scrapbook store

Feb 23 2017, 10:07 PM

**[Tiffany Mitchell](#):** Get in the habit of printing photos.

Feb 23 2017, 10:07 PM

**CarrieAnderson:** make a list of what i want to spend my time doing and put the time in my schedule as non negotiable

Feb 23 2017, 10:08 PM

**PatriciaMoore:** agree Carri

Feb 23 2017, 10:08 PM

**PamelaMontagno:** I hear you Mandy

Feb 23 2017, 10:08 PM

**CindyDavenport:** 1. Schedule the time. 2. Settle on one specific project to work on

Feb 23 2017, 10:08 PM

**MandyMarks:** creating a schedule for the weekend with scrapbooking on there

Feb 23 2017, 10:08 PM

**DionneJack:** First, which I've been working on is printing photos regularly. Second is scheduling and using that time for creating. 3. Follow my next step(s) for my priority projects.

Feb 23 2017, 10:09 PM

**TaraNolley:** I need to decide on what my priority projects are.

Feb 23 2017, 10:09 PM

**PamelaMontagno:** Create the time and specifically focus on one thing to get done

Feb 23 2017, 10:09 PM

**JudiPartlo:** First step- when I get home next Wednesday- finish journaling on the pages I've been working on. Step 2: print February photos

Feb 23 2017, 10:09 PM

**[Tiffany Mitchell](#)**: Set the timer and see what I can get done in 5 minutes. Usually it makes it easier if I am not committing to a huge chunk of time, but once I get started, I seem to keep going....

Feb 23 2017, 10:09 PM

**HonoreFrancois**: I'm stumped on this Q - which is why my productivity is so lacking

Feb 23 2017, 10:09 PM

**Alissa Williams**: the timer idea is a good one tiffany

Feb 23 2017, 10:09 PM

**CarrieAnderson**: tiffany...love that!

Feb 23 2017, 10:09 PM

**TaraNolley**: Tiffany, I really like that method. Though I use it more for housework.

Feb 23 2017, 10:10 PM

**EdithBanks**: Having a project, materials out on my table. Also not limiting myself when there is something that I need that would help. I need a chair to sit something's when I scrap. I just need to buy one.

Feb 23 2017, 10:10 PM

**CarrieAnderson**: tara...works great for scrapping too

Feb 23 2017, 10:10 PM

**Jennifer Wilson**: I THINK PUTTING AN APPOINTMENT ON THE CALENDAR IS A STRONG FIRST STEP, FOR ANYONE UNSURE

Feb 23 2017, 10:10 PM

**[Caroline Hackney](#)**: Scheduling time is hard for me. But if I can then I totally agree with whoever said crafting begets crafting.

Feb 23 2017, 10:10 PM

**CarrieAnderson**: caroline...whats making it hard to schedule time?

Feb 23 2017, 10:11 PM

**Jennifer Wilson**: START BY LOOKING FOR A BLOCK OF JUST 15 MINUTES

Feb 23 2017, 10:12 PM

**MandyMarks**: My husband and I just created a really tight budget due to a home reno and so I'm basically on a no spend which will be good because I won't be out running around to purchase the newest supplies to add to my 'store' / 'stockpile' but rather sitting down using what I have already

Feb 23 2017, 10:12 PM

**HonoreFrancois**: I started scheduling time couple months ago and then got off track...tomorrow, I will set up a new schedule.

Feb 23 2017, 10:13 PM

**PatriciaMoore**: It is so easy to get sidetracked

Feb 23 2017, 10:13 PM

**HonoreFrancois**: Right after I read a bit into Switch!

Feb 23 2017, 10:13 PM

**PamelaMontagno**: Life happens one day at a time

Feb 23 2017, 10:13 PM

**ReneeWilson:** I am setting up a monthly craft time in my neighborhood. Hoping that will get me more motivated and working on my pages.

Feb 23 2017, 10:13 PM

**Jennifer Wilson:** QUOTE // Motivate the Elephant: Grow Your People - Cultivate a sense of identify and instill the growth mindset.

Feb 23 2017, 10:13 PM

**PatriciaMoore:** awesome Renee

Feb 23 2017, 10:13 PM

**Jennifer Wilson:** QUESTION // Q8. What are some ways you can leverage this community (or your at-home community) to create more consistently?

Feb 23 2017, 10:14 PM

**Jennifer Wilson:** RENEE'S EXAMPLE IS JUST PERFECT FOR THIS LAST PART OF THE MOTIVATE THE ELEPHANT SECTION.

Feb 23 2017, 10:14 PM

**CarrieAnderson:** ask more for help...offer encouragement to others...USE the tools we have

Feb 23 2017, 10:14 PM

**[Tiffany Mitchell](#):** accountability....

Feb 23 2017, 10:14 PM

**CindyDavenport:** I did better when I scrapped with friends. I had some accountability to show off what I produced

Feb 23 2017, 10:15 PM

**ReneeWilson:** I figure if I organize it then I will have that accountability with the group. I am definitely a group scrapper and not on my own.

Feb 23 2017, 10:15 PM

**PatriciaMoore:** let your family know

Feb 23 2017, 10:15 PM

**JudiPartlo:** Continue my WAM sessions with my sister

Feb 23 2017, 10:15 PM

**PamelaMontagno:** Schedule a craft night with a few friends

Feb 23 2017, 10:15 PM

**HonoreFrancois:** Since NOV 1, I've posted to my blog daily...today marked the 115th consecutive day...so I know I can do it...just need to figure out the hook to translate that into a layout...

Feb 23 2017, 10:15 PM

**CarrieAnderson:** cindy....show it to us!!!!

Feb 23 2017, 10:15 PM

**CarrieAnderson:** i love looking at pages

Feb 23 2017, 10:15 PM

**PatriciaMoore:** your scraping time & hope they leave you alone

Feb 23 2017, 10:16 PM

**MandyMarks:** I think communicating how important it is for you to scrapbook to your spouse and kids so that it is respected. I would also love to start hosting scrap get togethers at my house with my friends.

Feb 23 2017, 10:16 PM

**JudiPartlo:** Yes! I've been enjoying yours, Carrie!!

Feb 23 2017, 10:16 PM

**CindyDavenport:** Never thought about that Carrie. Thx

Feb 23 2017, 10:16 PM

**CarrieAnderson:** judi....is WAM helping???

Feb 23 2017, 10:16 PM

**MandyMarks:** I'm in the process of starting a blog to share my creative projects

Feb 23 2017, 10:16 PM

**CarrieAnderson:** thanks judi!! im on day 23

Feb 23 2017, 10:16 PM

**JudiPartlo:** Carrie it absolutely is!!!!

Feb 23 2017, 10:16 PM

**Jennifer Wilson:** DEFINITELY POST YOUR PAGES IN THE MONTHLY MEMBER INCENTIVE GALLERY!

Feb 23 2017, 10:17 PM

**EdithBanks:** I don't have as many demands on my time as others - I get so distracted

Feb 23 2017, 10:17 PM

**MandyMarks:** edith its so easy to get distracted

Feb 23 2017, 10:17 PM

**PamelaMontagno:** Me too Edith

Feb 23 2017, 10:17 PM

**HonoreFrancois:** @Judi - what is WAM

Feb 23 2017, 10:17 PM

**JudiPartlo:** Have done it every week since January 6 and it has helped me stay focused on smaller steps- perfect for my personality!

Feb 23 2017, 10:18 PM

**Jennifer Wilson:** WEEKLY ACCOUNTABILITY MEETING!

Feb 23 2017, 10:18 PM

**Alissa Williams:** I'm so glad you're WAMming Judi!

Feb 23 2017, 10:18 PM

**HonoreFrancois:** Ohhh! Thx!

Feb 23 2017, 10:18 PM

**Jennifer Wilson:** THERE'S A PODCAST EPISODE ALL ABOUT IT

Feb 23 2017, 10:18 PM

**CindyDavenport:** Edith -- I thought I'd be more focused w/ extra times on my hands, but it is just the opposite. Trying to reverse that course

Feb 23 2017, 10:18 PM

**[Caroline Hackney](#)**: I have find the transition into motherhood has made it hard to plan my scrap time. And now I have a toddler whose room is next to where I craft so I'm always worried I'll wake him. He LOVES to be in my craft room!

Feb 23 2017, 10:18 PM

**Alissa Williams**: It's a great episode!

Feb 23 2017, 10:18 PM

**JudiPartlo**: Jennifer talked about it on a podcast and I started it with my sister- we do it on FaceTime

Feb 23 2017, 10:19 PM

**MandyMarks**: WAM sounds like a great idea!!

Feb 23 2017, 10:19 PM

**JudiPartlo**: Thanks, Alissa!

Feb 23 2017, 10:19 PM

**PamelaMontagno**: I will have to check out the podcast

Feb 23 2017, 10:19 PM

**DionneJack**: Such a great idea Judi.

Feb 23 2017, 10:19 PM

**MandyMarks**: I will have to listen to that podcast

Feb 23 2017, 10:19 PM

**DionneJack**: I'm going to listen to that podcast as well.

Feb 23 2017, 10:19 PM

**JudiPartlo**: Thanks to Jennifer!  

Feb 23 2017, 10:20 PM

**PamelaMontagno**: Thanks Jennifer

Feb 23 2017, 10:20 PM

**TaraNolley**: When I get a vacation week, and more time to scrap, it really can throw me off and lead to less progress.

Feb 23 2017, 10:21 PM

**PamelaMontagno**: I find if I have less time I do more

Feb 23 2017, 10:21 PM

**PatriciaMoore**: True Tara, the more time I have the less I get done...weird

Feb 23 2017, 10:21 PM

**Jennifer Wilson**: MOVING ON TO THE FINAL SEGMENT >>> QUOTE // Shape the Path: Tweak the Environment - When the situation changes, the behavior changes. So change the the situation.

Feb 23 2017, 10:21 PM

**Jennifer Wilson**: QUESTION // Q9. How can you set your creative space up for greater success in creating consistently?

Feb 23 2017, 10:22 PM

**Alissa Williams**: keep stuff out on my table

Feb 23 2017, 10:22 PM

**ShannonMinner**: Move the elephant load of supplies I have been hoarding out of my room?

Feb 23 2017, 10:22 PM

**MandyMarks:** I just spent 3 days over the weekend cleaning and organizing my scrapbook closet and I'm going to work on my desk this weekend so its ready for me to work functionally and find things

Feb 23 2017, 10:23 PM

**JudiPartlo:** Purge stuff I'll never use , use micro kits, keep current project out

Feb 23 2017, 10:23 PM

**CarrieAnderson:** for LOAD i set up a table in my living room....so im near the kitchen, my husband, the tv and my kitties....it has been SO GREAT!! scrapping feels like less of a chore and like im still spending time with my family

Feb 23 2017, 10:23 PM

**[Tiffany Mitchell](#):** have photos printed.....

Feb 23 2017, 10:23 PM

**DionneJack:** Yes, having stuff out helps and probably tweaking my organization of my space so that I know what's where.

Feb 23 2017, 10:23 PM

**ReneeWilson:** Have the space organized where my go to supplies are easily accessible.

Feb 23 2017, 10:23 PM

**JudiPartlo:** Sounds fun, Carrie!

Feb 23 2017, 10:24 PM

**CarrieAnderson:** i was so tired of just organizing my stuff and wanted to MAKE STUFF

Feb 23 2017, 10:24 PM

**CindyDavenport:** Keeping whatever project I'm working on out in the open --

Feb 23 2017, 10:24 PM

**PatriciaMoore:** I sorted my color into shoes boxes last year....found I rarely ever go to the boxes...emptied one this week put in my go to supplies

Feb 23 2017, 10:24 PM

**PatriciaMoore:** hardly ever

Feb 23 2017, 10:24 PM

**TaraNolley:** I do digital scrapbooking, so for me it is getting all the other projects cleared off my desk so I'm not distracted.

Feb 23 2017, 10:24 PM

**EdithBanks:** Make kits- tweak some organization

Feb 23 2017, 10:24 PM

**[Erin Bright Fleming](#):** I love to do it and it feels good to create

Feb 23 2017, 10:24 PM

**Jennifer Wilson:** QUOTE // Shape the Path: Build Habits - When behavior is habitual, it's "free" - it doesn't tax the rider. Look for ways to encourage habits.

Feb 23 2017, 10:24 PM

**[Caroline Hackney](#):** I need toddler proof solutions. Haha

Feb 23 2017, 10:24 PM



**PamelaMontagno:** I hear you Carrie

Feb 23 2017, 10:24 PM

**Jennifer Wilson:** QUESTION // Q10. What is one habit you could focus on, that would support creating more consistently?

Feb 23 2017, 10:25 PM

**TaraNolley:** Maybe I should take my laptop in the other room some times.

Feb 23 2017, 10:25 PM

**HonoreFrancois:** My space is functional and supplies/resources accessible...I have the time -just need to schedule it and FOLLOW the schedule. I think It's truly a matter of won't power on my part. I won't continue down this current path...

Feb 23 2017, 10:25 PM

**TaraNolley:** I think cleaning off my desk would be a good habit for me.

Feb 23 2017, 10:25 PM

**JudiPartlo:** Setting up a regular time to print my photos

Feb 23 2017, 10:25 PM

**ReneeWilson:** Scheduling time

Feb 23 2017, 10:25 PM

**CindyDavenport:** Habit to try = schedule and set a timer

Feb 23 2017, 10:26 PM

**DionneJack:** I'm with Judi.

Feb 23 2017, 10:26 PM

**[Tiffany Mitchell](#):** I want to journal more, I have scheduled time to do just journaling a couple times a week.

Feb 23 2017, 10:26 PM

**ShannonMinner:** I would still like to focus on getting 15 minutes of doing something craft related at least 4 times a week.

Feb 23 2017, 10:26 PM

**PatriciaMoore:** I just need to follow my schedule

Feb 23 2017, 10:26 PM

**EdithBanks:** Go downstairs and set a timer for 15 minutes.

Feb 23 2017, 10:26 PM

**HonoreFrancois:** Scheduling! And Following it!

Feb 23 2017, 10:27 PM

**[Caroline Hackney](#):** Scheduling and sticking with it

Feb 23 2017, 10:27 PM

**CarrieAnderson:** more timer

Feb 23 2017, 10:27 PM

**Jennifer Wilson:** QUOTE // Shape the Path: Rally the Herd - Behavior is contagious. Help it spread.

Feb 23 2017, 10:27 PM

**Jennifer Wilson:** QUESTION // Q11. What is one piece of advice you would give someone else trying to scrapbook more consistently?

Feb 23 2017, 10:27 PM

**CarrieAnderson:** (sounds like more cowbell in my head)

Feb 23 2017, 10:27 PM

**CarrieAnderson:** hahahaha

Feb 23 2017, 10:28 PM

**DionneJack:** Just start!

Feb 23 2017, 10:28 PM

**MandyMarks:** I need to schedule the time and create during that time until it becomes a habit!

Feb 23 2017, 10:28 PM

**[Erin Bright Fleming](#):** Schedule it and have friends to keep you accountable

Feb 23 2017, 10:28 PM

**HonoreFrancois:** Just do it!

Feb 23 2017, 10:28 PM

**JudiPartlo:** Set a timer

Feb 23 2017, 10:28 PM

**CarrieAnderson:** i promise its not as complicated as it feels

Feb 23 2017, 10:28 PM

**CindyDavenport:** Advice = just start with one little thing that keeps calling to you

Feb 23 2017, 10:28 PM

**PatriciaMoore:** add it to an already established habit

Feb 23 2017, 10:29 PM

**[Tiffany Mitchell](#):** Find a trigger, like the same time everyday, that reminds you.

Feb 23 2017, 10:29 PM

**MandyMarks:** my advice for people just starting out, organization tips to keep memorabilia and photos organized from the beginning and not overbuying supplies

Feb 23 2017, 10:29 PM

**EdithBanks:** Go back to the reason why that scrapbook - memory keeping, creativity or both- and focus on that

Feb 23 2017, 10:29 PM

**CindyDavenport:** Really like that Patricia. And not just for scrapbooking

Feb 23 2017, 10:29 PM

**PatriciaMoore:** amen Mandy

Feb 23 2017, 10:29 PM

**[Tiffany Mitchell](#):** Start with the end in mind.

Feb 23 2017, 10:29 PM

**ReneeWilson:** That's good Mandy.

Feb 23 2017, 10:30 PM

**PamelaMontagno:** Start

Feb 23 2017, 10:30 PM

**Jennifer Wilson:** I ABSOLUTELY LOVE THAT THERE ARE SOME MANY PRACTICAL APPLICATIONS OF THIS FRAMEWORK. I WANT TO USE IT TO GET MORE PEOPLE TO ATTEND OUR MEMBER AND BOOK CLUB CHATS, FOR EXAMPLE!

Feb 23 2017, 10:30 PM

**DionneJack:** Yes, Patricia. I do this when I want to build on habits

Feb 23 2017, 10:30 PM

**Jennifer Wilson:** THANK YOU ALL SO MUCH FOR A LIVELY DISCUSSION.

Feb 23 2017, 10:30 PM

**JudiPartlo:** Thanks everyone!

Feb 23 2017, 10:30 PM

**PatriciaMoore:** I use it in other areas also, Dianne

Feb 23 2017, 10:30 PM

**ReneeWilson:** Thanks. I enjoyed it!

Feb 23 2017, 10:31 PM

**EdithBanks:** Thought provoking as always!

Feb 23 2017, 10:31 PM

**MandyMarks:** Yes Tiffany start with the end in mind, wish I had known that when my kids were born since they are now 18 and 15

Feb 23 2017, 10:31 PM

**PamelaMontagno:** Thanks

Feb 23 2017, 10:31 PM

**DionneJack:** Thank you all.

Feb 23 2017, 10:31 PM

**MandyMarks:** Thanks this was great!! Now to finish the book and schedule my scrapbook time

Feb 23 2017, 10:31 PM

**HonoreFrancois:** Thanks all...off to read SWITCH! Cheers~

Feb 23 2017, 10:31 PM

**PatriciaMoore:** Thanks, Jennifer & ladies for good tips. Night all

Feb 23 2017, 10:32 PM

**Jennifer Wilson:** NEXT MONTH WE'LL BE READING SABBATH: FINDING REST, RENEWAL, AND DELIGHT IN OUR BUSY LIVES

Feb 23 2017, 10:32 PM

**EdithBanks:** Thanks- good night everyone

Feb 23 2017, 10:32 PM

**Jennifer Wilson:** HAVE A GOOD EVENING AND REST OF YOUR WEEK!

Feb 23 2017, 10:33 PM

**Jennifer Wilson:**

Feb 23 2017, 10:33 PM

**ShannonMinner:** Good night!