

Aug 25 2016, 9:28 PM

**Jennifer Wilson:** HELLO BOOK-LOVING SCRAPBOOKERS!



Aug 25 2016, 9:29 PM

**PatriciaMoore:** Greetings Jenifer & all



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**CarrieAnderson:** hi!



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**CarrieAnderson:** small crowd tonight lol



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**Jennifer Wilson:** MAYBE THE TEXT MESSAGE WILL HELP!



Aug 25 2016, 9:29 PM

**JudiPartlo:** Hello!!!



Aug 25 2016, 9:30 PM

**Tracey Hurt Fox:** Hi all! This is my first book club. I just became a member of Simple Scrapper and just learned about the book club a couple of weeks ago. Nice to meet everyone.



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**Jennifer Wilson:** WARM WELCOME TRACEY!



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**Tracey Hurt Fox:** Thanks so much!



Aug 25 2016, 9:30 PM

**PatriciaMoore:** Welcome Tracey



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**JudiPartlo:** Glad to have you, Tracey!!



Aug 25 2016, 9:31 PM

**LauraKaplan:** Hello! Once again, the text message saved me - would have completely forgot!



Aug 25 2016, 9:31 PM

**Roxane Farmer:** Hi everyone "



Aug 25 2016, 9:31 PM

**AleceNewell:** Hi everyone!



Aug 25 2016, 9:31 PM

**Jennifer Wilson:** JUST SO EVERYONE IS AWARE, I'M TYPING IN ALL CAPS JUST TO STAND OUT FROM THE OTHERS.



Aug 25 2016, 9:32 PM

**Jennifer Wilson:** I'LL LEAD THE DISCUSSION TONIGHT BY SHARING A SERIES OF QUOTES FOLLOWED BY QUESTIONS. WE MOVE PRETTY QUICKLY, BUT A TRANSCRIPT WILL BE POSTED LATER IF YOU MISS ANYTHING.



Aug 25 2016, 9:32 PM

**Jennifer Wilson:** WAS IT HELPFUL TO HAVE THE DISCUSSION GUIDE IN ADVANCE THIS TIME?



Aug 25 2016, 9:32 PM

**Roxane Farmer:** Yes!



Aug 25 2016, 9:32 PM

**JudiPartlo:** Yes - I just got to look through it briefly, but it was helpful!



Aug 25 2016, 9:33 PM

**CarrieAnderson:** dang...i forgot about that!! oh well...i did get it read this month



Aug 25 2016, 9:33 PM

**Jennifer Wilson:** IT'S OK CARRIE.. I'M JUST STARTING TO OFFER IT SOONER.. AND MAYBE EVENTUALLY I'LL GET IT OUT WHEN WE OFFICIALLY INTRODUCE EACH BOOK AT THE BEGINNING OF THE MONTH!



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**JudiPartlo:** Good for you, Carrie! That's the main thing!



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**Cindy March:** Hello Everyone.



Aug 25 2016, 9:34 PM

**JudiPartlo:** Hi Cindy!



Aug 25 2016, 9:34 PM

**Jennifer Wilson:** THIS WAS MY SECOND TIME READING THE BOOK AND I THINK I APPRECIATED IT MORE THIS TIME AROUND.



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**PatriciaMoore:** computer problems, but think I would like advance discussion guide



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**Jennifer Wilson:** IS THERE ANYONE ELSE JOINING US FOR THE FIRST TIME TONIGHT?



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**LauraKaplan:** I didn't realize there was a discussion guide somewhere. But, I did finish the book. It was good. Very applicable to my "simplify" OLW



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**ShannonMinner:** School has started back so I didn't even pick it up.



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**CarrieAnderson:** im curious jennifer...did you relate to it more as a "scrapbooker" or a "business owner"



Aug 25 2016, 9:34 PM

**ShannonMinner:** Love that there is a discussion guide Jennifer!



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**SheilaSalazar:** I am new Just wanted to see what it was all about.



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**CarolWhite:** I'm here for the first time for a book club chat.



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**JudiPartlo:** Good question, Carrie!



Aug 25 2016, 9:35 PM

**PatriciaMoore:** Hi Carol been missing you



Aug 25 2016, 9:35 PM

**Jennifer Wilson:** LET ME GRAB THE LINK TO THE DISCUSSION GUIDE, JUST A MOMENT.



Aug 25 2016, 9:35 PM

**Jennifer Wilson:** CARRIE, ON THIS ONE I RELATED MUCH MORE AS A SCRAPBOOKER, ESPECIALLY COMPARED WITH THE LAST BOOK



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**ShannonMinner:** Welcome Sheila and Carol!



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**Tracey Hurt Fox:** That is a good question. I found myself thinking of work more often than scrapping when I read it, so I'm excited to think about it in terms of scrapbooking tonight.



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**CarrieAnderson:** interesting...



Aug 25 2016, 9:36 PM

**Jennifer Wilson:** <https://s3.amazonaws.com/simple-scrapper/chats/discussion+guides/Essentialism.pdf>



Aug 25 2016, 9:36 PM

**Jennifer Wilson:** ALRIGHT, LET'S JUMP RIGHT IN...



Aug 25 2016, 9:36 PM

**CarolWhite:** Hi, Patricia! So glad I was able to make tonight and actually finished reading the book.



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**Jennifer Wilson:** QUOTE // p. 2 - "Is this the very most important thing I should be doing with my time and resources right now?"



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**CarrieAnderson:** i definitely felt it was very work related so im eager to see how you draw the parallels to scraipping



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**Jennifer Wilson:** QUESTION // Q1. Have you ever asked yourself this question? How easy or difficult is it to course-correct if the answer is "no"?



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**JudiPartlo:** I related it more just to my life in general - especially with the focus I've had since April of decluttering my stuff!



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**AleceNewell:** I ask it all the time



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**LauraKaplan:** I don't think I've literally asked myself that question, but I think that basic concept has sometimes crossed my mind. Particularly when I'm feeling overwhelmed.



Aug 25 2016, 9:37 PM

**Guest4663 (guest):** Hey! I'm new. Tried to sign in o



Aug 25 2016, 9:37 PM

**Jennifer Wilson:** FURTHER CONTEXT.. I'LL ASK MYSELF THIS AFTER MY DAUGHTER GOES TO BED AND MY INTERNAL RESPONSE IS "NO, THIS IS THE MOST IMPORTANT THING BUT I'M TIRED"



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**LauraKaplan:** But I do try to do too much in every area of my life. Hence the "simplify"OLW!



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**Cindy March:** I liked the book, but I thought some of it applied more for in a perfect world situation.



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**Guest777 (guest):** in scrapbooking i make mistakes all the time & i have to course-correct (all the time) like, cover up my opps with a piece of paper, sticker, etc.



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**CarrieAnderson:** i feel like i havent really asked myself that question before because it feels like a REALLY huge question to answer....i felt like i should have some "pre-work"done to figure out my most important thing first...

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**EdithBanks:** Yes- especially when I'm frustrated or doing something soemhas given me to do



Aug 25 2016, 9:38 PM

**Jennifer Wilson:** UGH, "NO THIS IS \*NOT\* THE MOST IMPORTANT THING" IS WHAT I MEANT TO SAY.



Aug 25 2016, 9:38 PM

**Guest4663 (guest):** Tried to sign in through Facebook and was just spinning away so I signed in as a guest.



Aug 25 2016, 9:38 PM

**Jennifer Wilson:** NO PROBLEM GUEST4663



Aug 25 2016, 9:38 PM

**AleceNewell:** Oh Carrie I ask it but don't necessarily have an answer



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**CarrieAnderson:** edith...thats good insight



Aug 25 2016, 9:39 PM

**JudiPartlo:** I don't really think I have asked it, but I do ask, what is the next thing I should do. Maybe they are closely related?



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**Guest4663 (guest):** Most def not THE most important thing right now, but I can't keep putting it off.



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**Jennifer Wilson:** I THINK OF THIS AS A DISCONNECT BETWEEN WHAT WE WANT TO DO AND WHAT WE THINK WE SHOULD DO... HOW DO WE ALIGN "IMPORTANT" WITH DESIRE VS. OBLIGATION?



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**DionneJack:** I don't find myself asking that question but think it would be a good one to help me focus on my priorities.



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**JudiPartlo:** The urgent vs the important



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**TanyaNapier:** I have asked myself this question, but not usually scrapbooking related. I'm too tired is always my answer at the end of the day.



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**Guest777 (guest):** i think that's a constant struggle because i get distracted. but if i'm enjoying the process does it have to be the most important thing?



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**Tracey Hurt Fox:** I have asked myself "Is this important", but I haven't made the leap to "Is this THE MOST important thing I should be doing right now." I think it's easy to start thinking it's all important unless you truly prioritize.



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**Jennifer Wilson:** I THINK IT'S A QUESTION THAT CAN HELP YOU DECIDE BETWEEN SCRAPBOOKING AND LAUNDRY... UNLESS LAUNDRY IS URGENTLY NEEDED, YOU MIGHT BE ABLE TO WEIGHT SCRAPBOOKING AS MORE IMPORTANT



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**ShannonMinner:** I had a night to myself last Saturday. My desire was to go scrapbook and finish a layout I have been working on, my obligation was to the pile of laundry and messy house.



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**Jennifer Wilson:** GOOD POINT GUEST777



Aug 25 2016, 9:41 PM

**AprilSwingler:** Sometimes what is most important has to do with self care too



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**CarrieAnderson:** true april



Aug 25 2016, 9:41 PM



**Jennifer Wilson:** APRIL, SO GLAD TO SEE YOU HERE!



Aug 25 2016, 9:41 PM

**JudiPartlo:** Yes, April!



Aug 25 2016, 9:41 PM

**AprilSwingler:**



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**LauraKaplan:** I was going to ask about that, Jennifer. Housework and/or work work are often more important, but sometimes I really \*need\* to sit and read, or scrapbook, or just chill.



Aug 25 2016, 9:42 PM

**Jennifer Wilson:** OK, I'VE GOT A TON OF QUOTES TONIGHT, SO WE'LL KEEP MOVING THROUGH THEM



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**Jennifer Wilson:** IT'S A GOOD QUESTION TO DEVELOP A RELATIONSHIP WITH, TO SEE HOW IT CAN INFORM YOU



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**Jennifer Wilson:** QUOTE // p. 6 - "The way of the Essentialist is the relentless pursuit of less but better. It doesn't mean occasionally giving a nod to the principle. It means pursuing it in a disciplined way.



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**Guest777 (guest):** i agree with april & laura. like watching that inspiration video or chatting on facebook might not be the most important but it is kinda a self care time thing for me.



Aug 25 2016, 9:43 PM

**Jennifer Wilson:** HERE'S ANOTHER RELATED QUOTE:



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**Jennifer Wilson:** QUOTE // p. 162 - "Becoming an Essentialist means making cutting,condensing, and correcting a natural part of our daily routine-making editing a natural cadence in our lives."



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**Jennifer Wilson:** QUESTION // Q2. Do you think an Essentialist lifestyle is achievable?What would it look like?



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**ShannonMinner:** It would look like a big dumpster...to put a bunch of stuff in.



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**Guest777 (guest):** haha shannon



Aug 25 2016, 9:44 PM

**Cindy March:** A lot of discipline. A new way of thinking.



Aug 25 2016, 9:44 PM

**CarolWhite:** Shannon:



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**JudiPartlo:** I think it's rare. Achievable, maybe, but definitely a challenge.



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**Tracey Hurt Fox:** Yeah, and not a single goal to achieve once and be done, but a constant struggle to keep it going.



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**Guest777 (guest):** i think it depends on your personality type.



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**CarrieAnderson:** achievable...but alot of hard work...and like cindy said...a whole new way of thinking...



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**ShannonMinner:** Reminds me of Tiny House Nation (I think that's what the show is called)



Aug 25 2016, 9:44 PM

**Guest777 (guest):** yes tracey



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**CarolWhite:** I'm not sure I could achieve it or would necessarily want to at all times.



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**LauraKaplan:** For me personally, I don't think so! lol For some, yes, but I think not many.



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**Tracey Hurt Fox:** I agree, Carol. I think it could be crucial in some areas of one's life and not so much in others.



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**CarrieAnderson:** right tracey....constant maintenance



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**JudiPartlo:** Agreed - if only it could be achieved and then that was it!!



Aug 25 2016, 9:45 PM

**AleceNewell:** It would be a lot of thinking- truly sounds exhausting



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**Jennifer Wilson:** OFFSHOOT QUESTION - IS ESSENTIALISM A JOURNEY OR A DESTINATION?



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**DionneJack:** I too think it's rare Judi. For some it might be achievable. Something to consider in relation to this question is does everyone get to have their own definition of what is essential to them or is there some standard that everyone adheres to.



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**Cindy March:** The hardest part would be learning to say no.



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**Tracey Hurt Fox:** Journey!



Aug 25 2016, 9:45 PM

**CarolWhite:** I think it is a journey.



Aug 25 2016, 9:45 PM

**Guest777 (guest):** that's what i was wondering dionnejack



Aug 25 2016, 9:45 PM

**AleceNewell:** Journey



Aug 25 2016, 9:45 PM

**CarolWhite:** Good question, Dionne.



Aug 25 2016, 9:45 PM

**Tracey Hurt Fox:** I was wondering that, too Dionne.



Aug 25 2016, 9:45 PM

**CarrieAnderson:** journey



Aug 25 2016, 9:45 PM

**ShannonMinner:** I am not good with that word Cindy!



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**DionneJack:** I think it's a journey too.



Aug 25 2016, 9:46 PM

**Guest4663 (guest):** For me not "urgent" or the most "important" but I want to assemble this mass of photos into some sort of order and not leave pic of people I don't even know for my kids...like they were left for me. So for me hat looks like journaling and scrapping some pictures. Then "God forbid" I gave burned a bunch of duplicates and pic ps of unknowns since there is no one to ask who are these people.



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**AprilSwingler:** I've had to re-evaluate what is essential. I read this book before I had my aneurysm and I think about what is essential completely differently now in recovery!



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**Guest777 (guest):** doesn't it depend on the person or moment. can it be both or neither?



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**Jennifer Wilson:** DOES THINKING OF IT AS A JOURNEY MAKE IT FEEL MORE ACHIEVABLE.. VS. SOME ABSOLUTE, UNATTAINABLE END POINT?



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**EdithBanks:** Yes- it takes practice, at work Imwould respond to every "crisis" I was called for and not seeing scheduled students. I told my principals I can't do both, and I should be called last if lml am in session. No one objected and they respect the rule



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**CarrieAnderson:** more achievable



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**JudiPartlo:** Good insight, Dionne - I think it must be different for everyone in some ways!



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**AleceNewell:** Possible if it is a journey



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**Jennifer Wilson:** QUOTE // p. 7 - "Instead of making choices reactively, the Essentialist deliberately distinguishes the vital few from trivial many."



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**Jennifer Wilson:** QUESTION // Q3. Do you find it easy or difficult to make intentional decisions?



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**CarolWhite:** I think a health crisis often gives one a new perspective on many areas of life.



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**Jennifer Wilson:** AGREED CAROL!



Aug 25 2016, 9:47 PM

**JudiPartlo:** Carol - yes!!!



Aug 25 2016, 9:47 PM

**DionneJack:** True Carol



Aug 25 2016, 9:47 PM

**Guest777 (guest):** april do you think of it as a journey or a destination?



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**ShannonMinner:** Sometimes it's hard. I spend way to much time debating and thinking about my decision instead of just making one.



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**Tracey Hurt Fox:** I find it difficult sometimes -- especially when I am with others. I tend to go with the flow and try to please people. But when I am alone, I have lots more clarity. (Introvert, here.)



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**Maggie Dameron Clark:** Judi, I think in some ways it can be achieved and that's it. I think the key is figuring out our own values and what is essential to us. Once we do that, we can approach all of our decisions from that place, which helps us keep it simpleaves.



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**CarrieAnderson:** very difficult!



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**Guest4663 (guest):** The older I get the easier and more important making intentional decisions becomes.



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**Guest777 (guest):** i want to be less reactive & more intentional that's my dream self. i try.but the reality is i'm still a tad reactive.



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**JudiPartlo:** That's interesting, Maggie - and makes me hopeful!



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**AprilSwingler:** absolutely CarolWhite it helps you come to terms with you really CAN'T to it all and you DO have to choose. It's been easier to see what is essential to me now that I know I have limited resources



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**EdithBanks:** Depends on the decision



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**CarolWhite:** It's easy to be reactionary, instead of making those deliberate choices, to set up those rules (such as Edie did) of engagement so to speak.



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**Jennifer Wilson:** I LIKED HOW THE AUTHOR VALIDATED THE WEIGHING OF OPTIONS.. I'VE GOT ANOTHER QUESTION ON THAT IN A BIT



Aug 25 2016, 9:49 PM

**Cindy March:** At work we say analysis to paralysis about some decisions.



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**JudiPartlo:** I agree - decisions are becoming easier the older I get. I think I know and trust myself more.



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**LauraKaplan:** In some areas of my life I can make the decisions easily. Others, not so much. I get very distracted at home, especially.



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**Guest4663 (guest):** Live and learn. Trusting ones own insight gets easier.



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**Tracey Hurt Fox:** I think I make decisions easily in scrapbooking, which is one reason I like it more than my larger life, where they are harder.



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**CarolWhite:** In my areas of strength, the decisions can be made easier. Paint colors and decorating decisions...very difficult. Analysis paralysis, for sure!



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**CarrieAnderson:** im a chronic over analyzer lol



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**EdithBanks:** So true Carol.



Aug 25 2016, 9:51 PM

**Guest4663 (guest):** That perfectionism can get in the way.



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**Tracey Hurt Fox:** Yes, CarolWhite! It's so refreshing to be able to choose patterned paper and photos and not feel like I will disappoint anyone but myself if I get it wrong.



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**Guest777 (guest):** i'm a questioner so i have to pro/con everything.



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**Jennifer Wilson:** THE SCRAPBOOKING EXAMPLE THAT STANDS OUT THE MOST HERE IS DECIDING WHICH PROJECTS TO PURSUE, CLASSES TO TAKE ETC.



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**CarrieAnderson:** well...we all know i have a chronic history or NOT being able to make decisions in that area haahahaaaa



Aug 25 2016, 9:52 PM

**Guest777 (guest):** yes i was thinking how in refresh we kind of prioritize. jennifer you've made those charts & then we can number the projects or classes.



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**AprilSwingler:** it helps a lot to realize that you don't have to choose the perfect options for much of life. There is no perfect thing to have for dinner you just need to come up with an option that is good enough



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**Guest4663 (guest):** I was starting at square one!

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**AleceNewell:** That was one of the most obvious link to scrapbooking



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**CarrieAnderson:** tracey...thats a nice way to look at it!!! i sometimes feel like



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**CarolWhite:** I'm trying more and more to let go of perfectionism. Done is better than perfect. Once I learned that mantra, decisions have come more easily.



Aug 25 2016, 9:53 PM

**CarrieAnderson:** "others" are judging my choices ...when they AREN'T REALLY lol



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**Jennifer Wilson:** HERE'S AN EXTENSION OF THIS THOUGHT:



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**Jennifer Wilson:** QUOTE // p. 20 - The core mindset of the Essentialist rests on three realities: individual choice, the prevalence of noise, and the reality of trade-offs.



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**Jennifer Wilson:** QUESTION // Q4. What trade-offs have you had to make in scrapbooking?



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**Jennifer Wilson:** INTERESTING TO CONSIDER PERFECTIONISM AND ESSENTIALISM TOGETHER CAROL!



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**AleceNewell:** How much stuff I can keep



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**Cindy March:** Budgeting my money differently.



Aug 25 2016, 9:54 PM

**LauraKaplan:** Trading having more time to work on projects I'm enjoying vs. doing a project because everyone else is doing it or some other silly reason.



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**Tracey Hurt Fox:** How much time do I spend on Instagram or engaging with the scrappy community v. actually creating.



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**CarolWhite:** Money, definitely.



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**AprilSwinger:** I am currently overwhelmed by not being able to get to my supplies so I am focusing on scraping in a smash book with project life cards and a printer than can print from my phone.



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**CarrieAnderson:** all of the above...lol...you guys have good answers



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**TanyaNapier:** Using my stash vs. buying the latest



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**Tracey Hurt Fox:** Do I keep an entire room for my hobby or do I consider giving that space up for our family to grow...



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**ShannonMinner:** Amen Tanya! I need to shop my stash!



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**EdithBanks:** That more stuff does not equate to better pages or projects - usually more decisions



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**BettyLouKoffel:** It's taken me years to really understand that I cannot do it all, that feels like a trade off so that I can complete the most important projects.



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**TanyaNapier:** Amen to that EdithBanks



Aug 25 2016, 9:55 PM

**CarolWhite:** Tracey...or buy a bigger place.



Aug 25 2016, 9:55 PM

**Tracey Hurt Fox:** Haha, yes!



Aug 25 2016, 9:55 PM

**AleceNewell:** Good point Edith



Aug 25 2016, 9:55 PM

**Tracey Hurt Fox:** Clean design with white space or busy memorabilia.



Aug 25 2016, 9:56 PM

**Jennifer Wilson:** I SOMETIMES SEE TRADE OFFS IN STORY SELECTION... IF I CHOOSE THIS ONE, I HAVE TO WAIT OR MAYBE EVEN NOT DO THIS ONE.. THERE WILL ALWAYS BE MORE STORIES THAN I COULD EVER TELL



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**AprilSwingler:** yes BettyLouKoffel isn't that liberating to let go of needing to do it all



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**CarolWhite:** Betty: I am coming to that reality



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**JudiPartlo:** I'm working on that one, BettyLou and Carol



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**Guest777 (guest):** good point jennifer. it's that concept you have of combining what you're most excited about & wanting to do.



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**BettyLouKoffel:** Jennifer that's what I meant but I like the way you said that. Choose one and not another leads to more finished projects.



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**CarolWhite:** Looking at my years worth of photos and realizing I could not scrap every photo, but pick and choose which ones will move the story along.



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**ShannonMinner:** Picking and choosing is hard Carol!



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**Guest4663 (guest):** Yep...ultimately how my albums look are my choice, I can't get caught up in trying to copy someone else who I think does a better job (noise in my head). The trade off? Finished albums as opposed to boxes and boxes of photos!



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**Tracey Hurt Fox:** Scrapbooking v. art journaling v. other hobbies v. cleaning my house v.exercising.



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**Jennifer Wilson:** OK, GOING FURTHER...



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**Jennifer Wilson:** QUOTE // p. 21 - "Essentialists systematically explore and evaluate a broad set of options before committing to any."



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**Jennifer Wilson:** QUESTION // Q5. Describe an experience where you considered options before making a decision.



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**CarolWhite:** That's a good trade-off, guest 4663



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**Guest4663 (guest):** 



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**CarolWhite:** What kind of albums I would use moving forward



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**CarolWhite:** PL, CTMH, CM, another brand...



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**ShannonMinner:** I had to make decisions on Saturday with my unexpected free time. I stuck to my to do list but sacrificed creative time. I am still sad about it.



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**Guest4663 (guest):** I had to choose Pt



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**BettyLouKoffel:** I've considered the option of chronological vs. LOM and chose LOM completely.



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**LauraKaplan:** Lots of times, actually! Like when I considered how I wanted to document my stories (rather than my boys'). 12x12, 8.5x11, PL, etc.



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**Guest4663 (guest):** sorry...Project Life over other firms so I can get 'real done!



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**TanyaNapier:** Canceling my BPC subscription- I had to weigh what was happening in my life vs. actual time I had to create



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**Jennifer Wilson:** THE SIZE / FORMAT QUESTION IS ONE I CONSIDER ANNUALLY



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**Guest4663 (guest):** Met not firms FORMS



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**BettyLouKoffel:** Tanya, I need to remember to cancel mine since I was away for a year and then wanted to take one class I signed up again and now need to cancel again.



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**EdithBanks:** Taking online classes- I know that with school, starting I would not have the energy. I rarely go back and finish a class even it with lifetime access.



Aug 25 2016, 10:01 PM

**Jennifer Wilson:** SWITCHING GEARS NOW...



Aug 25 2016, 10:01 PM

**TanyaNapier:** I definitely put more thought into taking online classes now



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**Jennifer Wilson:** QUOTE // p. 25 - "There is tremendous freedom in learning that we can eliminate the nonessentials, that we are no longer controlled by other people's agendas, and that we get to choose."



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**TanyaNapier:** I never wanted to miss out



Aug 25 2016, 10:01 PM

**Jennifer Wilson:** QUESTION // Q6. What's your reaction to this thought?



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**CarolWhite:** I can easily think my decision today has to be my decision forever, which is often why I over-analyze. Thinking of reviewing the album format annually is a good idea.



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**Guest4663 (guest):** Oh yes...decided on 12x12 so I could purchase uniform supplies. I may try something else after I waded through these 36 boxes of pictures.



Aug 25 2016, 10:02 PM

**AleceNewell:** I would love to fill free of others agendas



Aug 25 2016, 10:02 PM

**TanyaNapier:** Same here, CarolWhite



Aug 25 2016, 10:02 PM

**Tracey Hurt Fox:** Me, too AleceNewell.



Aug 25 2016, 10:02 PM

**Guest777 (guest):** i like his concept of if you don't choose than others choose for you. that's what that quote means to me.



Aug 25 2016, 10:02 PM

**Guest4663 (guest):** Love that quote p 25 



Aug 25 2016, 10:02 PM

**AprilSwingler:** Missing out is inevitable because you can't do it all, so I will decide what I really want to do and what I am able to do and do what is at the intersection of those two things



Aug 25 2016, 10:02 PM

**JudiPartlo:** I love that quote!! The thought of being able to choose, when I've always been a pleaser, is both scary and exciting!!!



Aug 25 2016, 10:03 PM

**CarolWhite:** I find it so hard to say "no", although I'm getting better at it. I'm a people-pleaser.



Aug 25 2016, 10:03 PM

**BettyLouKoffel:** I like the idea of getting to choose (my OLW for 2016) and being free of the agendas of others...however, it is not a one and done decision. For me it is more like,oops fell down that rabbit hole again. I climb out faster each time.





Aug 25 2016, 10:03 PM

**JudiPartlo:** Guest777 - yes, that is an awesome quote!!



Aug 25 2016, 10:03 PM

**Cindy March:** I loved the concept ....if you don't establish boundaries, there won't be any boundaries,



Aug 25 2016, 10:04 PM

**CarrieAnderson:** judi...carol...youre my people...lol!



Aug 25 2016, 10:04 PM

**Jennifer Wilson:** INTERESTING.. I THINK I WAS A LITTLE MORE RESISTANT TO THE QUOTE BC I OFTEN FEEL VERY CONSTRICTED BY THE AGENDAS OF OTHERS



Aug 25 2016, 10:04 PM

**Tracey Hurt Fox:** I fall into the trap too often of being willing to do anything for anyone initially and somehow assuming others won't take advantage. Learning my way out of that trap.



Aug 25 2016, 10:04 PM

**BettyLouKoffel:** Unfortunately, life happens and sometimes one needs to put one's own choices on the back burner to deal with something urgent and important.



Aug 25 2016, 10:04 PM

**CarolWhite:** Oh, Tracey. Been there and done that.



Aug 25 2016, 10:04 PM

**DionneJack:** I like this idea but don't actually feel the freedom most of the time. Love the idea of choosing and not being controlled by other people's agendas. Making my own choices and being happy with them is something that I am getting better at.



Aug 25 2016, 10:04 PM

**AprilSwingler:** I have decided to quit herding cats (stop trying to control things I can't)



Aug 25 2016, 10:05 PM

**BettyLouKoffel:** Jennifer, you have a young child, one can't give that up



Aug 25 2016, 10:05 PM

**Tracey Hurt Fox:** That's a lesson I really need April!



Aug 25 2016, 10:05 PM

**Jennifer Wilson:** I WONDER IF HAVING THE POWER TO CHOOSE AND ACTING AS AN ESSENTIALIST MAKES US MORE PREPARED FOR THE TIMES WHEN WE DON'T HAVE THE CHOICE... IN PART BY CREATING MORE BUFFER



Aug 25 2016, 10:06 PM

**BettyLouKoffel:** I think you are absolutely right about that Jennifer.



Aug 25 2016, 10:06 PM

**Guest4663 (guest):** Hum...interesting.



Aug 25 2016, 10:06 PM

**Tracey Hurt Fox:** I think I feel much more constricted by others' agendas at work than I do in my scrappy life. My scrapbooking is 100% for me and no one else.



Aug 25 2016, 10:06 PM

**Jennifer Wilson:** THE SCRAPBOOKING ANGLE TO THIS CONNECTS BACK TO WRITING YOUR OWN RULES... EVERYTHING IN OUR HOBBY IS A CHOICE THAT YOU GET TO MAKE



Aug 25 2016, 10:06 PM

**Cindy March:** Likewise Tracy.



Aug 25 2016, 10:07 PM

**Guest4663 (guest):** My thought exactly Tracey. Who I am scrapping for...ME!



Aug 25 2016, 10:07 PM

**AprilSwingler:** I have also learned that as I have begun to say "I'm sorry I can't \*do the thing\* for you. My family has risen to the occasion and my son has gained confidence and independence



Aug 25 2016, 10:07 PM

**Maggie Dameron Clark:** Tracy, I feel constricted in my scrap time because others' agendas intrude on my time.



Aug 25 2016, 10:07 PM

**Tracey Hurt Fox:** I struggled with the claim in the book that telling others "no" will earn you more respect. I think that may not always be the case for women, and gender was not really discussed in the book.



Aug 25 2016, 10:07 PM

**CarolWhite:** Positive outcome, April.



Aug 25 2016, 10:07 PM

**Tracey Hurt Fox:** Good point, Maggie!



Aug 25 2016, 10:08 PM

**AleceNewell:** Yes Maggie



Aug 25 2016, 10:08 PM

**BettyLouKoffel:** My mother was very ill and subsequently died. That's an agenda none of us can control. No scrapbooking done in the past month BUT I did choose to document more in my Day One app and asked others to create their own solutions for things that they wanted me to do.



Aug 25 2016, 10:08 PM

**LauraKaplan:** I noticed that, too, Tracey.



Aug 25 2016, 10:08 PM

**CarrieAnderson:** ooooh...thats a good point tracey...and youre probably right!!!



Aug 25 2016, 10:08 PM

**CarolWhite:** Tracey, especially at work. It can be impossible to say no at times.



Aug 25 2016, 10:09 PM

**Tracey Hurt Fox:** I just imagined telling my boss or the board at my office "no" and had to chuckle imagining the results.



Aug 25 2016, 10:09 PM

**BettyLouKoffel:** Agreed that in general it is much harder for a woman to gain respect by saying no than it is for a man.



Aug 25 2016, 10:09 PM

**AprilSwingler:** I'm sorry for your loss BettyLouKoffel



Aug 25 2016, 10:09 PM

**BettyLouKoffel:** Thank you April.

Aug 25 2016, 10:09 PM

**EdithBanks:** Tracey - I think the key is to not waver or give in- which sometimes can be painful.



Aug 25 2016, 10:09 PM

**Tracey Hurt Fox:** I understand the sentiment, though. And how there are ways to set boundaries. Or at least, that it's important to try to.



Aug 25 2016, 10:09 PM

**CarolWhite:** A very difficult journey, BettyLouKoffel.



Aug 25 2016, 10:09 PM

**Tracey Hurt Fox:** Right, Edith.



Aug 25 2016, 10:09 PM

**DionneJack:** So sorry to hear of your loss Betty Lou.



Aug 25 2016, 10:09 PM

**Jennifer Wilson:** I THINK THAT ALSO GOES BACK TO THE JOURNEY EDIE, BC  
SOMETIMES WE WILL WAVER



Aug 25 2016, 10:10 PM

**Jennifer Wilson:** THIS NEXT QUOTE RELATES WELL:



Aug 25 2016, 10:10 PM

**Jennifer Wilson:** QUOTE // p. 26 - "What if we stopped celebrating being busy as a  
measurement of importance?"



Aug 25 2016, 10:10 PM

**Jennifer Wilson:** QUESTION // Q7. Do you find ways to celebrate slowness and simplicity?



Aug 25 2016, 10:10 PM

**CarolWhite:** AMEN.



Aug 25 2016, 10:10 PM

**AleceNewell:** I'm trying to do that more



Aug 25 2016, 10:10 PM

**Guest777 (guest):** bettylou i was thinking by using the day one app you were documenting  
moments & being an essentialist by asking others to create their own solutions.



Aug 25 2016, 10:10 PM

**CarolWhite:** Busyness seems to be a badge of honor that women wear.



Aug 25 2016, 10:10 PM

**Cindy March:** I loved that quote.



Aug 25 2016, 10:10 PM

**Tracey Hurt Fox:** Yes, I need the little emoji with the praise hands for this quote. LOL.



Aug 25 2016, 10:10 PM

**BettyLouKoffel:** Saying no is different from choosing. One may choose to keep a specific job which means that one does what one is asked. However, one may not be doing everyone's job, plus baking for birthdays, etc.



Aug 25 2016, 10:11 PM

**Tracey Hurt Fox:** Ooh, good point, BettyLou.



Aug 25 2016, 10:11 PM

**AprilSwingler:** My son is autistic it has been good for him and for my husband to change their expectations that I would do everything for him



Aug 25 2016, 10:11 PM

**BettyLouKoffel:** Guest 777, yes, that was my idea.



Aug 25 2016, 10:12 PM

**EdithBanks:** I stopped writing long "to do" lists. Maybe 3 things - what I really need to do



Aug 25 2016, 10:12 PM

**JudiPartlo:** Oh, yes, yes, yes. I always thought you "had" to be busy to be doing well at life. Learning to say no has been such a difficult, valuable lesson!!!



Aug 25 2016, 10:12 PM

**Guest777 (guest):** april & i bet they are becoming more independent & self empowered too.



Aug 25 2016, 10:12 PM

**DionneJack:** I don't equate being busy with importance. I think that as memory keepers we all slow down and try to enjoy and capture moments.



Aug 25 2016, 10:12 PM

**Guest4663** (guest): Again an age thing, but I no longer feel like need to impress anyone by seeming important whether that is being busy or worrying about someone thinks if I say no. Job responsibilities aside I am the one who gets to choose.



Aug 25 2016, 10:12 PM

**LauraKaplan:** Last year was a really tough year at work (long story) so this summer I did very little of anything. No major projects around the house, etc. When I got back to school this week and people asked me what I did, I told them, "not much. I needed to take it easy to recover from last year." Everyone seemed to really like that idea.



Aug 25 2016, 10:13 PM

**Guest777** (guest): i like the idea of slowing down or simplifying. isn't that the basis of simple scrapper?



Aug 25 2016, 10:13 PM

**BettyLouKoffel:** Edith, that was something I focused on during the last month also. Identify what absolutely is the most important thing to do.



Aug 25 2016, 10:13 PM

**CarolWhite:** Many need permission to relax/slow down/enjoy life.



Aug 25 2016, 10:13 PM

**Tracey Hurt Fox:** Yes, DionneJack! I'm used to hearing from friends who don't scrapbook that they're "too busy" to do that.



Aug 25 2016, 10:13 PM

**Jennifer Wilson:** I WONDER IF MANY OF US ALREADY DID THIS.. WE'RE ALREADY ON THE JOURNEY



Aug 25 2016, 10:14 PM

**Guest777** (guest): i think we do jennifer.



Aug 25 2016, 10:14 PM

**CarolWhite:** Tracy and sometimes they say it rather arrogantly.



Aug 25 2016, 10:14 PM

**EdithBanks:** Laura my answer was yoga and craft! I'd work summer school so I could pay people to do some home projects.



Aug 25 2016, 10:14 PM

**Tracey Hurt Fox:** They sure do. Like it's a judgment on how we use our time...



Aug 25 2016, 10:14 PM

**Guest4663 (guest):** Permission from who?



Aug 25 2016, 10:14 PM

**BettyLouKoffel:** Agree, i think this group draws folks who have slowed and simplified at least some areas of life.



Aug 25 2016, 10:14 PM

**Cindy March:** For some I think it's a power trip.



Aug 25 2016, 10:14 PM

**Jennifer Wilson:** MAYBE AS SCRAPBOOKERS, NOT EVEN SIMPLE ONES, WE HAVE A BETTER SENSE OF RECOGNIZING THAT WE'RE NOT AS BUSY AS WE THINK



Aug 25 2016, 10:15 PM

**LauraKaplan:** I think so, too, Jennfer. People who are "too busy" don't scrapbook.



Aug 25 2016, 10:15 PM

**TanyaNapier:** My boys school me in this just today! They only have a few days left of summer vacation and I was trying to get them to go do something fun today, but all 3 just wanted to do nothing. Just lay around and do what they wanted. They are celebrating (or mourning, Ha!) differently than I thought we should be.



Aug 25 2016, 10:15 PM

**Maggie Dameron Clark:** I think we have Jennifer. I have started using Sunday as a play day. I deliberately don't see





Aug 25 2016, 10:15 PM

**JudiPartlo:** Yay, Edith!!! So happy to see yoga on your list!!



Aug 25 2016, 10:15 PM

**Jennifer Wilson:** BUT YOU KNOW, "THEY" STILL FEEL A LOT OF GUILT ABOUT THEIR PICTURES



Aug 25 2016, 10:15 PM

**CarolWhite:** Permission from someone they hold in esteem.



Aug 25 2016, 10:15 PM

**Maggie Dameron Clark:** dUlead anything unless it is fun on Sunday



Aug 25 2016, 10:16 PM

**AprilSwingler:** Right after my aneurysm I had to often close my eyes and ask for quiet because my brain couldn't handle all the data coming in - sound, visually, information. I have continued to seek to reduce the static and really hear my own thoughts. Thinking as brain processing power as a limited resource has been life changing. In a good way.



Aug 25 2016, 10:16 PM

**CarolWhite:** That's true, Jennifer.



Aug 25 2016, 10:16 PM

**Maggie Dameron Clark:** Well, that was messy. I only schedule fun activities on Sundays. That forces me to get



Aug 25 2016, 10:16 PM

**Tracey Hurt Fox:** April: "brain processing power as a limited resource" -- Yes, this!



Aug 25 2016, 10:16 PM

**Jennifer Wilson:** APRIL, I'M CURIOUS WHAT YOU'VE DONE TO "REDUCE THE STATIC"? THAT.. AND CREATING MORE BUFFER.. HAVE BEEN ON MY MIND



Aug 25 2016, 10:16 PM

**Guest777 (guest):** april i think what you are doing is trying to eliminate the extra noise. that's how he referred to it in the book.



Aug 25 2016, 10:17 PM

**BettyLouKoffel:** April,



Aug 25 2016, 10:17 PM

**CarolWhite:** I know I don't get enough "quiet" time. TV, radio, or people talking...happening all the time.



Aug 25 2016, 10:17 PM

**Guest4663 (guest):** Hum...Carol...I guess I've not let anybody have that much control over me that I would need permission to scrap.



Aug 25 2016, 10:17 PM

**BettyLouKoffel:** April, I've had to do that also. I suddenly feel like multi-tasking is NOT POSSIBLE and I need to quiet the inputs.



Aug 25 2016, 10:18 PM

**CarolWhite:** That's great!



Aug 25 2016, 10:18 PM

**AprilSwingler:** I have always enjoyed quiet time but I used to feel more pressure to be efficient. Now I am focusing on being well - on feeling well, on what contents me.



Aug 25 2016, 10:18 PM

**Maggie Dameron Clark:** The non-fun stuff done on Saturday. After a day of scrapbooking I am more rested and prepared to go back to work.



Aug 25 2016, 10:18 PM

**EdithBanks:** The book talked about how we can multitask but not multi focus- so true



Aug 25 2016, 10:18 PM

**Jennifer Wilson:** GOOD POINT EDIE!



Aug 25 2016, 10:19 PM

**Jennifer Wilson:** WELLNESS... SUCH A KEY CONCEPT.



Aug 25 2016, 10:19 PM

**Guest777 (guest):** i turn off notifications on my phone. i limit what apps i have on there. i close down windows. or when someone has the tv on & it's on commercial i mute the sound. i will turn off the ceiling fan. or go to the other room & shut the door.



Aug 25 2016, 10:19 PM

**Jennifer Wilson:** THAT IS A GOOD SEGUE TO MY NEXT QUOTE, A FAVORITE:



Aug 25 2016, 10:19 PM

**BettyLouKoffel:** Ah, multi-focus vs. multi-task, I forgot that from the book and need to remember that.



Aug 25 2016, 10:19 PM

**JudiPartlo:** Yes, Edie - I had never seen that distinguished like that between multi-focus and multi-tasking!



Aug 25 2016, 10:19 PM

**Jennifer Wilson:** QUOTE // p. 56 - "Instead of asking, 'What do I have to give up?' they ask, 'What do I want to go big on?'"



Aug 25 2016, 10:19 PM

**Jennifer Wilson:** QUESTION // Q8. What do you want to go big on in scrapbooking?



Aug 25 2016, 10:20 PM

**Guest4663 (guest):** I guess if I was scrapping and not keeping up with general responsibilities I might feel guilty about taken not the time away from something more pressing.



Aug 25 2016, 10:20 PM

**BettyLouKoffel:** The stories I want to tell, not the stories I think others want to hear.



Aug 25 2016, 10:20 PM

**AprilSwingler:** and I mean it like well-being more than the idea of being sick or well.



Aug 25 2016, 10:20 PM

**Cindy March:** Just enjoying the process.



Aug 25 2016, 10:21 PM

**Guest777 (guest):** telling the stories that delight me or are meaningful. paying attention to the details in life. noticing the things that i may not remember. that's what i want to go big on. that's why i scrapbook.



Aug 25 2016, 10:21 PM

**JudiPartlo:** Finding my rhythm and being consistent



Aug 25 2016, 10:21 PM

**Tracey Hurt Fox:** Cindy, that same answer was on the tip of my tongue.



Aug 25 2016, 10:21 PM

**BettyLouKoffel:** I want to go big on using scrapbooking as pleasure for me



Aug 25 2016, 10:21 PM

**CarrieAnderson:** big stories!!! full cohesive albums full of 12x12 layouts with stories!



Aug 25 2016, 10:21 PM

**Tracey Hurt Fox:** I was first trying to think of something related to the product of scrapbooking, but I think it's really the process that matters most to me!



Aug 25 2016, 10:21 PM

**BettyLouKoffel:** I also want to go big on taking better/more photographs



Aug 25 2016, 10:22 PM

**Cindy March:** ? ? ? ? ? ?



Aug 25 2016, 10:22 PM

**CarolWhite:** That's funny, Betty. I'm trying to take less pictures and tell more stories.



Aug 25 2016, 10:22 PM

**Amanda Wilder:** This book makes me think of how funny we are when we complain about being busy. It's really a privilege of choice if we have it. My big lesson on this was when I got really sick a few years ago -like in bed and wheel chair for a year- a hereditary thing, and it completely changed my perspective on being busy. I couldn't do anything- was forced to stop EVERYTHING. I thought that there would be negative consequences to not doing many things before, but it was ok, surprisingly ok.



Aug 25 2016, 10:22 PM

**EdithBanks:** Being creative



Aug 25 2016, 10:23 PM

**Jennifer Wilson:** I THINK THIS IS A QUESTION WE NEED TO BRING INTO THE PLANNING PROCESS.. IT'S NOT JUST ABOUT IMPORTANCE X ENTHUSIASM... WE CAN RANK PROJECTS UNTIL THE END OF TIME... BUT WE MUST ALSO FILTER WITH THIS LENS OF GOING BIG IN ONE AREA AT A TIME



Aug 25 2016, 10:23 PM

**Amanda Wilder:** (not that being sick was ok- but it made me notice how things I thought I had to do... I was joking myself.



Aug 25 2016, 10:23 PM

**BettyLouKoffel:** Carol, interesting. For me, the photos spark all sorts of stories that I wouldn't think of without them.



Aug 25 2016, 10:23 PM

**Guest4663 (guest):** Wow! Amanda!



Aug 25 2016, 10:23 PM

**CarrieAnderson:** jennifer...i like that qualifier that we go big on ONE item at a time



Aug 25 2016, 10:23 PM

**AprilSwingler:** I want to make something rather than curate a collection of stuff. I've organized my craft room many times in the 16 years we've lived in this house and every time I think I finally have it under control - something outside my control happens. This time my craft room got emptied into the garage in case I needed a downstairs sick room. I had just organized my room and I decided. I don't want to organize my room again. Not now anyway.



Aug 25 2016, 10:24 PM

**Tracey Hurt Fox:** That is helpful -- to think about how you don't have to be stuck at just one "big thing" forever.



Aug 25 2016, 10:24 PM

**Maggie Dameron Clark:** Amanda that's a great lesson. I have learned from my Sunday play days that nothing important has been left undone.



Aug 25 2016, 10:24 PM

**AprilSwingler:** I don't have the wherewithal to do it right now. So I'm not going to and I'm not going to feel bad about it. I'm just going to do simple



Aug 25 2016, 10:24 PM

**CarolWhite:** I think that is a good point. I'm trying to just take/keep the ones that move the story along vs. 6 of blowing out the birthday candles. You may not need to pare down like I've needed to. I took way too many photos and printed them all.



Aug 25 2016, 10:24 PM

**EdithBanks:** Maggie - that is so true



Aug 25 2016, 10:25 PM

**Amanda Wilder:** Yeah that's good to notice and remember Maggie I still have to remind myself of that.



Aug 25 2016, 10:25 PM

**Jennifer Wilson:** QUOTE // p. 101 - "Our highest priority is to protect our ability to prioritize."



Aug 25 2016, 10:25 PM

**Jennifer Wilson:** QUESTION // Q12. Do you consistently make sleep a priority?



Aug 25 2016, 10:25 PM

**Amanda Wilder:** I like a quote from early in the book- the basic idea of the whole thing the point is "try to find the wisest possible investment of time" But at the same time it sort of stresses me out.



Aug 25 2016, 10:26 PM

**Maggie Dameron Clark:** I joke that sleep is overrated. I know



Aug 25 2016, 10:26 PM

**CarolWhite:** I've learned that I must. If I get too tired, I tend to get sick easier.



Aug 25 2016, 10:26 PM

**Jennifer Wilson:** I AGREE AMANDA... IT SORT OF IMPLIES THAT PERFECTIONISM IS THE GOAL... THAT WE ARE MACHINE-LIKE IN EFFICIENCY

Aug 25 2016, 10:26 PM

**JudiPartlo:** A definite yes on the sleep!! But it took me years to learn and it's made a big difference in how I feel!



Aug 25 2016, 10:26 PM

**Tiffany Mitchell:** I try to but my baby sometimes has other ideas!



Aug 25 2016, 10:26 PM

**Tracey Hurt Fox:** I haven't been good about prioritizing sleep the last few weeks. The book was a good reminder.



Aug 25 2016, 10:27 PM

**Guest777 (guest):** i'd like to think i make sleep a priority. then i decide i want to keep reading my book before bed or i want to get up with my boys to take a walk in the park.



Aug 25 2016, 10:27 PM

**DionneJack:** I do make sleep a priority. I don't necessarily do it well but it is a priority.



Aug 25 2016, 10:27 PM

**Maggie Dameron Clark:** That isn't the true, but its so easy to skip sleeping to work on something else.



Aug 25 2016, 10:27 PM

**EdithBanks:** Yes! I need 7 hours



Aug 25 2016, 10:27 PM

**Guest4663 (guest):** Wearing I Fitbit I was surprised to learn that I only slrp



Aug 25 2016, 10:27 PM

**TanyaNapier:** I do make it a priority. I NEED 8 hours.



Aug 25 2016, 10:27 PM

**CarolWhite:** I have the "luxury" of being able to sleep in if I've stayed up too late. Not everyone can do that.



Aug 25 2016, 10:27 PM

**Amanda Wilder:** There are so many fun crafty things I want to do equally much! One look through instagram and I have found a new technique or something I want to learn. haha I have so many projects waiting and I want to enjoy having them all, not feel bad about not having less.



Aug 25 2016, 10:28 PM



**Jennifer Wilson:** QUOTE // p. 157 - "Disciplined editing increases your ability to focus on and give energy to the things that really matter."



Aug 25 2016, 10:28 PM

**LauraKaplan:** I've been getting better about making sleep a priority, but I'm still not great at it. Always so much I need/want to do.



Aug 25 2016, 10:28 PM

**BettyLouKoffel:** Sleep? getting much better at it and finding that while I may want to keep reading instead of turning out the light (a book, not the internet), I have the flexibility to nap for 15-30 minutes during the day.



Aug 25 2016, 10:28 PM

**Guest4663 (guest):** sleep an average of 6 hours a night!



Aug 25 2016, 10:28 PM

**Amanda Wilder:** But at the same time I wonder if I would enjoy it more if I had fewer projects.



Aug 25 2016, 10:28 PM

**CarolWhite:** I would be a CRAB on 6 hours of sleep! Do you feel well?



Aug 25 2016, 10:29 PM

**Jennifer Wilson:** QUESTION // Q15. What area of your life do you need to edit most?



Aug 25 2016, 10:29 PM

**CarrieAnderson:** stuff...i need to edit stuff



Aug 25 2016, 10:29 PM

**CarrieAnderson:** and probably social media....lol



Aug 25 2016, 10:29 PM

**Tracey Hurt Fox:** I think the time I spend on social media... though I'm not sure I'm ready to give that up.



Aug 25 2016, 10:29 PM

**Jennifer Wilson:** I THINK THE CONTEXT OF THE SLEEP QUESTION LENDS WELL HERE... WHAT DO WE NEED TO EDIT OUT IN ORDER TO PRIORITIZE OUR ABILITY TO PRIORITIZE?



Aug 25 2016, 10:29 PM

**Amanda Wilder:** I think sleep is a complicated issue. Research on chronotype is fascinating and relatively new. One thing everyone seems to agree on is that you cannot change your chronotype or it's v. difficult. I was born a night owl, but it's a larks world, and there is constant praise for larks.



Aug 25 2016, 10:29 PM

**Tanya Napier:** I need to edit my priorities



Aug 25 2016, 10:29 PM

**April Swinger:** I had a lot of trouble with sleep, not being able to. I've had to develop a sleep routine and I have found it helps a lot. My body is on a kind-of rhythm, of course I'm struggling to adjust it for school starting this week



Aug 25 2016, 10:29 PM

**Tiffany Mitchell:** Social media for me too.



Aug 25 2016, 10:29 PM

**Carol White:** Definitely social media



Aug 25 2016, 10:29 PM

**Judi Partlo:** Oh, Carrie - how I love you!! And can relate to you!!



Aug 25 2016, 10:29 PM

**Laura Kaplan:** Yes, physical things first. As far as things that take my time - online entertainment.



Aug 25 2016, 10:29 PM

**BettyLouKoffel:** Need to edit: online classes/workshops (scrapbook & non-scrapbook)



Aug 25 2016, 10:29 PM

**EdithBanks:** Social media



Aug 25 2016, 10:29 PM

**Cindy March:** The people who are not real friends, but I keep hanging onto them.



Aug 25 2016, 10:30 PM

**Tracey Hurt Fox:** I also really value the connections I make on social media, so it's hard to step away.



Aug 25 2016, 10:30 PM

**Amanda Wilder:** Once I embrace my night owly-ness and stopped trying to fight it my sleep was SOOO much better!!



Aug 25 2016, 10:30 PM

**Guest4663 (guest):** Yes! Apparently I wiggle worm off and on. At least I don't wake up so that I can't go right back to sleep. I had no idea.



Aug 25 2016, 10:30 PM

**Tracey Hurt Fox:** I also need to edit how much time I spend complaining or feeling negative about my job.



Aug 25 2016, 10:30 PM

**LauraKaplan:** I did that all summer, Amanda. It was great. Now I have to start getting up at 5:30 again, so it doesn't work so well.



Aug 25 2016, 10:30 PM

**JudiPartlo:** Excess stuff that takes too much of my time and energy and space.



Aug 25 2016, 10:30 PM

**Amanda Wilder:** Tracey- me too! I really enjoy seeing what my friends are up to and photos etc. even if it's just a snap shot



Aug 25 2016, 10:31 PM

**Jennifer Wilson:** QUOTE // p. 195 - "Instead of trying to accomplish it all - and all at once - and flaring out, the Essentialist starts small and celebrates progress."



Aug 25 2016, 10:31 PM

**CarrieAnderson:** judi ...



Aug 25 2016, 10:31 PM

**Jennifer Wilson:** QUOTE // p. 222 - "Getting the future out of your head enables you to more fully focus on 'what is important now.'"



Aug 25 2016, 10:31 PM

**BettyLouKoffel:** Carrie, I'm with you, i need to edit stuff



Aug 25 2016, 10:31 PM

**JudiPartlo:**



Aug 25 2016, 10:31 PM

**Jennifer Wilson:** QUESTION // Q16. What's your next small step?



Aug 25 2016, 10:31 PM

**Amanda Wilder:** Laura-UGG! I'm so sorry. I've been there. Feel so lucky to have a job with night owl flexibility right now.



Aug 25 2016, 10:32 PM

**Tiffany Mitchell:** Writing some journaling for a page that I have in progress.



Aug 25 2016, 10:32 PM

**Guest777 (guest):** getting ready for bed



Aug 25 2016, 10:32 PM

**Tracey Hurt Fox:** Scrapbook-wise, I just started scrapbooking photos of my childhood for the first time, and that feels like a cool "small step" to celebrate. I'm documenting more of my memories.



Aug 25 2016, 10:32 PM

**AprilSwingler:** printing 3 photos to scrap



Aug 25 2016, 10:32 PM

**JudiPartlo:** Update my journal from the past week.



Aug 25 2016, 10:32 PM

**CarolWhite:** Putting the finishing touches on a l/o in progress.



Aug 25 2016, 10:32 PM

**BettyLouKoffel:** Next small step tonight: taking my contacts out



Aug 25 2016, 10:33 PM

**CarrieAnderson:** taking pictures of the FIVE layouts i made this weekend so I can post them



Aug 25 2016, 10:33 PM

**DionneJack:** Planning what I can do while away next week and pack it to bring with me tomorrow.



Aug 25 2016, 10:33 PM

**TanyaNapier:** Thinking about how I want to manage my creative time when our routine returns with school starting next week- what I want to work on next



Aug 25 2016, 10:33 PM

**CarolWhite:** Yay, Carrie!



Aug 25 2016, 10:33 PM

**Tracey Hurt Fox:**



Aug 25 2016, 10:33 PM

**DionneJack:** WTG Carrie!



Aug 25 2016, 10:33 PM

**Tracey Hurt Fox:** Putting the next one of these on my calendar.



Aug 25 2016, 10:33 PM

**Jennifer Wilson:** THESE CHATS GO BY MUCH FASTER THAN I THINK THEY WILL.. I NEED TO WORK ON EDITING MY QUESTIONS!



Aug 25 2016, 10:33 PM

**AprilSwingler:** and I need to set a new art day. I haven't been doing Friday art day



Aug 25 2016, 10:33 PM

**Cindy March:** Starting my next layout.



Aug 25 2016, 10:33 PM

**Jennifer Wilson:** HERE'S ONE LAST QUOTE FOR TONIGHT:



Aug 25 2016, 10:33 PM

**Jennifer Wilson:** QUOTE // p. 235 - "A key benefit of being more present in the moment has been making joyful memories that would otherwise not exist."



Aug 25 2016, 10:34 PM

**Amanda Wilder:** Do you guys think the whole essentialism, minimalism, simplifying thing is partly a real and needed response to overly material society with unnecessary pressure, but also partly... just a trendy thing right now?



Aug 25 2016, 10:34 PM

**Tracey Hurt Fox:** <3



Aug 25 2016, 10:34 PM

**BettyLouKoffel:** Scrapbook next step: review the sketches and print my new fav photo of my granddaughter....review the sketches is first so I can print the right size instead of 4 choices



Aug 25 2016, 10:34 PM

**Guest4663 (guest):** Eastern time here and 10:30 is my bedtime. Looking firward to the next time.



Aug 25 2016, 10:34 PM

**Amanda Wilder:** Like.. "look at me I am so minimalist... no I am more minimalist haha"



Aug 25 2016, 10:34 PM

**Jennifer Wilson:** INTERESTING THOUGHT AMANDA... WOULD YOU MIND POSTING THAT TO THE FACEBOOK GROUP SO WE CAN EXTEND THE DISCUSSION THERE?



Aug 25 2016, 10:34 PM

**Amanda Wilder:** Great quote



Aug 25 2016, 10:34 PM

**TanyaNapier:** Lol @ Amanda



Aug 25 2016, 10:34 PM

**Maggie Dameron Clark:** Yes it seems to be trendy, but I do think it's necessary.



Aug 25 2016, 10:34 PM

**Tracey Hurt Fox:** Amanda, yes! It's definitely trendy. I have to wonder if a future generation will trend toward valuing excess again, and they'll laugh at us for our austerity.



Aug 25 2016, 10:34 PM

**Amanda Wilder:** sure



Aug 25 2016, 10:35 PM

**Tracey Hurt Fox:** It's a pendulum, right?



Aug 25 2016, 10:35 PM

**EdithBanks:** I think it's trendy a yes Tracey!



Aug 25 2016, 10:35 PM

**Jennifer Wilson:** I'M NOT SURE IT'S A TREND



Aug 25 2016, 10:35 PM

**CarolWhite:** Everything in moderation, right???



Aug 25 2016, 10:35 PM

**CarolWhite:** Or, does that go against our discussion tonight?



Aug 25 2016, 10:35 PM

**LauraKaplan:** Yes, Tracey, I think it is. And I suck at minimalism, so I hope the trend passes quickly! lol



Aug 25 2016, 10:36 PM

**CarolWhite:** Jennifer, how so not?



Aug 25 2016, 10:36 PM

**BettyLouKoffel:** Is being present the cause of making more joyful memories or does it simply allow us to see them and remember them? I think it is the latter



Aug 25 2016, 10:36 PM

**Tracey Hurt Fox:** Our culture seems "noisy" to those of us who grew up without the Internet, but for those who have known it all along, maybe they won't feel as much of a need to shut it all out and focus on one thing.



Aug 25 2016, 10:36 PM

**Amanda Wilder:** HA! Tracey



Aug 25 2016, 10:36 PM



**CarolWhite:** Or, BettyLouKoffel, is it a bit of both?



Aug 25 2016, 10:36 PM

**EdithBanks:** For me - too many things I a room is noise and I can't focus



Aug 25 2016, 10:37 PM

**Amanda Wilder:** And developing countries already laugh at us.



Aug 25 2016, 10:37 PM

**CarrieAnderson:** see y'all later...thanks for the questions Jennifer...thought provoking as always



Aug 25 2016, 10:37 PM

**JudiPartlo:** Goodnight!!!



Aug 25 2016, 10:37 PM

**AprilSwingler:** for me it is more about mental noise and static. But I do see some one-upsmanship related to minimalism. Similar to who is the most fit or eats the healthiest,there is a lot of smugness about it. And I don't have time for that. That's just more guilt and static that I don't want to participate in



Aug 25 2016, 10:37 PM

**Tracey Hurt Fox:** I agree, April.



Aug 25 2016, 10:37 PM

**Amanda Wilder:** maybe simplifying is not a trend but minimalism is?



Aug 25 2016, 10:37 PM

**LauraKaplan:** Good point, April



Aug 25 2016, 10:38 PM

**Amanda Wilder:** Totally April.



Aug 25 2016, 10:38 PM

**Jennifer Wilson:** I THINK IT'S SOME OF BOTH BETTYLOU



Aug 25 2016, 10:38 PM

**BettyLouKoffel:** Definitely see minimalism as trendy, think of all the capsule wardrobes and only one bag of trash per year



Aug 25 2016, 10:38 PM

**Amanda Wilder:** So much noise.



Aug 25 2016, 10:38 PM

**Jennifer Wilson:** I AGREE ON THE ONE-UPMANSHIP FOR SURE!

Aug 25 2016, 10:38 PM

**CarolWhite:** ONE bag of trash/year?!



Aug 25 2016, 10:38 PM

**Tracey Hurt Fox:** Yep, and the Konmari method.



Aug 25 2016, 10:38 PM

**Tiffany Mitchell:** not to mention the tiny houses.



Aug 25 2016, 10:38 PM

**Jennifer Wilson:** I SHOULDN'T FEEL BAD BECAUSE I HAVE MORE THAN 33 ITEMS IN MY CLOSET



Aug 25 2016, 10:38 PM

**BettyLouKoffel:** Carol, yes. Not me though.



Aug 25 2016, 10:38 PM

**Amanda Wilder:** I get that edith. I always feel better and more focused when a room is "tidy"



Aug 25 2016, 10:39 PM

**Tracey Hurt Fox:** And I saw an article this week about how TGI Fridays is going minimal and getting rid of all the kitschy stuff on the walls.



Aug 25 2016, 10:39 PM

**CarolWhite:** Exactly. Each to their own choices.



Aug 25 2016, 10:39 PM

**Jennifer Wilson:** OMG, WE FILL THE TRASH CAN EVERY DAY!



Aug 25 2016, 10:39 PM

**Jennifer Wilson:** AND THAT'S WITH A TON OF RECYCLING



Aug 25 2016, 10:39 PM

**CarolWhite:** We do too!



Aug 25 2016, 10:39 PM

**CarolWhite:** Well, maybe every two days.



Aug 25 2016, 10:39 PM

**Amanda Wilder:** And is it really bad" to have "good" things in addition to GREAT things?sometimes but doesn't always work that way?



Aug 25 2016, 10:39 PM

**Jennifer Wilson:** ALRIGHT, THANK YOU LADIES FOR ANOTHER LOVELY BOOK CLUB MEETING!



Aug 25 2016, 10:39 PM

**AprilSwingler:** I think the motivation is what makes the difference



Aug 25 2016, 10:40 PM

**Jennifer Wilson:** OUR NEXT FEW BOOKS ARE:



Aug 25 2016, 10:40 PM

**Amanda Wilder:** Thanks Jennifer



Aug 25 2016, 10:40 PM

**CarolWhite:** Jennifer, have you decided on the next selection?



Aug 25 2016, 10:40 PM

**Cindy March:** Thank you



Aug 25 2016, 10:40 PM

**CarolWhite:** I was behind you in typing1



Aug 25 2016, 10:40 PM

**TanyaNapier:** Thanks Jennifer. The discussion guide is very helpful, btw.



Aug 25 2016, 10:40 PM

**Jennifer Wilson:** SEPT: CREATIVE YOU, OCT: THE CREATIVE HABIT, NOV: THE NEW RULES OF SCRAPBOOKING, DEC: THE DESIRE MAP



Aug 25 2016, 10:40 PM

**LauraKaplan:** Thank you, Jennifer! Thought-provoking, as always!



Aug 25 2016, 10:40 PM

**CarolWhite:** Glad I was able to join tonight. Interesting discussion and insights. Thanks to all.



Aug 25 2016, 10:40 PM

**Tracey Hurt Fox:** Thank you! I am so excited for Creative You. I have read that in the past and can't wait to revisit. I am such a Meyers Briggs nerd.



Aug 25 2016, 10:41 PM

**Amanda Wilder:** YEESSSS MYERS BRIGGSS!!!



Aug 25 2016, 10:41 PM

**CarolWhite:** Creative You is on sale, I think still, on kindle. \$3.99.



Aug 25 2016, 10:41 PM

**Amanda Wilder:** sorry I think only Jennifer is supposed to all caps lol



Aug 25 2016, 10:41 PM

**Jennifer Wilson:** YOU ALL ARE SO AWESOME! MYERS-BRIGGS IS SO FUN.



Aug 25 2016, 10:41 PM

**CarolWhite:** November!!!



Aug 25 2016, 10:41 PM

**Tracey Hurt Fox:** I'm with you on the excitement, Amanda! Haha.



Aug 25 2016, 10:41 PM

**BettyLouKoffel:** tYes, I liked the discussion guide also.



Aug 25 2016, 10:41 PM

**Amanda Wilder:** hahaha



Aug 25 2016, 10:41 PM

**Cindy March:** Love Mters Briggs. We were just talking about Myers Briggs



Aug 25 2016, 10:41 PM

**Jennifer Wilson:** I JUST GOT HOME FROM TRAVELING SO IT'S TIME TO UNPACK...HAVE A WONDERFUL WEEKEND EVERYONE!



Aug 25 2016, 10:42 PM

**AprilSwingler:** oh thanks for the heads up CArolWhite kindle books = less books that don't fit on my shelves



Aug 25 2016, 10:42 PM

**CarolWhite:**



Aug 25 2016, 10:42 PM

**Amanda Wilder:** Peace out have a great night ladies!



Aug 25 2016, 10:42 PM

**CarolWhite:** I hope it is still there for you.



Aug 25 2016, 10:42 PM

**CarolWhite:** Night everyone!



Aug 25 2016, 10:42 PM

**EdithBanks:** Thanks Jennfer- good night everyone



Aug 25 2016, 10:42 PM

**BettyLouKoffel:** Good night



Aug 25 2016, 10:42 PM

**Jennifer Wilson:** NIGHT!



Aug 25 2016, 10:42 PM

**DionneJack:** Good night ladies



Aug 25 2016, 10:42 PM

**Tracey Hurt Fox:** Good night!