

Mar 29, 9:27 PM

**Carol AnneWall:** Hello!

Mar 29, 9:28 PM

**Cindy March:** Hello Everyone.

Mar 29, 9:28 PM

**PatriciaMoore:** Greetings

Mar 29, 9:29 PM

**KimEdsen:** Hey there!

Mar 29, 9:30 PM

**Jennifer Wilson (Moderator):** HELLO EVERYONE! WELCOME TO THE BOOK CLUB CHAT FOR MARCH.

Mar 29, 9:30 PM

**KimEdsen:** Who is ready for Friday, yet? I know I am.

Mar 29, 9:31 PM

**PatriciaMoore:** Will be busy Easter Weekend...AND cold

Mar 29, 9:31 PM

**Jennifer Wilson (Moderator):** WE DON'T HAVE SCHOOL TOMORROW OR MONDAY, SO IT'S ALREADY REALLY MY FRIDAY.

Mar 29, 9:31 PM

**KimEdsen:** Yes, Patricia...so much for my sleeveless dress! Bring on the cardigans!

Mar 29, 9:32 PM

**Carol AnneWall:** I am ready for the weekend. Just noticed there's a full moon soon.

Mar 29, 9:32 PM

**PatriciaMoore:** afraid so Kim

Mar 29, 9:32 PM

**Jennifer Wilson (Moderator):** THESE BOOK CLUB CHATS HAPPEN HERE AT THE END OF EACH MONTH!ALL ARE INVITED TO PARTICIPATE, WHETHER OR NOT YOU READ THE BOOK.

Mar 29, 9:33 PM

**Jennifer Wilson (Moderator):** NEXT MONTH THOUGH, OUR CHAT WILL BE ON THE FIRST THURSDAY IN MAY, I THINK THAT IS MAY 3 AS I WILL BE OUT OF TOWN THE WEEK BEFORE.

Mar 29, 9:33 PM

**CarrieAnderson:** Hi friends... didn't read the book but excited to hang out with everyone tonight 😊😊

Mar 29, 9:33 PM

**Cindy March:** Good for you Jennifer. Gives us more time to read the book.

Mar 29, 9:34 PM

**LauraKaplan:** Hello!

Mar 29, 9:34 PM

**Jennifer Wilson (Moderator):** IF YOU ARE NEW TO THE BOOK CLUB, DURING THE CHAT I WILL POSE DISCUSSION QUESTIONS AND SOME WILL INCLUDE A QUOTE FROM THE BOOK. THE QUOTES ARE TYPICALLY JUMPING OFF POINTS FOR QUESTIONS ABOUT SCRAPBOOKING, THOUGH THERE'S GOOD MIX OF LIFE STUFF IN THESE CONVERSATIONS TOO!

Mar 29, 9:34 PM

**LauraKaplan:** I'm at a private school and we have school both tomorrow and Monday. Hmph.

Mar 29, 9:34 PM

**PatriciaMoore:** Hi, Carrie haven't seen you for awhile...welcome back

Mar 29, 9:34 PM

**KimEdsen:** We do too, Laura...

Mar 29, 9:35 PM

**Fancyscrapper (Guest):** Have I missed the vid? I can

Mar 29, 9:35 PM

**Guest8361 (Guest):** He'll

Mar 29, 9:35 PM

**CarrieAnderson:** Hi Patricia 😊🥰

Mar 29, 9:35 PM

**Fancyscrapper (Guest):** Not seem to find it?

Mar 29, 9:35 PM

**KimEdsen:** Carrie, I didn't finish it, got about 3/4 of the way through

Mar 29, 9:35 PM

**LauraKaplan:** I didn't read the book, either. Thought it sounded like a good discussion, though.

Mar 29, 9:35 PM

**Jennifer Wilson (Moderator):** QUESTION // Q1. Were you familiar with Mel Robbins before reading the book?

Mar 29, 9:35 PM

**Guest8361 (Guest):** Hello everyone! I read the book.

Mar 29, 9:35 PM

**Carol AnneWall:** I got 3/4 through then quit.

Mar 29, 9:35 PM

**KimEdsen:** @Fancyscrapper - no video for the book club chats - just typing

Mar 29, 9:35 PM

**PatriciaMoore:** I read about half

Mar 29, 9:35 PM

**Cindy March:** First time I heard of her.

Mar 29, 9:36 PM

**Fancyscrapper (Guest):** Thanks, Kim!

Mar 29, 9:36 PM

**Carol AnneWall:** Not familiar with Mel Robbins at all.

Mar 29, 9:36 PM

**[Tiffany Mitchell](#):** No, I didn't know of her.

Mar 29, 9:36 PM

**KimEdsen:** First time for me, as well

Mar 29, 9:36 PM

**PatriciaMoore:** hadn't heard of her

Mar 29, 9:36 PM

**Fancyscrapper (Guest):** I listened to an excerpt to her book on Amazon. . . . Very inspiring@

Mar 29, 9:36 PM

**KimEdsen:** But now I have, I see friends on FB who follow her....go figure...

Mar 29, 9:37 PM

**EdithBanks:** I didn't know her.

Mar 29, 9:37 PM

**Jennifer Wilson (Moderator):** I HAD NOT HEARD OF HER AT ALL.

Mar 29, 9:37 PM

**Guest8361 (Guest):** No.

Mar 29, 9:37 PM

**PatriciaMoore:** I saw her on youtube recently

Mar 29, 9:37 PM

**Fancyscrapper (Guest):** I played it for my dh who is seriously into self help stuff.

Mar 29, 9:37 PM

**Jennifer Wilson (Moderator):** QUESTION // Q2. What are your overall impressions of the book? Did you enjoy it? Strengths and weaknesses?

Mar 29, 9:37 PM

**Fancyscrapper (Guest):** So inspirational@

Mar 29, 9:37 PM

**Fancyscrapper (Guest):** !

Mar 29, 9:38 PM

**Fancyscrapper (Guest):** Jennifer, what are your thoughts?

Mar 29, 9:38 PM

**KimEdsen:** I feel like she had a lot of valid points, but I was not motivated by her 'tough love' approach.

Mar 29, 9:38 PM

**Cindy March:** Very motivating in a perfect world,

Mar 29, 9:38 PM

**Tiffany Mitchell:** This wasn't one of my favorites for this book club.

Mar 29, 9:38 PM

**Jennifer Wilson (Moderator):** I'M CURIOUS TO WATCH A YOUTUBE VIDEO OR LISTEN TO AN AUDIO OF HERS. HER VOICE IN THE BOOK FELT VERY PATRONIZING AND TERSE TO ME, NOT LOVING AND SUPPORTIVE.

Mar 29, 9:38 PM

**Guest8361 (Guest):** YouTube recently.

Mar 29, 9:39 PM

**Fancyscrapper (Guest):** Good point, Jennifer!

Mar 29, 9:39 PM

**PatriciaMoore:** I felt like I got her point & quite half way through

Mar 29, 9:39 PM

**KimEdsen:** maybe it was the language "get off your butt,..." etc.

Mar 29, 9:39 PM

**Carol AnneWall:** It was a repeat of the things I figured out in my late 30s/early 40s. It might be helpful to someone younger. Bottom line: Get off your butt and do something about whatever is bugging you.

Mar 29, 9:39 PM

**Fancyscrapper (Guest):** I don't respond well to the "get off your butt" kind of "encouragement.

Mar 29, 9:39 PM

**PatriciaMoore:** Agree Carol Anne

Mar 29, 9:39 PM

**Jennifer Wilson (Moderator):** AS KIM SAID, SHE HAS SOME IMPORTANT POINTS, BUT IT SEEMED \*VERY\*REPETITIVE AND I HAD A HARD TIME READING SO MANY STORIES OF SAD PEOPLE.

Mar 29, 9:39 PM

**Tiffany Mitchell:** She made me feel stupid for not having a "dream".

Mar 29, 9:40 PM

**PatriciaMoore:** Yes and at my age ....not going to make major life changes

Mar 29, 9:40 PM

**Guest8361 (Guest):** Tough love approach...had some good motivation!

Mar 29, 9:40 PM

**Carol AnneWall:** I accidentally skipped three chapters and didn't know until close to the end. Lots of repetition

Mar 29, 9:40 PM

**Fancyscrapper (Guest):** I'm still trying to figure out my "dream" too, Tiffany

Mar 29, 9:40 PM

**Jennifer Wilson (Moderator):** TIFFANY, I DO SEE THAT SHE IMPLIES THAT EVERYONE SECRETLY WANTS TO BE DOING SOMETHING TOTALLY DIFFERENT THAN WHAT THEY ARE.

Mar 29, 9:41 PM

**Jennifer Wilson (Moderator):** WHICH I DON'T THINK IS TRUE AT ALL.

Mar 29, 9:41 PM

**PatriciaMoore:** I had a hard time with that thought Jennifer

Mar 29, 9:41 PM

**Guest2343 (Guest):** Is there audio. I can't hear anyone.

Mar 29, 9:41 PM

**Fancyscrapper (Guest):** Raising my children was my dream. I still have a good 20 years. What to do with that?

Mar 29, 9:41 PM

**Jennifer Wilson (Moderator):** GUEST2343, THIS IS JUST A TYPE-WRITTEN CHAT.

Mar 29, 9:41 PM

**Guest2343 (Guest):** Thank you!

Mar 29, 9:41 PM

**PatriciaMoore:** Fancyscrapper...don't worry you will wonder why you run out of time

Mar 29, 9:42 PM

**PatriciaMoore:** need more than 24 hours

Mar 29, 9:42 PM

**Carol AnneWall:** Fancyscrapper: My friends are planning lots of road trips and rowdy times when all the kids are launched.

Mar 29, 9:42 PM

**KimEdsen:** I also wondered about the worth that sometimes it's just enough to think about what could be, it doesn't necessarily mean I need to act on it, if I'm perfectly happy where I'm at...sometimes things in life are just left unexplored

Mar 29, 9:42 PM

**Fancyscrapper (Guest):** Not seeing that yet, Patricia

Mar 29, 9:43 PM

**Fancyscrapper (Guest):** We have less than no money. A second bankruptcy may happen Life has not been kind.

Mar 29, 9:43 PM

**Jennifer Wilson (Moderator):** I SEE THE MOST RELEVANT CONNECTION TO SCRAPBOOKING BEING THAT SMALL ACTIONS ADD UP, THAT ALL IT TAKES IS ONE BABY STEP AFTER ANOTHER TO MAKE SOMETHING HAPPEN.

Mar 29, 9:43 PM

**PatriciaMoore:** Kim, I took some of her ideas & will tweek my life always want to improve what I have.

Mar 29, 9:43 PM

**PatriciaMoore:** so sorry Fancyscrapper

Mar 29, 9:44 PM

**Fancyscrapper (Guest):** I love scrapbooking! I'm trying to tell my story in the kindest way possible!

Mar 29, 9:44 PM

**Jennifer Wilson (Moderator):** QUOTE // "The only way to get unstuck is to force yourself to change and grow in meaningful ways."

Mar 29, 9:44 PM

**Jennifer Wilson (Moderator):** QUESTION // Q1. Have you ever felt stuck as a scrapbooker and/or creative person? What did you do to move past that feeling?

Mar 29, 9:44 PM

**Cindy March:** As they say..small straps lead to a big success.

Mar 29, 9:44 PM

**PatriciaMoore:** Jennifer that is true with most every thing

Mar 29, 9:44 PM

**KimEdsen:** So true, Patricia!

Mar 29, 9:45 PM

**Carol AnneWall:** Yes, I've felt stuck. I joined this community a year ago and have been becoming unstuck.

Mar 29, 9:45 PM

**PatriciaMoore:** I've spent a lot of time stuck, check all options, & keep going

Mar 29, 9:45 PM

**Guest8361 (Guest):** Go seek inspiration. Blogs Pinterest YouTube.

Mar 29, 9:45 PM

**Tiffany Mitchell:** I felt that way trying to do stuff like Project Life when it wasn't right for me at the time.

Mar 29, 9:45 PM

**Cindy March:** If you have your health...you are abundantly rich...

Mar 29, 9:45 PM

**LauraKaplan:** I get stuck from time to time. Part of the wisdom of being older is knowing that I will get unstuck in time.

Mar 29, 9:46 PM

**KimEdsen:** True, Laura - I definitely notice and ebb and flow to my scrapbooking.

Mar 29, 9:46 PM

**Jennifer Wilson (Moderator):** VERY TRUE LAURA! I HAVE LEARNED TO LOVE MARINATING IN MY STUCKNESS.

Mar 29, 9:46 PM

**Fancyscrapper (Guest):** To move past being “stuck” I pull out an unused product. . . . Stamps, . . . . Rub ons. . . .Etc. and I challenge myself to use an old product.

Mar 29, 9:46 PM

**EdithBanks:** Stuckness is part of the process

Mar 29, 9:46 PM

**PatriciaMoore:** I like to look through albums I have created

Mar 29, 9:46 PM

**Fancyscrapper (Guest):** Jennifer, too true! “Marinating”

Mar 29, 9:47 PM

**Guest8361 (Guest):** Finish old albums! Haha

Mar 29, 9:47 PM

**LauraKaplan:** Ooh - I like the idea of marinating.

Mar 29, 9:47 PM

**Fancyscrapper (Guest):** Patricia, good thoughts! I do the same thing! I love my old albums!

Mar 29, 9:47 PM

**Cindy March:** Patricia Moore - That's what I do.

Mar 29, 9:48 PM

**Fancyscrapper (Guest):** Especially hand made and hand crafted albums.

Mar 29, 9:48 PM

**Carol AnneWall:** I need likeminded people around me, they help me get unstuck by example.

Mar 29, 9:48 PM

**Tiffany Mitchell:** Accountability tends to help me get out of a holding pattern.

Mar 29, 9:48 PM

**Fancyscrapper (Guest):** Good point, Carol Anne!

Mar 29, 9:48 PM

**Jennifer Wilson (Moderator):** ONE OF MY FAVORITE STORIES IS HOW I FIGURED OUT THE MY DIVIDED ALBUM APPROACH (<http://go.simplescrapper.com/albums/>).

Mar 29, 9:49 PM

**Jennifer Wilson (Moderator):** I KNEW I WANTED TO USE POCKET PAGES, BUT NOT "DO PROJECT LIFE". I WENT TO SLEEP THINKING ABOUT IT NIGHT AFTER NIGHT, REALLY TRYING TO ACCEPT AND ACKNOWLEDGE THAT THIS WAS PART OF THE PROCESS.

Mar 29, 9:50 PM

**Fancyscrapper (Guest):** I am so NOT a pocket pages person. I know this about myself

Mar 29, 9:50 PM

**PatriciaMoore:** I love that our brains keep working even in our sleep & as we go through our other activities

Mar 29, 9:50 PM

**Fancyscrapper (Guest):** I don't like the restriction of the pocket.

Mar 29, 9:51 PM

**Cindy March:** Pocket pages never appealed to me.

Mar 29, 9:51 PM

**PatriciaMoore:** pockets are great when you have a lot of photos ....like on vacation, camp , etc

Mar 29, 9:51 PM

**LauraKaplan:** I'm not good at pockets. Took me a while to figure that out.

Mar 29, 9:51 PM

**KimEdsen:** I agree, Patricia - or for specific projects, like December Daily

Mar 29, 9:52 PM

**Jennifer Wilson (Moderator):** QUOTE // "Every positive action creates momentum to supply the next action,When you start building momentum, you're creating a perpetual motion machine that will give you enough energy to face the next challenge."

Mar 29, 9:52 PM

**LauraKaplan:** Yes, Kim. I think I do OK when I have all the photos for the entire project in front of me at once, and I can choose pocket page design accordingly.

Mar 29, 9:52 PM

**Jennifer Wilson (Moderator):** QUESTION // Q2. What aspect of your hobby, creative or not, offers you the most momentum?

Mar 29, 9:52 PM

**Guest8361 (Guest):** I like the weekly approach while kids tween and teen.

Mar 29, 9:53 PM

**Guest8361 (Guest):** It has taken years to get it organized enough to keep up.

Mar 29, 9:53 PM

**Guest8361 (Guest):** I am working on WK 13! And it is WK 13.

Mar 29, 9:54 PM

**KimEdsen:** I think I get the most momentum from telling the stories. I will often write up my journaling, or at least have an idea of it, before ordering photos and putting those words down is what is the most exciting to me.

Mar 29, 9:54 PM

**Cindy March:** Putting a completed page in an album.

Mar 29, 9:54 PM

**Jennifer Wilson (Moderator):** I THINK I GET THE MOST MOMENTUM FROM PRINTING PHOTOS.

Mar 29, 9:54 PM

**LauraKaplan:** Wow, Guest 8361! That's awesome!

Mar 29, 9:54 PM



**Tiffany Mitchell:** I batch some of my tasks. I write my stories (usually prompt based), then when I have a handful, I order photos. When my order comes in I make micro kits for all of those layouts and then I can create pretty consistently until I run out of photos again.

Mar 29, 9:54 PM

**PatriciaMoore:** It helps me if I keep something going....someone gave me the idea of leaving part of the page to finish the next time I scrapped...helps me keep going

Mar 29, 9:54 PM

**Carol AnneWall:** Crops get my mojo going. Something about having others working on projects gets my juices going.

Mar 29, 9:55 PM

**Guest8361 (Guest):** Thanks Laura!

Mar 29, 9:55 PM

**EdithBanks:** Putting my photos in pockets

Mar 29, 9:55 PM

**KimEdsen:** Patricia - I find that helpful too

Mar 29, 9:56 PM

**Tiffany Mitchell:** Challenges also tend to help me, like from a class.

Mar 29, 9:56 PM

**Guest8361 (Guest):** Great Tiffany...batching is the bomb!

Mar 29, 9:57 PM

**CarrieAnderson:** Tiffany...I really like that system...nice flow!

Mar 29, 9:58 PM

**Jennifer Wilson (Moderator):** QUOTE // "Your brain has made an art form out of doing nothing through "anti-actions." Anti-actions are the actions you take in the place of the ones you need to take."

Mar 29, 9:58 PM

**CarrieAnderson:** Something I learned about my process is starting the basic part of the layout and coming back to finish really works well for me

Mar 29, 9:58 PM

**Jennifer Wilson (Moderator):** QUESTION // Q3. What anti-actions are you guilty of taking?

Mar 29, 9:58 PM

**Jennifer Wilson (Moderator):** I LOVE DOING THAT TOO CARRIE!

Mar 29, 9:59 PM

**Cindy March:** Watching TV.

Mar 29, 9:59 PM

**PatriciaMoore:** Carrie, maybe you were the one that gave me that idea

Mar 29, 9:59 PM

**Tiffany Mitchell:** Watching YouTube videos, surfing Pinterest, organizing my stash, watching TV...

Mar 29, 9:59 PM

**Guest8361 (Guest):** Too much Netflix!

Mar 29, 9:59 PM

**CarrieAnderson:** HA! Organizing and reorganizing instead of making or browsing for "inspiration" on IG

Mar 29, 9:59 PM

**EdithBanks:** YouTube FB,

Mar 29, 9:59 PM

**PatriciaMoore:** putting too many things before scrapping

Mar 29, 9:59 PM

**Carol AnneWall:** My great anti-actions are playing solitaire and falling asleep.

Mar 29, 9:59 PM

**Jennifer Wilson (Moderator):** I AM GUILTY OF WATCHING YOUTUBE VIDEOS, GOING THROUGH A CYCLE OF CHECKING THINGS ON MY PHONE, WATCHING TV, TAKING A REALLY LONG SHOWER

Mar 29, 10:00 PM

**CarrieAnderson:** Maybe Patricia 😊

Mar 29, 10:00 PM

**CarrieAnderson:** Carole...sleep definitely gets in the way for me too 😊😊

Mar 29, 10:00 PM

**KimEdsen:** Online browsing...Facebook, Pinterest, Instagram, shopping (but never buying....I can talk myself out of most anything...)

Mar 29, 10:00 PM

**Guest8361 (Guest):** Ah really long shower would self care Jennifer!

Mar 29, 10:01 PM

**Tiffany Mitchell:** Kim- shopping and not buying is one of mine too

Mar 29, 10:01 PM

**CarrieAnderson:** Kim! I need that skill.... actually...I just need you to be my life coach



Mar 29, 10:01 PM

**PatriciaMoore:** my stuff is usually work related....dishes, laundry, paying bills, etc

Mar 29, 10:02 PM

**LauraKaplan:** Yes, shopping, YouTube, Twitter, iPhone games... Just about any waste of time I can come up with!

Mar 29, 10:02 PM

**Jennifer Wilson (Moderator):** I THINK I SOMETIMES USE SELF CARE AS A FORM OF PROCRASTINATION.YES, IT HAS A BENEFIT, BUT THERE ARE CONSEQUENCES.

Mar 29, 10:02 PM

**Guest8361 (Guest):** Okay!

Mar 29, 10:02 PM

**KimEdsen:** Carrie, not sure I'd be so helpful! You might regret what you wish for!

Mar 29, 10:03 PM

**Guest8361 (Guest):** Knee surgery has slowed me down...but self care is on top for priorities.

Mar 29, 10:03 PM

**Jennifer Wilson (Moderator):** KIM IS A BALL BUSTER... I MEAN TASK MASTER. SHE IS THE REASON WE ARE 2 WEEKS AHEAD ON REFRESH!

Mar 29, 10:03 PM

**CarrieAnderson:** 😁😁

Mar 29, 10:03 PM

**PatriciaMoore:** Yeah for Kim

Mar 29, 10:04 PM

**KimEdsen:** Oh, Jennifer...I'm sure you mean that in the nicest of ways LOL

Mar 29, 10:04 PM

**Jennifer Wilson (Moderator):** OF COURSE!! <3 YOU WOULD BE AN AWESOME LIFE COACH.

Mar 29, 10:05 PM

**KimEdsen:**

Mar 29, 10:05 PM

**Jennifer Wilson (Moderator):** QUESTION // Q3B. Are there any anti-actions you've stopped taking?

Mar 29, 10:05 PM

**PatriciaMoore:** procrastination, indecision & not following through are where I need a Life Coach, so it was a compliment King

Mar 29, 10:05 PM

**PatriciaMoore:** Kin

Mar 29, 10:05 PM

**Jennifer Wilson (Moderator):** I HAVE BEEN REALLY CONSCIOUS OF MY FACEBOOK SCROLLING AND HOW IT MAKES ME FEEL.

Mar 29, 10:06 PM

**PatriciaMoore:** I'm pretty unhappy with FB using my information

Mar 29, 10:06 PM

**Guest8361 (Guest):** I don't waste time on FB.

Mar 29, 10:06 PM

**Tiffany Mitchell:** I have stopped using FB for that reason, Jennifer.

Mar 29, 10:07 PM

**KimEdsen:** I find myself randomly checking FB as well...that is something I'm going to keep more in check next week for the Artist's Way prompt

Mar 29, 10:07 PM

**CarrieAnderson:** Omg Patricia me too!!

Mar 29, 10:07 PM

**PatriciaMoore:** I mainly go to FB for our group

Mar 29, 10:07 PM

**Carol AnneWall:** I'm looking forward to the week without reading for TAW to see if I can be more productive. I am adding "no computer" to that objective.

Mar 29, 10:07 PM

**LauraKaplan:** I stopped fb except for groups about a year and a half ago.

Mar 29, 10:07 PM

**KimEdsen:** I check email randomly too. Let's be honest, I don't get that much important email. I can check it once or twice a day, but if I'm on the computer I figure 'I'll just pop in..'

Mar 29, 10:07 PM

**CarrieAnderson:** What?? No reading....Carol...that scares me

Mar 29, 10:08 PM

**Jennifer Wilson (Moderator):** JUST TO GET OTHERS UP TO SPEED, IN OUR MEMBERSHIP GROUP WE ARE READING THE ARTIST'S WAY ALL YEAR AND WE ARE DOING A MEDIA DEPRIVATION WEEK NEXT WEEK.

Mar 29, 10:08 PM

**Cindy March:** All media?

Mar 29, 10:08 PM

**Jennifer Wilson (Moderator):** I AM CURIOUS, DO WE GO MIA AND NOT COMMUNICATE WITH EACH OTHER.. OR DO WE TRY TO USE FEED BLOCKERS SO WE CAN GET TO THE GROUP TO CONNECT ON OUR PROGRESS.

Mar 29, 10:08 PM

**Jennifer Wilson (Moderator):** YES, ALL MEDIA.

Mar 29, 10:08 PM

**Carol AnneWall:** Carrie - Me too. That's why I am doing it. Fighting the resistance to find out what happens.

Mar 29, 10:08 PM

**CarrieAnderson:** Kim...that's like actively procrastinating...I do that sooooo much

Mar 29, 10:09 PM

**CarrieAnderson:** Oh wow...that gave me a panic attack just thinking about it

Mar 29, 10:10 PM

**PatriciaMoore:** I will have to use my will power because I don't know how to do feed blockers...I can do it

Mar 29, 10:10 PM

**Guest8361 (Guest):** IG too...?

Mar 29, 10:10 PM

**Carol AnneWall:** Patricia - me too. Will power all the way.

Mar 29, 10:11 PM

**KimEdsen:** I'm still thinking through this, but I plan on still checking my email, FB, etc. but will be very intentional about it (like once in the morning, etc.) and try to not let it creep into my day

Mar 29, 10:11 PM

**Guest8361 (Guest):** I will! Oh it's going to be hard to do...

Mar 29, 10:11 PM

**Jennifer Wilson (Moderator):** NO BOOKS, TV, MOVIES, SOCIAL MEDIA, INTERNET BROWSING.. EMAIL LIMITED TO ESSENTIAL FUNCTIONS ONLY (WORK, BILLS), MUSIC SEEMS TO BE OK

Mar 29, 10:11 PM

**PatriciaMoore:** Carol Anne & I have a will power pack

Mar 29, 10:11 PM

**Carol AnneWall:** LOL

Mar 29, 10:12 PM

**EdithBanks:** The #100 day project starts next week

Mar 29, 10:12 PM

**Guest8361 (Guest):** Books?

Mar 29, 10:12 PM

**Jennifer Wilson (Moderator):** NO BOOKS.

Mar 29, 10:12 PM

**CarrieAnderson:** Edith!!! I'm doing that! I think....

Mar 29, 10:12 PM

**PatriciaMoore:** Yes Edith I am thinking of doing the #100 day project

Mar 29, 10:12 PM

**KimEdsen:** I am also going to let myself watch TV while I do my run on the treadmill, because honestly, that is the only way I can get myself on that thing!

Mar 29, 10:12 PM

**CarrieAnderson:** No books makes me sad...

Mar 29, 10:12 PM

**EdithBanks:** Carrie do it

Mar 29, 10:12 PM

**Tiffany Mitchell:** What will you do with your time instead. Is that the purpose of the challenge?

Mar 29, 10:12 PM

**Jennifer Wilson (Moderator):** THE IDEA IS TO BE PRESENT WITH YOUR OWN THOUGHTS.

Mar 29, 10:13 PM

**KimEdsen:** Carrie, I KNOW! What about my book clubs!?!

Mar 29, 10:13 PM

**PatriciaMoore:** Kim I understand I need that also

Mar 29, 10:13 PM

**CarrieAnderson:** Ha!! That's the terrifying part Jennifer

Mar 29, 10:13 PM

**Jennifer Wilson (Moderator):** YOU CAN CRAFT, EXERCISE, TALK TO PEOPLE, GO OUTSIDE, CLEAN SOMETHING, TAKE PICTURES

Mar 29, 10:13 PM

**KimEdsen:** Carrie - LOL

Mar 29, 10:14 PM

**Guest8361 (Guest):** Spring cleaning...yay!

Mar 29, 10:14 PM

**CarrieAnderson:** Kim...if you make exception for treadmill you should make exception for book club...other people are counting on you 😊😊😊😊😊😊

Mar 29, 10:14 PM

**KimEdsen:** If winter ever goes away you can garden, or if it's still here, you can bake

Mar 29, 10:14 PM

**Jennifer Wilson (Moderator):** THE IDEA IS TO WORK ON REPLACING YOUR HABITS OF CONSUMPTION WITH HABITS OF CREATION.

Mar 29, 10:14 PM

**PatriciaMoore:** I'VE NEVER run out of things to do in my whole long life

Mar 29, 10:15 PM

**KimEdsen:** Carrie, I think we'd make a great team! Me: telling you not to buy stuff, You: telling me to break the 'rules'

Mar 29, 10:15 PM

**Jennifer Wilson (Moderator):** I AM GOING TO HAVE A VERY LONG LIST OF "THINGS TO GOOGLE" AT THE END OF THE WEEK.

Mar 29, 10:15 PM

**Guest8361 (Guest):** Haha

Mar 29, 10:15 PM

**CarrieAnderson:** Hahahahaa...I'm the best at justifying 😊😊😊😊

Mar 29, 10:16 PM

**Guest8361 (Guest):** Isn't that the truth...our google machine.

Mar 29, 10:16 PM

**Jennifer Wilson (Moderator):** BOTTOM LINE: THIS EXERCISE IS GOING TO BE HARD, BUT I THOUGHT A LOT ABOUT IT WHILE READING THE BOOK.

Mar 29, 10:16 PM

**CarrieAnderson:** No Google?? I can't...I just can't

Mar 29, 10:16 PM

**Guest8361 (Guest):** We depend on it heavily!

Mar 29, 10:17 PM

**Jennifer Wilson (Moderator):** I WONDER IF ASKING ALEXA QUESTIONS COUNTS

Mar 29, 10:17 PM

**Carol AnneWall:** mmmmm

Mar 29, 10:17 PM

**KimEdsen:** I remember hearing somewhere once how it was kind of sad that today's generation doesn't really have wonder about things...back in the day, if you wanted to look something up, you had to track down an actual book or person with the knowledge, or just be content with not knowing....not so much the case these days.

Mar 29, 10:17 PM

**Guest8361 (Guest):** Yes!

Mar 29, 10:18 PM

**PatriciaMoore:** so true Kim

Mar 29, 10:18 PM

**Carol AnneWall:** Alexa rarely can answer my questions. Too existential.

Mar 29, 10:18 PM

**Guest8361 (Guest):** Very true!

Mar 29, 10:18 PM

**CarrieAnderson:** I don't think that's sad Kim I think that's awesome...

Mar 29, 10:18 PM

**Jennifer Wilson (Moderator):** I CANNOT BE CONTENT WITH NOT KNOWING!

Mar 29, 10:18 PM

**Guest8361 (Guest):** Our kids have no idea.

Mar 29, 10:19 PM

**Carol AnneWall:** I read encyclopedias when I was a kid. I needed to know everything.

Mar 29, 10:19 PM

**CarrieAnderson:** I'm the Oregon trail generation....I remember the old days and prefer new tech now 😊

Mar 29, 10:19 PM

**PatriciaMoore:** So when I want to know something the grandkids usually know or know where to find the answer

Mar 29, 10:20 PM

**Jennifer Wilson (Moderator):** ALRIGHT, I HAVE TWO QUESTIONS LEFT.. WE'D BETTER GET BACK TO THOSE!

Mar 29, 10:20 PM

**Jennifer Wilson (Moderator):** QUOTE // "Too many choices create a feeling of regret. When we have too many choices, no matter what we decide we later think about all the options left behind."

Mar 29, 10:20 PM

**KimEdsen:** Carrie - my kids and I found that game last summer. They had a blast...for about a day

Mar 29, 10:20 PM

**Jennifer Wilson (Moderator):** QUESTION // Q4. Does this feeling come up for you in scrapbooking? What do you do to narrow your choices?

Mar 29, 10:21 PM

**CarrieAnderson:** Lol Kim...dang dysentery

Mar 29, 10:21 PM

**KimEdsen:** When this happens I usually try to think about what will be most important to me in the long run, and keep the focus on that!

Mar 29, 10:21 PM

**InaNecesito:** I'm late for book club, I fell asleep! Just got caught up on the chat.

Mar 29, 10:21 PM

**[Tiffany Mitchell](#):** Too many choices does come up. How to approach a project, which supplies to use, which photos to choose, which story to tell.....

Mar 29, 10:22 PM

**Guest8361 (Guest):** Love that Kim.

Mar 29, 10:22 PM

**PatriciaMoore:** I try to figure out what the person in the story would most like

Mar 29, 10:22 PM

**CarrieAnderson:** Yes...I agree...I often wonder about the road not taken...more in life then scrapping though

Mar 29, 10:22 PM

**Guest8361 (Guest):** I think about my style...simple and clean.

Mar 29, 10:22 PM

**KimEdsen:** Patricia - I like that idea!

Mar 29, 10:22 PM

**PatriciaMoore:** agree Carrie

Mar 29, 10:22 PM

**Jennifer Wilson (Moderator):** WELCOME INA!

Mar 29, 10:23 PM

**CarrieAnderson:** In scrapping I try out lots of options ...but eventually just yell at myself to glue it down

Mar 29, 10:23 PM

**Jennifer Wilson (Moderator):** I DEFINITELY HAVE A PROBLEM SKIPPING OVER PRODUCTS BECAUSE I AM AFRAID I WILL REGRET USING THEM.. SO I LOOK FOR SOMETHING I LIKE YES.

Mar 29, 10:23 PM

**Jennifer Wilson (Moderator):** I LIKE 'LESS'

Mar 29, 10:24 PM

**KimEdsen:** 'Just glue it down' is a mantra that works for me as well. Once it on the page I can make it work, but if there's nothing on the page....it seems so much harder!

Mar 29, 10:24 PM

**Jennifer Wilson (Moderator):** OR IF I MAKE A DECISION, I WONDER IF THERE WAS SOMETHING BETTER IF I HAD KEPT LOOKING, BUT THAT'S NOT AS COMMON FOR ME

Mar 29, 10:24 PM



**InaNecesito:** I really like Mel Robbins and her practical approach appeals to me. In the beginning of the chat it seemed most people didn't care for her style. I also knew about her prior to this book.

Mar 29, 10:24 PM

**EdithBanks:** Jennifer I'm almost the opposite- I love using new products and pass over the old.

Mar 29, 10:24 PM

**Guest8361 (Guest):** Loving your stash bash videos Jennifer.

Mar 29, 10:24 PM

**Jennifer Wilson (Moderator):** THANKS GUEST8361!

Mar 29, 10:25 PM

**Jennifer Wilson (Moderator):** INA, I THINK WE'VE MANAGED TO HAVE A VERY RELEVANT CONVERSATION DESPITE A LOT OF FRUSTRATION WITH THE AUTHOR'S VERY FORWARD "TOUGH LOVE" WRITING STYLE.

Mar 29, 10:25 PM

**Guest8361 (Guest):** I actually went to Hobby Lobby for organizing my embellishments. So cool!

Mar 29, 10:25 PM

**Jennifer Wilson (Moderator):** I DIDN'T HAVE A LOT "OH, SHE REALLY GETS ME" FEELINGS WITH THIS BOOK.

Mar 29, 10:27 PM

**PatriciaMoore:** That's may be what I was feeling too Jennifer

Mar 29, 10:27 PM

**Guest8361 (Guest):** I liked the map idea.

Mar 29, 10:27 PM

**[Tiffany Mitchell](#):** I have no desire to try her 7 day stamina challenge she shares at the end of the book either.....

Mar 29, 10:27 PM

**Guest8361 (Guest):** Me neither.

Mar 29, 10:27 PM

**Jennifer Wilson (Moderator):** HA, ME THREE

Mar 29, 10:27 PM

**InaNecesito:** I did, because I feel like I'm very prone to inaction. I'm only about halfway through though. I was reading it and having difficulty relating it to scrapbooking though, I'm amazed at the discussion everyone has been having.

Mar 29, 10:27 PM

**KimEdsen:** I agree the map metaphor was interesting.

Mar 29, 10:27 PM

**Jennifer Wilson (Moderator):** QUOTE // "You need to honor your own creativity and inventiveness by delivering change through action."

Mar 29, 10:27 PM

**Jennifer Wilson (Moderator):** QUESTION // Q5. What change would you like to make in your hobby (or life, in support of your hobby)?

Mar 29, 10:28 PM

**KimEdsen:** I would say less procrastinating, more action. So from that standpoint, this book definitely reminded me of some applicable approaches to use.

Mar 29, 10:29 PM

**KimEdsen:** Often I want to have the answers before I start, but sometimes you just need to start and figure it out along the way

Mar 29, 10:29 PM

**PatriciaMoore:** Just taking more action

Mar 29, 10:29 PM

**Carol AnneWall:** What Patricia said

Mar 29, 10:29 PM

**InaNecesito:** I feel like I don't need to make any changes in my actual scrapbooking, I just need to do it more often. I find myself doing the inaction actions.

Mar 29, 10:29 PM

**Guest8361 (Guest):** I would like to continue my path of finishing! Complete pages...complete albums!

Mar 29, 10:30 PM

**CarrieAnderson:** I feel the same Kim but that feels like a basic broad answer and it's my problem with like everything...I guess I need more concrete specific baby steps....which I absolutely get right here at SS

Mar 29, 10:30 PM

**Jennifer Wilson (Moderator):** I WANT TO MAKE SURE I AM CREATING HOW I WANT TO CREATE AND NOT WORRY ABOUT WHAT I THINK I AM EXPECTED TO DO, OR WORRY ABOUT DISRUPTING THE STATUS QUO. THAT CAN BE HARD FOR ME.

Mar 29, 10:31 PM

**KimEdsen:** Sometimes I definitely get caught up in the 'this is how I've always done it' mindset...

Mar 29, 10:31 PM

**[Tiffany Mitchell](#):** I would like to consume less scrapbook information (videos, layouts, etc) and stop buying more that I can use in the same time frame and use what is at hand.

Mar 29, 10:32 PM

**CarrieAnderson:** Tiffany!!!! I love that 😍😍😍

Mar 29, 10:32 PM

**EdithBanks:** I know Kim-

Mar 29, 10:32 PM

**KimEdsen:** Carrie, for me it's a lot of mindfulness - remembering that baby steps add up, to just get started - all things Jennifer teaches us!

Mar 29, 10:32 PM

**Jennifer Wilson (Moderator):** THAT'S A GREAT MINDSET TIFFANY.. I REALLY WANT TO TRY TO BALANCE HOW WE CAN SUPPORT AND ENCOURAGE YOU WITH MAKING SURE WE ARE SPURRING ACTION ABOVE ALL

Mar 29, 10:32 PM

**PatriciaMoore:** Kim, I found it interesting that Mel said our brain sends us false info constantly

Mar 29, 10:33 PM

**Jennifer Wilson (Moderator):** THANK YOU ALL FOR A TERRIFIC DISCUSSION TONIGHT. ONE FINAL THOUGHT HERE IS THAT I DID ENJOY THIS AS A TAKE ON RESISTANCE MUCH MORE THAN STEVEN PRESSFIELD, WHOM I FOUND WAY TOO ABSTRACT

Mar 29, 10:33 PM

**InaNecesito:** Tiffany do you find some of the scrapbook info is more helpful than others? Eg youtube vs ig,or specific scrappers?

Mar 29, 10:34 PM

**[Tiffany Mitchell](#):** I find that if I focus on one thing it is inspiring vs. information via IG, Pinterest, etc.

Mar 29, 10:34 PM

**Jennifer Wilson (Moderator):** YES, FOCUS!

Mar 29, 10:35 PM

**LauraKaplan:** Great chat, everyone! Haven't been to a chat in a while, so I thought I'd pop in. Glad I did!

Mar 29, 10:35 PM

**CarrieAnderson:** Me too Laura 😊😊

Mar 29, 10:35 PM

**KimEdsen:** Night, all!

Mar 29, 10:35 PM

**Jennifer Wilson (Moderator):** NEXT MONTH WE ARE READING A MEMOIR. I JUST ORDERED IT AN AM EXCITED TO READ WHILE I AM ON VACATION.

Mar 29, 10:35 PM

**Guest8361 (Guest):** Night everyone.

Mar 29, 10:35 PM

**CarrieAnderson:** Title?

Mar 29, 10:36 PM

**InaNecesito:** I'm glad I woke up in time to catch the tail end

Mar 29, 10:36 PM

**EdithBanks:** Good night everyone

Mar 29, 10:36 PM

**LauraKaplan:** Good night!

Mar 29, 10:36 PM

**CarrieAnderson:** Oh and dates for refresh??

Mar 29, 10:36 PM

**Jennifer Wilson (Moderator):** GOOD NIGHT ALL!

Mar 29, 10:36 PM

**Carol AnneWall:** Good night

Mar 29, 10:36 PM

**Jennifer Wilson (Moderator):** REFRESH IS APRIL 12-18

Mar 29, 10:36 PM

**Jennifer Wilson (Moderator):** MEDIA DEPRIVATION IS APRIL 2-8

Mar 29, 10:36 PM

**InaNecesito:** Thanks everyone!

Mar 29, 10:36 PM

**CarrieAnderson:** Thank you 🙏

Mar 29, 10:37 PM

**PatriciaMoore:** Good night all

Mar 29, 10:37 PM

**CarrieAnderson:** Night

Mar 29, 10:37 PM

**Jennifer Wilson (Moderator):**