

Jul 27, 9:29 PM

**Jennifer (Moderator):** HELLO!

Jul 27, 9:29 PM

**WendyKiely:** Morning

Jul 27, 9:29 PM

**[Victoria Jorgensen](#):** Hello

Jul 27, 9:29 PM

**PatriciaMoore:** Greetings

Jul 27, 9:29 PM

**HollyinVegas (Guest):** Hi Jennifer!

Jul 27, 9:31 PM

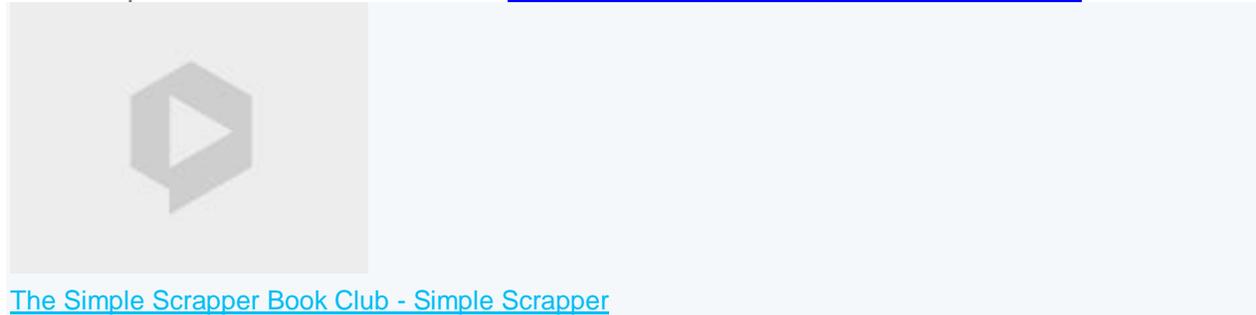
**[Melanie Ritchie](#):** Hi!!!

Jul 27, 9:31 PM

**JudiPartlo:** HI all!

Jul 27, 9:31 PM

**Jennifer (Moderator):** I just added the chat room to the Book Club page... not sure I put it in the best place..but it's there for now: <http://www.simplescrapper.com/book-club/>



Jul 27, 9:32 PM

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

Jul 27, 9:33 PM

**HollyinVegas (Guest):** Great! How about you?

Jul 27, 9:33 PM

**JudiPartlo:** I've had a great week!

Jul 27, 9:33 PM

**[Cindy March](#):** Hello Everyone.

Jul 27, 9:33 PM

**BettyLou (Guest):** The facebook log-in doesn't seem to work well for me so I tried guest, that seems to have gotten me in. Hello

Jul 27, 9:34 PM

**[Sharon Kantanie](#):** Good. I confess I haven't read the book yet, though it was in my Audible library when you picked it. Really looking forward to reading it!

Jul 27, 9:34 PM

**JudiPartlo:** Hi BettyLou

Jul 27, 9:34 PM

**BettyLou (Guest):** Hi, Judi.

Jul 27, 9:34 PM

**Jennifer (Moderator):** Strange BettyLou... one tip for members is that the chat room is the same in both places.. so you can always go there.

Jul 27, 9:34 PM

**JudiPartlo:** I couldn't find it in Audible, Sharon!

Jul 27, 9:34 PM

**BettyLou (Guest):** Oh, let me try that, Jennifer.

Jul 27, 9:34 PM

**Alece Newell:** Good evening all

Jul 27, 9:34 PM

**ShannonMinner:** Hopping in, although I didn't read the book.

Jul 27, 9:34 PM

**JudiPartlo:** Hi Alece

Jul 27, 9:35 PM

**BettyLou (Guest):** I didn't finish the book, I didn't realize it was still not purchased until too late

Jul 27, 9:35 PM

**Jennifer (Moderator):** I'll be honest and say I didn't get a chance to read it in as much detail as I wanted. I plan to continue though as I really resonate with it. I'm also reading Chasing Slow by Erin Loechner right now.

Jul 27, 9:35 PM

**JudiPartlo:** I just read the sample

Jul 27, 9:35 PM

**ShannonMinner:** My stack of library books took priority since they have a due date.

Jul 27, 9:35 PM

**JudiPartlo:** I was gone most of the month and just couldn't o it!

Jul 27, 9:35 PM

**HollyinVegas (Guest):** I'm reading Chasing Slow too!

Jul 27, 9:35 PM

**BettyLouKoffel:** Ah, here I am in the other chat room

Jul 27, 9:35 PM

**Sharon Kantanie:** I'll double-check. I think I got it through Audible, though I got in using a sale I read about in Modernmrsdarcy.com. Great way to pick up Kindle and Audible books.

Jul 27, 9:35 PM

**Alece Newell:** I read all but skimmed portion to finish

Jul 27, 9:35 PM

**Cindy March:** I didn't read this month's book either.

Jul 27, 9:35 PM

**BettyLouKoffel:** and it knows who I am

Jul 27, 9:35 PM

**JudiPartlo:** Chasing Slow sounds interesting...

Jul 27, 9:36 PM

**Melanie Ritchie:** I didn't read it but I still plan to.

Jul 27, 9:36 PM

**JudiPartlo:** Hmm... good tip, Sharon! Will have to check that out!

Jul 27, 9:37 PM

**[Alece Newell](#):** A lot of good thoughts by author

Jul 27, 9:37 PM

**Jennifer (Moderator):** Is there anyone here who is at Book Club for the first time?

Jul 27, 9:37 PM

**WendyKiely:** Didn't get hold of it, so didn't read it.

Jul 27, 9:37 PM

**[Victoria Jorgensen](#):** I am

Jul 27, 9:37 PM

**WendyKiely:** Loved chasing slow though

Jul 27, 9:38 PM

**[Alece Newell](#):** Glad to have you Victoria

Jul 27, 9:38 PM

**Jennifer (Moderator):** Welcome Victoria!

Jul 27, 9:38 PM

**[Victoria Jorgensen](#):** Thank you!

Jul 27, 9:38 PM

**JudiPartlo:** Hi Victoria!

Jul 27, 9:38 PM

**[Sharon Kantanie](#):** Mow I remember. I just got the print version, though I did buy it before Jennifer made it the selection. Because of a disability, I can't flip my own pages and was already in progress of reading Amy Tangerine's book with help.

Jul 27, 9:38 PM

**JudiPartlo:** Oh, ok - thanks!

Jul 27, 9:39 PM

**[Sharon Kantanie](#):** My first time.

Jul 27, 9:39 PM

**Jennifer (Moderator):** What I'm going to do is share some quotes from the book followed by questions... and today, because the book had a lot of really great questions... I have some quoted questions as well. The vast majority of the discussion is really about YOU and the book is just a springboard.

Jul 27, 9:39 PM

**Jennifer (Moderator):** Welcome Sharon!

Jul 27, 9:39 PM

**[Alece Newell](#):** Hi Sharon!

Jul 27, 9:39 PM

**BettyLouKoffel:** Hi, Sharon

Jul 27, 9:39 PM

**[Sharon Kantanie](#):** Hi back!

Jul 27, 9:39 PM

**JudiPartlo:**

Jul 27, 9:40 PM

**SharonWilcox:** Hey!

Jul 27, 9:40 PM

**SharonWilcox:** Oops 😊

Jul 27, 9:41 PM

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

Jul 27, 9:41 PM

**Jennifer (Moderator):** Today we're discussing Nurturing the Soul of Your Family by Renee Peterson Trudeau.

Jul 27, 9:41 PM

**Jennifer (Moderator):** QUESTION // Q1. Is scrapbooking a self-care practice for you?

Jul 27, 9:41 PM

**[Alece Newell](#):** Yes

Jul 27, 9:41 PM

**PatriciaMoore:** yes

Jul 27, 9:41 PM

**WendyKiely:** Yes

Jul 27, 9:42 PM

**[Melanie Ritchie](#):** Yes!

Jul 27, 9:42 PM

**EdithBanks:** Yes

Jul 27, 9:42 PM

**JudiPartlo:** Absolutely!

Jul 27, 9:42 PM

**BettyLouKoffel:** yes

Jul 27, 9:42 PM

**[Cindy March](#):** Yes.

Jul 27, 9:42 PM

**SharonWilcox:** Absolutely! It's a means of escape from life's challenges.

Jul 27, 9:42 PM

**BettyLouKoffel:** nurturing my creativity makes all the difference in the world

Jul 27, 9:42 PM

**[Sharon Kantanie](#):** Definitely. Does it count that I also say "pretty" when I look at paper and supplies and feel the warm fuzzies?

Jul 27, 9:42 PM

**[Victoria Jorgensen](#):** yes

Jul 27, 9:42 PM

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

Jul 27, 9:43 PM

**Jennifer (Moderator):** Alright, brace yourselves...

Jul 27, 9:43 PM

**Jennifer (Moderator):** QUOTE // p4 - [Total self-care] "includes eliminating self-criticism, not over scheduling, releasing the need to be perfect, saying no, refusing to do things out of guilt, and giving yourself much-needed rest and downtime to refuel."

Jul 27, 9:43 PM

**Jennifer (Moderator):** QUESTION // Q2. Reflecting on this quote, is your hobby as restorative as it could be?

Jul 27, 9:44 PM

**BettyLouKoffel:** When working in my hobby, yes it is

Jul 27, 9:44 PM

**Jennifer (Moderator):** I'm looking at "you" self-criticism, perfectionism, and guilt.

Jul 27, 9:44 PM

**Victoria Jorgensen:** No, I fight perfectionism constantly, to where it stresses me out

Jul 27, 9:44 PM

**BettyLouKoffel:** When thinking about whether I can/should/will work today? not so much

Jul 27, 9:44 PM

**WendyKiely:** 90% of the time. After taking out the perfectionist

Jul 27, 9:44 PM

**JudiPartlo:** I do sometimes struggle with the self-criticism... but it's definitely gotten better!

Jul 27, 9:45 PM

**Cindy March:** Yes. My layouts and scrapbooks are for me, so there's no pressure.

Jul 27, 9:45 PM

**Sharon Kantanie:** Got the self-criticism thing and consider myself a recovering perfectionist. I also know I have too many supplies to choose from.

Jul 27, 9:45 PM

**Alece Newell:** It has become much more since I joined this community that has taught be less perfection less guilt about scrapping every photo and less pressure to do fancy chronological books

Jul 27, 9:45 PM

**Jennifer (Moderator):** Yay Alece!!

Jul 27, 9:46 PM

**PatriciaMoore:** need to spend more time on scrapbookin g for better self-care

Jul 27, 9:46 PM

**BettyLouKoffel:** My self-criticism has everything to do with what I haven't yet done and nothing to do with what I am doing right now.

Jul 27, 9:46 PM

**JudiPartlo:** Agreed, Alece!!

Jul 27, 9:46 PM

**Victoria Jorgensen:** me too Patricia

Jul 27, 9:46 PM

**JudiPartlo:** Oh - that's a good point, BettyLou!

Jul 27, 9:46 PM

**BettyLouKoffel:** I agree with Alece also. It was really helpful to post in this group and ask for encouragement earlier this week.

Jul 27, 9:47 PM

**Jennifer (Moderator):** BettyLou, that is EXACTLY what I want members to do. Thank you!

Jul 27, 9:47 PM

**PatriciaMoore:** yes this group is always here for us

Jul 27, 9:47 PM

**Melanie Ritchie:** I'm currently at a point where there's no room for being hard on myself. I just have to celebrate when I sit at the craft table. Anything that gets done is great. Just the act of doing it had to be enough.

Jul 27, 9:47 PM

**BettyLouKoffel:** I wouldn't have done that a year or so ago but I have learned that it is okay and normal to ask questions or for help, so I tried and it was so helpful

Jul 27, 9:48 PM

**EdithBanks:** BettyLoh you asked for help. I struggled in silence!

Jul 27, 9:48 PM

**PatriciaMoore:** been there too Melanie

Jul 27, 9:48 PM

**Alece Newell:** BettyLou I have decided anything I do is greater than nothing- so that's a plus. It took me a long while to lose most of the guilt

Jul 27, 9:48 PM

**BettyLouKoffel:** Edith, give it a try.

Jul 27, 9:49 PM

**BettyLouKoffel:** Jennifer what was that quote about a treasure chest? I agree

Jul 27, 9:49 PM

**PatriciaMoore:** so true Alece

Jul 27, 9:49 PM

**EdithBanks:** I did finally-

Jul 27, 9:49 PM

**Sharon Kantanie:** I loved the treasure chest quote!

Jul 27, 9:49 PM

**Melanie Ritchie:** Yes BettyLou, I was thinking about the treasure chest too!

Jul 27, 9:49 PM

**Jennifer (Moderator):** <http://www.simplescrapper.com/wp-content/uploads/2016/08/simple-scrapbooking-point5.png>



[www.simplescrapper.com/wp-content/uploads/2016/08/simple-scrapbooking-point5.png](http://www.simplescrapper.com/wp-content/uploads/2016/08/simple-scrapbooking-point5.png)

Jul 27, 9:50 PM

**BettyLouKoffel:** Edith, I also asked a more specific question in the DYL class and got suggestions which led me to the solution which I then shared.

Jul 27, 9:50 PM

**Alece Newell:** Perfect thought

Jul 27, 9:51 PM

**Jennifer (Moderator):** QUESTION // Q3. (p14) Which area of self-care

- physical, mental, emotional, or spiritual - do you feel most called to focus on right now?

Jul 27, 9:51 PM

**HollyinVegas (Guest):** enMenta

Jul 27, 9:52 PM

**BettyLouKoffel:** It's summer and hard for a night owl (who is light sensitive) to get enough sleep

Jul 27, 9:52 PM

**WendyKiely:** Physical. Been focused on mental and emotional for the last few years and I feel they are in a good place. Now to get my fitness back

Jul 27, 9:52 PM

**HollyinVegas (Guest):** Sorry! I mean mental/ emotional. I'm a stay at home mom so it is tiring to take care of kids all day.

Jul 27, 9:52 PM

**Victoria Jorgensen:** Emotional or spiritual, they are close

Jul 27, 9:52 PM

**Alece Newell:** Mental- my job is very challenging and I need to give myself some rest from mental stress

Jul 27, 9:52 PM

**JudiPartlo:** Physical - just because I am reading the book Body Love by Kelly Leveque - it's so fascinating!!!

Jul 27, 9:52 PM

**Sharon Kantanie:** Physical definitely. I don't really like greens and could eat better. On Sunday I started Fab4 smoothies for breakfast from the Body Love book/website

Jul 27, 9:52 PM

**Jennifer (Moderator):** I often feel like physical (mostly sleep) is a foundation for the others... but maybe that's an excuse I'm using.

Jul 27, 9:53 PM

**PatriciaMoore:** I have a walking routine but need to addTia-Chang for mental/emotional health

Jul 27, 9:53 PM

**Melanie Ritchie:** Physical. Annoying but true. Blah!

Jul 27, 9:53 PM

**Sharon Kantanie:** Judi--Just finished it last weekend! Loved it!

Jul 27, 9:53 PM

**EdithBanks:** Fitness and emotional - school is starting soon and a I will beee to have a routine and manage stress

Jul 27, 9:53 PM

**SharonWilcox:** Physical - The perfectionist in me wants to do everything perfectly. However I,perfectionism requires a lot of energy. That's why my word for the year is Rest.

Jul 27, 9:53 PM

**BettyLouKoffel:** Is creativity mental or emotional or something else? Anyway with the 100dayproject, I've really been focusing on that.

Jul 27, 9:53 PM

**Alece Newell:** Oh that's an excellent suggestion Patricia. And sleep does provide a foundation for all

Jul 27, 9:54 PM

**JudiPartlo:** Sharon Kantanie- it has impacted my outlook and daily habits so much already!!!

Jul 27, 9:54 PM

**Jennifer (Moderator):** She had creativity under both BettyLou.

Jul 27, 9:54 PM

**BettyLouKoffel:** Thanks, you've found how far I got in the book

Jul 27, 9:55 PM

**JudiPartlo:** My sleep habits have improved so much the last few years - it definitely makes a difference!!!

Jul 27, 9:55 PM

**Sharon Kantanie:** Judi--I wish I could exercise, but at least I'm starting somewhere. Good luck with your efforts.

Jul 27, 9:55 PM

**JudiPartlo:** Thanks!

Jul 27, 9:55 PM

**BettyLouKoffel:** Judi, my to read list gets longer every time I attend a book club chat. I've got my library site open in my browser also!

Jul 27, 9:55 PM

**PatriciaMoore:** I am just being kinder to myself...stopping for rest & getti ng enough sleep

Jul 27, 9:56 PM

**Jennifer (Moderator):** I keep trying to figure out how we can go deeper with some of these books.. this one seems like it could be explored for a long while.

Jul 27, 9:56 PM

**Sharon Kantanie:** For those with sleeping issues, you may want to check the ll balanced website. She's a holistic nutritionist with a series on sleep.

Jul 27, 9:56 PM

**Melanie Ritchie:** I'm supposed to go to bed in five minutes. Shhh, don't tell my doctor!

Jul 27, 9:57 PM

**Jennifer (Moderator):** Let's transition to the next topic.

Jul 27, 9:57 PM

**Jennifer (Moderator):** QUOTE // p5 - [After a day of being unplugged] “my mind was clear and focused, my creative juices were flowing, and I could see with absolute clarity what most needed my attention and time.”

Jul 27, 9:57 PM

**Jennifer (Moderator):** QUESTION // Q4. Do you feel tethered to electronics?

Jul 27, 9:57 PM

**PatriciaMoore:** thanks Sharon

Jul 27, 9:57 PM

**JudiPartlo:** Haha, I know what you mean, Betty Lou!!

Jul 27, 9:57 PM

**Sharon Kantanie:** meant ll balanced youtube channel. I don't know that her website specifically talks about sleep

Jul 27, 9:57 PM

**ShannonMinner:** Yes, I find that it gives me quick answers so I do stay tethered to mine.

Jul 27, 9:57 PM

**Victoria Jorgensen:** Yes, I need to break free, one of my goals for August

Jul 27, 9:57 PM

**Melanie Ritchie:** Who me? Lol! Lately, yes.

Jul 27, 9:57 PM

**BettyLouKoffel:** Sometimes tethered, sometimes not.

Jul 27, 9:58 PM

**HollyinVegas (Guest):** Yes I go everywhere with my phone. It is sad how dependent I am on it.

Jul 27, 9:58 PM

**PatriciaMoore:** only when I am too tired to do anything else

Jul 27, 9:58 PM

**BettyLouKoffel:** I started using the Moment App after a book club or was it a members chat and I've been decreasing my use of my phone

Jul 27, 9:58 PM

**JudiPartlo:** Oh, Jennifer, that is a super touchy subject for me - I have a love/hate relationship with my electronics!!! They do SO much for me and connect me in wonderful ways but can also be a time and energy drain!!!

Jul 27, 9:58 PM

**EdithBanks:** I don't feel tethered but when I'm bored my oh

Jul 27, 9:58 PM

**EdithBanks:** It's mt

Jul 27, 9:59 PM

**EdithBanks:** Sorry - it's my go to

Jul 27, 9:59 PM

**Jennifer (Moderator):** Yes, I feel the same way Judi. I am trying to leave my phone at home when we go for a family walk or go to dinner, but it is hard.

Jul 27, 9:59 PM

**Jennifer (Moderator):** Especially when it is also my camera.

Jul 27, 10:00 PM

**Sharon Kantanie:** Judi--I feel the exact same way about electronics

Jul 27, 10:00 PM

**BettyLouKoffel:** I did try to set up my Camera+ app with some photos to edit so when I'm in a line or waiting for something, there is something I can do besides mindlessly scrolling. I feel entirely different after something "creative" vs. email or texts or facebook

Jul 27, 10:00 PM

**JudiPartlo:** Yup! And when I walk or run, I like to listen to podcasts! But I'm on my own, not with family.

Jul 27, 10:00 PM

**BettyLouKoffel:** That camera thing will get you every time.

Jul 27, 10:00 PM

**Sharon Kantanie:** BettyLou, I need to do that1

Jul 27, 10:00 PM

**Victoria Jorgensen:** Good idea BettyLou

Jul 27, 10:00 PM

**Jennifer (Moderator):** I could actually take my DSLR with me somewhere! Revolutionary idea!

Jul 27, 10:01 PM

**JudiPartlo:** I am pretty decent at not bringing it out during meals....

Jul 27, 10:01 PM

**Alece Newell:** The more tired I am the more I tend to gravitate toward electronics

Jul 27, 10:01 PM

**Melanie Ritchie:** Me too Alice

Jul 27, 10:01 PM

**HollyinVegas (Guest):** So true Alice!

Jul 27, 10:01 PM

**Melanie Ritchie:** Alece

Jul 27, 10:01 PM

**Jennifer (Moderator):** QUESTION // Q5. (p56) What is one thing you are doing right now - or have done in the past - to manage your family's media use and ensure you're not plugged in 24/7?

Jul 27, 10:02 PM

**BettyLouKoffel:** Send my kids to a Waldorf School which shuns TV

Jul 27, 10:02 PM

**Alece Newell:** Banned at my dinner table

Jul 27, 10:02 PM

**JudiPartlo:** I try to use the Groups app to access my groups rather than scrolling Facebook - does help.

Jul 27, 10:02 PM

**WendyKiely:** Put an app on the kids devices that turns everything off before bed time

Jul 27, 10:02 PM

**PatriciaMoore:** I turn my phone down at 9:00 & don't use computer/tablet just before bed

Jul 27, 10:03 PM

**Jennifer (Moderator):** WHat's the app Wendy? I need that!

Jul 27, 10:03 PM

**BettyLouKoffel:** We always allowed a movie or two on the weekend and WE were the most liberal. The kids never came home talking about TV or movies that others had seen

Jul 27, 10:03 PM

**EdithBanks:** During the school,year I out electronics down at 9

Jul 27, 10:03 PM

**BettyLouKoffel:** Nor were they as aware of advertising as the kids of my friends

Jul 27, 10:03 PM

**WendyKiely:** It's called Our pact

Jul 27, 10:04 PM

**BettyLouKoffel:** Patricia, that's the best.

Jul 27, 10:04 PM

**Alece Newell:** I read on a reader at night but try to avoid social media and TV before bed

Jul 27, 10:04 PM

**JudiPartlo:** I do that, too, Alece. Reading a book before bed is the best!

Jul 27, 10:05 PM

**Alece Newell:** I'm kinda addicted to jigsaw puzzle app 😊 So I really have to avoid that

Jul 27, 10:05 PM

**Jennifer (Moderator):** This is definitely an area for exploration for us.. especially as we're heading into back to school.

Jul 27, 10:05 PM

**WendyKiely:** I have set an alarm on my phone to turn off stuff and go to bed

Jul 27, 10:06 PM

**BettyLouKoffel:** jigsaw puzzle app? I didn't need to learn about that one...

Jul 27, 10:07 PM

**Jennifer (Moderator):** I'm loving how, overall, you gals are already pretty in tune with your needs... so rad

Jul 27, 10:07 PM

**Jennifer (Moderator):** QUOTE // p101 - "Many parents wake up on a Monday morning, feel exhausted from an over scheduled weekend, and realize they didn't actually spend that much time together as a family."

Jul 27, 10:07 PM

**Jennifer (Moderator):** QUESTION // Q6. How is your memory MAKING going? Do you regularly feel present with your family?

Jul 27, 10:08 PM

**ShannonMinner:** I have had the "run around feeling" a lot this week. Things are stressful here.

Jul 27, 10:08 PM

**Alece Newell:** Ouch! Over scheduled weekends are one of my big downfalls.

Jul 27, 10:08 PM

**JudiPartlo:** It ebbs and flows - at times I am just caught up in busy-ness, but I've worked hard at becoming more aware of the present moment and appreciating it. Yoga has helped with that

Jul 27, 10:09 PM

**PatriciaMoore:** I don't have kids at home, but have grandkids over often sometimes too often

Jul 27, 10:09 PM

**PatriciaMoore:** Sunday afternoon is my R&R Time

Jul 27, 10:10 PM

**Alece Newell:** My husband remarked just a couple of weeks ago how happy he was when I didn't have to work on weekend and didn't PLAN a lot of stuff so we could just be together

Jul 27, 10:10 PM

**Jennifer (Moderator):** It is certainly a conscious effort for me, though I will say that scheduling some thing actually helps with feeling intentional about having fun together. If we're at home, we tend to do our own things.

Jul 27, 10:10 PM

**PatriciaMoore:** For me to Sharon

Jul 27, 10:11 PM

**Melanie Ritchie:** We don't over schedule usually. Although I am struggling being "present" with my kids. I spend a lot of resting, and I struggle to pay attention. But I'm trying to do small things... play a game, go to the park, etc.

Jul 27, 10:11 PM

**WendyKiely:** I have cut down things on the weekend leaving space for us to do spontaneous things depending on the weather, and Sunday afternoon are pretty relaxed.

Jul 27, 10:12 PM

**Victoria Jorgensen:** Me too Melanie. I am working on doing things together so we're not all scattered

Jul 27, 10:12 PM

**SharonWilcox:** I don't have kids either. I live with my parents, & my aunt and uncle live in our neighborhood. Also, my brother, nieces & nephew swing by at least once a week. So I have a revolving door type of memory keeping method. 😊

Jul 27, 10:12 PM

**BettyLouKoffel:** I've been scheduling less just for myself on the weekends which is peaceful and nice

Jul 27, 10:12 PM

**Melanie Ritchie:** One fun thing... we've been trying to do touristy things in own city. That's been fun.

Jul 27, 10:13 PM

**BettyLouKoffel:** Melanie, that sounds great

Jul 27, 10:13 PM

**JudiPartlo:** Very cool, Melanie!

Jul 27, 10:13 PM

**Alece Newell:** I think some of the best memories come from spontaneous normal things shared

Jul 27, 10:13 PM

**Jennifer (Moderator):** HEre's an extension of that thought...

Jul 27, 10:13 PM

**Jennifer (Moderator):** QUESTION // Q7. How would spending more time with your family impact your scrapbooking?

Jul 27, 10:13 PM

**PatriciaMoore:** good idea Melanie

Jul 27, 10:14 PM

**PatriciaMoore:** I need more away from family time....to do scrapbooking

Jul 27, 10:14 PM

**Jennifer (Moderator):**

Jul 27, 10:14 PM

**Melanie Ritchie:** Hmm, I'd have more photos that don't involve my bedding or my cats. Lol!

Jul 27, 10:15 PM

**BettyLouKoffel:** melanie, hah!

Jul 27, 10:15 PM

**Jennifer (Moderator):** There's certainly a balance. More time means more memories to celebrate... but more might mean less time for yourself.

Jul 27, 10:15 PM

**Victoria Jorgensen:** It would give us more memories to scrap, rather than just playing outside everyday.

Jul 27, 10:15 PM

**WendyKiely:** The only time not with family is work and after they are asleep. But it would make choosing which photos for the very large number I already have even harder

Jul 27, 10:16 PM

**PatriciaMoore:** no shortage of photos or memories...big back log,probably because I am a Senior Citizen

Jul 27, 10:17 PM

**Alece Newell:** I never want recording memories to overshadow making memories

Jul 27, 10:17 PM

**PatriciaMoore:** seems we make memories faster than I can scrap

Jul 27, 10:17 PM

**Victoria Jorgensen:** Me too!

Jul 27, 10:18 PM

**Jennifer (Moderator):** Great point Alece!

Jul 27, 10:18 PM

**Alece Newell:** That's good 😊

Jul 27, 10:18 PM

**Jennifer (Moderator):** This question points out some different perspectives... which leads well into the next question...

Jul 27, 10:18 PM

**Jennifer (Moderator):** QUESTION // Q8. (p130) What is one thing you do - or have done in the past - to honor and celebrate your family's values and culture?

Jul 27, 10:19 PM

**PatriciaMoore:** I scrap about our faith, values & traditions

Jul 27, 10:19 PM

**Jennifer (Moderator):** Ha Patricia.. you jumped into my next question

Jul 27, 10:19 PM

**Jennifer (Moderator):** QUESTION // Q9. Have you scrapbooked about it?

Jul 27, 10:19 PM

**Alece Newell:** Family dinner night and attending church together

Jul 27, 10:20 PM

**PatriciaMoore:** I have several adopted grandchildren & I work hard to make them feel part of the family

Jul 27, 10:20 PM

**BettyLouKoffel:** Makes it way into my photo a day project. A layout? I'm not so sure

Jul 27, 10:21 PM

**Alece Newell:** Need to include in my stories

Jul 27, 10:21 PM

**EdithBanks:** I have in my December Daily

Jul 27, 10:21 PM

**Jennifer (Moderator):** I think photographing your everyday life.. whether all the time or a few times a year... is a way to honor and elevate what your value most

Jul 27, 10:21 PM

**Melanie Ritchie:** I love question #8 but I'm stumped to answer it!

Jul 27, 10:22 PM

**BettyLouKoffel:** Patricia, I work hard to make my granddaughter who was placed in foster care feel that she has a large extended family with more than two grandparents

Jul 27, 10:22 PM

**JudiPartlo:** I love scrapping the everyday life - it is what I wish I most had from when my kids were little.

Jul 27, 10:22 PM

**Melanie Ritchie:** Good point Jennifer.

Jul 27, 10:22 PM

**PatriciaMoore:** I like to scrap about similar characteristics among family members

Jul 27, 10:23 PM

**BettyLouKoffel:** I like that idea, Patricia

Jul 27, 10:23 PM

**WendyKiely:** The question has me asking what are our family values?

Jul 27, 10:23 PM

**Jennifer (Moderator):** I think scrapbooking in general is how WE as a community celebrate our values and culture.

Jul 27, 10:23 PM

**Alece Newell:** My fondest memories as a child were the everyday life ones

Jul 27, 10:24 PM

**Melanie Ritchie:** Me too Wendy

Jul 27, 10:24 PM

**BettyLouKoffel:** Wendy, I think it's easier to see when you think about the times you might say "we don't do that"

Jul 27, 10:25 PM

**Jennifer (Moderator):** Alright, in our last few minutes.. we're turning to Chapter 8: Do Less, Experience More

Jul 27, 10:25 PM

**Jennifer (Moderator):** QUOTE // p135 - "When we allow ourselves to enjoy stretches of unscheduled time, we relax into the gifts that come from doing less and experiencing - and feeling - more."

Jul 27, 10:26 PM

**PatriciaMoore:** yes & the pressure in my chest goes away & I don't wake up early to handle unfinished business

Jul 27, 10:26 PM

**WendyKiely:** At the moments it "we don't throw things inside" to the two year old

Jul 27, 10:26 PM

**Jennifer (Moderator):** QUESTION // Q10. (p139) What day-to-day choices can you make to feel more grounded, relaxed, and focused?

Jul 27, 10:27 PM

**Victoria Jorgensen:** Turn off social media!

Jul 27, 10:27 PM

**Alece Newell:** It stresses me out not to have all minutes scheduled. How do I let go of a that?

Jul 27, 10:27 PM

**PatriciaMoore:** avoid the constant "news" No TV and listen to music or read

Jul 27, 10:28 PM

**BettyLouKoffel:** We had an amazing long weekend this month. We literally went to Sonoma (which is only 1.5 hours from my husband's home) and relaxed by the pool, read, napped, and I did walk a half marathon but our other friends were out and about here and there...we went out only for lunch, it was awesome.

Jul 27, 10:28 PM

**Teaching Assistant - Kim Edsen (Moderator):** I agree with Victoria. Also, to be selective about what I plan to accomplish...I usually turn it into 'more is more' which is definitely not grounding or relaxing

Jul 27, 10:28 PM

**Victoria Jorgensen:** Yes more music, I agree Patricia

Jul 27, 10:28 PM

**SharonWilcox:** Use the Pandora App to listen to Praise & Worship music.

Jul 27, 10:28 PM

**EdithBanks:** Exercise- and Imhave tomr mind myself that a short walk is fine

Jul 27, 10:28 PM

**JudiPartlo:** Alece - I do understand what you're saying - I feel like planning helps me focus on priorities. But I am trying to be more flexible

Jul 27, 10:28 PM

**BettyLouKoffel:** Oh, yes, I've limited my news consumption to one podcast and one newspaper (which only gets delivered 4 days a week.

Jul 27, 10:28 PM

**Teaching Assistant - Kim Edsen (Moderator):** Spending time in nature is big for me as well.

Jul 27, 10:29 PM

**Jennifer (Moderator):** I call it "putting my blinders on". I pick a task and try to relentlessly focus and tune everything else out.

Jul 27, 10:29 PM

**Melanie Ritchie:** Small rituals to "get outside of my head" and to feel useful/competent. I'll weed the garden. Or I'll see if the kids want to play catch for a little bit. I'll sit at my craft table even if it's just sit there and gaze out the window. Or I'll do a quick chore.

Jul 27, 10:29 PM

**JudiPartlo:** Blinders - great analogy!

Jul 27, 10:30 PM

**PatriciaMoore:** Tunnel Vision

Jul 27, 10:31 PM

**Alece Newell:** Yes my life has to focus on my here and now and not some craziness out there on TV or social media.

Jul 27, 10:31 PM

**Melanie Ritchie:** My biggest choice is to try to live in the moment as much as possible.

Jul 27, 10:32 PM

**PatriciaMoore:** I use to watch comedies but there aren't any good ones on TV now

Jul 27, 10:32 PM

**Jennifer (Moderator):** Sometimes that feels like a tall order Melanie.

Jul 27, 10:32 PM

**Teaching Assistant - Kim Edsen (Moderator):** I agree Melanie, sadly that's something I seem to be taking a long time to learn how to do!

Jul 27, 10:32 PM

**Jennifer (Moderator):** I feel like I live in my to do list.

Jul 27, 10:33 PM

**Jennifer (Moderator):** One final question / victory celebration for tonight...

Jul 27, 10:33 PM

**Jennifer (Moderator):** QUESTION // Q11. (p152) What is one thing you are doing right now - or have done in the past - to simplify your life so you can experience more time, space, peace, and love?

Jul 27, 10:33 PM

**Alece Newell:** Say No- I'm practicing to get better

Jul 27, 10:34 PM

**PatriciaMoore:** gradually getting rid of extra stuff, walking first & having quiet morning, cooking less

Jul 27, 10:34 PM

**BettyLouKoffel:** Alece, ditto. No is my OLW this year

Jul 27, 10:34 PM

**Melanie Ritchie:** Yeah I don't know you can live in the moment AND get enough stuff done. But that's part of it. I'm trying to accept that and just "coast" more.

Jul 27, 10:34 PM

**Jennifer (Moderator):** I'm setting 3 priorities for the week, so I can audition tasks and know if they are for now or for later.

Jul 27, 10:34 PM

**Teaching Assistant - Kim Edsen (Moderator):** This summer my girls and I have been working to get our daily chores out of the way in the morning (and by 'chores' I mean things like get dressed, brush teeth, make bed, feed the pets); it's so freeing to get a handle on the day to day so we can have the rest of the day to have fun or work on bigger projects

Jul 27, 10:34 PM

[Alece Newell](#): Love that BettyLou

Jul 27, 10:35 PM

**BettyLouKoffel:** Jennifer, just three?

Jul 27, 10:35 PM

**EdithBanks:** Saying no, yoga, and focusing on how I want to feel as opposed to what I want

Jul 27, 10:35 PM

**SharonWilcox:** Purging my possessions that I no longer use (i.e. Clothes that no longer fit)

Jul 27, 10:35 PM

**Teaching Assistant - Kim Edsen (Moderator):** Patricia - how are you cooking less? Do you make a big meal and have leftovers, or eat out more, etc?

Jul 27, 10:35 PM

**WendyKiely:** Order food online, no stressful shopping with the 2 year old. Been doing a decluttering

Jul 27, 10:35 PM

**JudiPartlo:** Purging and making a space I love to be in. Yoga, like Edith/

Jul 27, 10:35 PM

**PatriciaMoore:** both Kim

Jul 27, 10:35 PM

**Jennifer (Moderator):** They tend to be larger things... like Refresh is a priority this week. So there are tasks under that.

Jul 27, 10:36 PM

[Alece Newell](#): Great idea Jennifer

Jul 27, 10:36 PM

**BettyLouKoffel:** Thanks for the explanation, Jennifer

Jul 27, 10:36 PM

**BettyLouKoffel:** I wonder what would happen if I thought of projects instead of tasks.

Jul 27, 10:37 PM

**Teaching Assistant - Kim Edsen (Moderator):** Melanie - good point; there is definitely a 'give and take' with mindfulness/productivity...how to find the magic sauce?!?

Jul 27, 10:37 PM

**PatriciaMoore:** yes planning out my week really helps me see & choose my options

Jul 27, 10:37 PM

**Jennifer (Moderator):** Thank you so much for a great chat tonight. I can sense that you all are on your way. Next month we're reading Wired to

Create: [https://www.amazon.com/dp/B00SI02E62/ref=as\\_li\\_ss\\_tl?\\_encoding=UTF8&colid=1DLESZSPNWV1C&coliid=I309VR8VEQGMLW&linkCode=ll1&tag=simplscrap06-20&linkId=183f23127a6382ea818d92b04d7aa094](https://www.amazon.com/dp/B00SI02E62/ref=as_li_ss_tl?_encoding=UTF8&colid=1DLESZSPNWV1C&coliid=I309VR8VEQGMLW&linkCode=ll1&tag=simplscrap06-20&linkId=183f23127a6382ea818d92b04d7aa094)

Jul 27, 10:38 PM

**Jennifer (Moderator):** BettyLou.. I stretch myself too thin and don't see much progress if I go solely task-focused.

Jul 27, 10:38 PM

**BettyLouKoffel:** My projects might be creating, decluttering, learning, self-care, and household maintenance

Jul 27, 10:38 PM

**PatriciaMoore:** already purchased....also doing things ahead of time & not waiting until last minute

Jul 27, 10:38 PM

**Melanie Ritchie:** I guess what I'm doing right now is silencing the "shoulds" and accepting limitations. That gives me a certain amount of peace.

Jul 27, 10:38 PM

**JudiPartlo:** That sounds wonderful, BettyLou!

Jul 27, 10:38 PM

**Alece Newell:** Thanks so much for all the great discussion- off to bed

Jul 27, 10:38 PM

**Jennifer (Moderator):** You probably can only tackle 2 of those projects a week.

Jul 27, 10:38 PM

**EdithBanks:** Thanks Jennifer1

Jul 27, 10:38 PM

**BettyLouKoffel:** Household maintenance being cooking, laundry, paying bills

Jul 27, 10:39 PM

**JudiPartlo:** I've got the book already - looking forward to it!

Jul 27, 10:39 PM

**Teaching Assistant - Kim Edsen (Moderator):** That sounds like wisdom, Melanie!

Jul 27, 10:39 PM

**BettyLouKoffel:** Jennifer, that's not encouraging...I forgot volunteering

Jul 27, 10:40 PM

**Melanie Ritchie:** Kim, out of my brain fog came wisdom. Lol!

Jul 27, 10:40 PM

**PatriciaMoore:** thanks Jennifer, in the past I have tended to try to do too much

Jul 27, 10:40 PM

**Jennifer (Moderator):** You say each week "here's my universe of things that are important and interesting to me, and here are the 2-3 that I am going to focus on and where I want to be at the end of 7 days"

Jul 27, 10:40 PM

**BettyLouKoffel:** Jennifer, do you include self-care and laundry as projects?

Jul 27, 10:41 PM

**Teaching Assistant - Kim Edsen (Moderator):** I hear ya, Patricia. I think Melanie has hit the nail on the head with accepting limitations....not my strong suit, but I'm so much happier when I do!

Jul 27, 10:41 PM

**BettyLouKoffel:** So easy to try to do so much

Jul 27, 10:41 PM

**Jennifer (Moderator):** Laundry is a background task. Self-care is a work in progress, but you might want to be more specific... I see a lot of self-care activities as the container for getting other stuff done.

Jul 27, 10:42 PM

**Jennifer (Moderator):** For example, good sleep and a morning walk will set you up for focus and energy

Jul 27, 10:42 PM

**Jennifer (Moderator):** And your projects are what you plan to use that focus and energy on.

Jul 27, 10:42 PM

**PatriciaMoore:** I am getting better, but sometimes something takes longer than I expected & messes my schedule up

Jul 27, 10:42 PM

**Teaching Assistant - Kim Edsen (Moderator):** BettyLou, with those day to day tasks I try to do a bit each day, making them habits like Jennifer suggested; not always successfully, but I find that works better for me vs. going all out and then burning out.

Jul 27, 10:42 PM

**BettyLouKoffel:** Background tasks, I like that as a heading much better, then I don't need to use up one of my 2 or 3 to eat

Jul 27, 10:43 PM

**Teaching Assistant - Kim Edsen (Moderator):** Patricia, I feel like almost EVERYTHING takes longer than I think it should....I should really time things so I can be realistic about planning my time...but then I guess it'd be harder to over plan my days!

Jul 27, 10:43 PM

**BettyLouKoffel:** Kim, I also have been making them habits. Exercise is also a habit for me so that's covered

Jul 27, 10:44 PM

**Jennifer (Moderator):** Maybe you need to write yourself a job description, to help separate the fundamental life stuff from the ways you spend your time and things you work on

Jul 27, 10:44 PM

**PatriciaMoore:** I mix chores in with my free time...crop awhile take a break & load the washer, etc

Jul 27, 10:45 PM

**BettyLouKoffel:** Since I'm "retired" the stuff of life seems like it expanded way beyond what it was before

Jul 27, 10:45 PM

**JudiPartlo:** Patricia - I used to do that with my kids when they were little with a timer. We called it "Do a job and then play!"

Jul 27, 10:45 PM

**BettyLouKoffel:** That said, the extra sleep is awesome

Jul 27, 10:45 PM

**Jennifer (Moderator):** I mean that in an empowering way that offers clarity.. I think teachers in the summer,empty nesters, retired persons, at home moms, etc. who aren't working a traditional job or aren't anymore,can find it helpful to create that container.

Jul 27, 10:46 PM

**PatriciaMoore:** Yes Judi...a game see who can pick up 10 items first, etc

Jul 27, 10:46 PM

**BettyLouKoffel:** I think that is a good idea.

Jul 27, 10:46 PM

**Jennifer (Moderator):** Something to consider.

Jul 27, 10:46 PM

**BettyLouKoffel:** Patricia, I still play games like that with myself

Jul 27, 10:46 PM

**JudiPartlo:** I do, too, Betty!!

Jul 27, 10:47 PM

**BettyLouKoffel:** Using that timer came from Jennifer!

Jul 27, 10:47 PM

**Jennifer (Moderator):** !!

Jul 27, 10:47 PM

**Jennifer (Moderator):** Love it.

Jul 27, 10:48 PM

**Jennifer (Moderator):** Alright, please feel welcomed to continue to chat. I need to wash my hair tonight still.Thank YOU all so much for joining me.

Jul 27, 10:48 PM

**PatriciaMoore:** Lots of good ideas were presented tonight, thank you Jennifer & scrap gals

Jul 27, 10:48 PM

**Teaching Assistant - Kim Edsen (Moderator):** Night, all! Glad I could catch the last bit!

Jul 27, 10:48 PM

**WendyKiely:** Thank you. Night

Jul 27, 10:49 PM

**JudiPartlo:** Goodnight, everyone, and thanks!!!

Jul 27, 10:49 PM

**Melanie Ritchie:** Nighters!!

Jul 27, 10:49 PM

**BettyLouKoffel:** Good night

Jul 27, 10:49 PM

**SharonWilcox:** Thanks, Ladies!

Jul 27, 10:49 PM

**BettyLouKoffel:** Thanks