

Aug 30, 9:30 PM

Breeoxd (Guest): hello!

Aug 30, 9:31 PM

Jennifer Wilson (Moderator): Good evening friends!

Aug 30, 9:32 PM

Kim Edsen: Hey there!

Aug 30, 9:32 PM

Jennifer Wilson (Moderator): This was such a fascinating book. I can't wait to discuss!

Aug 30, 9:33 PM

Jennifer Wilson (Moderator): How is everyone doing tonight? I feel like my day was the longest ever!

Aug 30, 9:33 PM

Kim Edsen: I'm winding down, ready for the weekend.

Aug 30, 9:34 PM

Patricia Moore: Monday's always seem the longest to me

Aug 30, 9:34 PM

Breeoxd (Guest): Jonesing for the long weekend for sure

Aug 30, 9:35 PM

Jennifer Wilson (Moderator): YES!!

Aug 30, 9:35 PM

Jennifer Wilson (Moderator): Tonight we are discussing The Pursuit of Perfect by Tal Ben-Shahar:<http://amzn.to/2gJ6JNO>

Aug 30, 9:35 PM

Ina (Guest): Hi everyone 😊

Aug 30, 9:35 PM

Jennifer Wilson (Moderator): Is there anyone joining us for the first time tonight?

Aug 30, 9:36 PM

Patricia Moore: Lots of nuggests in this book

Aug 30, 9:36 PM

Breeoxd (Guest): hi Ina!

Aug 30, 9:37 PM

Jennifer Wilson (Moderator): As always, I will be sharing quotes from the book followed by discussion questions.

Aug 30, 9:38 PM

Ina (Guest): I only got to chapter 2, I started reading it way late.

Aug 30, 9:38 PM

Jennifer Wilson (Moderator): This first one is actually towards the end, but I thought it was a great place to begin.

Aug 30, 9:38 PM

Jennifer Wilson (Moderator): QUOTE // “The word appreciate has two meanings. The first meaning is “to be thankful,” the opposite of taking something for granted. The second meaning is “to increase in value” (as money appreciates in the bank). Combined, these two meanings point to a truth that has been proved repeatedly in research on gratitude: when we appreciate the good in our lives, the good grows and we have more of it.”

Aug 30, 9:38 PM

Jennifer Wilson (Moderator): QUESTION // Q1. What can you appreciate right now?

Aug 30, 9:39 PM

Tiffany Mitchell: So many things! Big kids are back in school, for one

Aug 30, 9:40 PM

Kim Edsen: In general, I'm appreciative of the long upcoming weekend and that my girls have made a smooth transition into middle school.

Aug 30, 9:41 PM

Kim Edsen: Creatively, I'm appreciative of newly tidied craft space. I have home projects planned for Saturday, but hopefully that will free up time for crafting Sunday or Monday

Aug 30, 9:41 PM

Breeoxd (Guest): Work has been low stress lately. I've actually almost got fingernails back! I think that has made me more relaxed in general, which has made me want to read more, scrap more etc. Also my kiddo has been really great lately, even as she's struggling with Pre-k

Aug 30, 9:41 PM

Patricia Moore: My daughter was given 4 new tires last night...greatly appreciate that

Aug 30, 9:41 PM

Breeoxd (Guest): yay Patricia, that's got to be a relief

Aug 30, 9:41 PM

Kim Edsen: @Pat - tires are expensive (and so very important!); that is awesome

Aug 30, 9:41 PM

Patricia Moore: YES a real blessing

Aug 30, 9:41 PM

Jennifer Wilson (Moderator): We just got back from Open House.. I am appreciative of our great school environment

Aug 30, 9:42 PM

BettyLou Koffel: I'm appreciating time away with my husband

Aug 30, 9:42 PM

Ina (Guest): That's the first thing I thought of too, the kids are back in school so we can get back to a routine.Plus I'm excited about the 30 days of lists challenge coming up.

Aug 30, 9:42 PM

Breeoxd (Guest): creatively I'm just happy I've felt really determined to finish things

Aug 30, 9:42 PM

Kim Edsen: Bree - are you a nail biter? My husband and daughter both tear at their nails; on vacation they always grow out and then we return to real life and they go back to nubbins!

Aug 30, 9:42 PM

Breeoxd (Guest): a goo school is nothing to sneeze at

Aug 30, 9:43 PM

Breeoxd (Guest): Im a terrible nail biter! I feel bad- my tree year old bits her nails to the quick, too. It's just something I've always done. My mom, too.

Aug 30, 9:43 PM

BettyLou Koffel: Creatively, I'm appreciating this group and our new platform as well as all of the things I've learned this summer

Aug 30, 9:43 PM

Breeoxd (Guest): sorry in advanc, my e key is being sticky lol

Aug 30, 9:43 PM

Ina (Guest): I appreciate this community and how it keeps me motivated 

Aug 30, 9:44 PM

Jennifer Wilson (Moderator): The back to school routine is also great for my creativity.. I feel more grounded now.

Aug 30, 9:44 PM

NikkiK (Guest): Hello! I agree with Ina!

Aug 30, 9:44 PM

BettyLou Koffel: Bree, is that why you have photos of shellacked nails on your layouts?

Aug 30, 9:45 PM

Breeoxd (Guest): LOL Betty, that was a brief period of time where I managed to grow them out- hence the 5,000 pics of them

Aug 30, 9:45 PM

Breeoxd (Guest): I got really adept at nail art

Aug 30, 9:45 PM

BettyLou Koffel: Fantastic!

Aug 30, 9:45 PM

Breeoxd (Guest):

Aug 30, 9:46 PM

Breeoxd (Guest): Im also grateful I discovered a Peloton bike in my work gym- finally motivated to exercise for the first time in awhile! It's been a very grateful week

Aug 30, 9:46 PM

Jennifer Wilson (Moderator): Alright, let's dig in to the book a bit... Here's an outline of how the author defines a Perfectionist vs. an Optimalist: <https://tinyurl.com/yxsxttub>

Aug 30, 9:46 PM

Jennifer Wilson (Moderator): QUESTION // Q2. Are there particular areas in your life where you tend to be an Optimalist? Are there areas in which you are more of a Perfectionist?

Aug 30, 9:48 PM

Breeoxd (Guest): I gave some thought to this and realized I'm an optimalist at work/professionally, which enables me to be flexible enough to survive in an always changing company, and to do a good job. I tend to be more of a perfectionist with my family though- I think I have too rigid an idea of how I should behave as a mom and partner, and that stifles me and makes me not as good of a mom sometimes. it was rather eye opening

Aug 30, 9:48 PM

Tiffany Mitchell: I think after having kids, I have grown less and less a perfectionist and more optimalist.

Aug 30, 9:48 PM

Ina (Guest): I love the term optimalist. I tend to be an optimalist now in most areas of my life, but I realized I am still a perfectionist in my creative endeavors and in my healthy eating and fitness endeavors.

Aug 30, 9:48 PM

NikkiK (Guest): Sadly, most of the time I'm a perfectionist. I would like to be more of an Optimalist.

Aug 30, 9:48 PM

BettyLou Koffel: That file isn't working for me on my iPad

Aug 30, 9:49 PM

Kim Edsen: I thought this was an interesting one. I enjoy baking and cooking and trying new recipes, and really have no issues if they don't turn out well. I think it's because we either eat it or toss it and move on. When it comes to stuff that feels more permanent (like furniture, even clothing to some extent) I feel like it's a bigger commitment and want to make the 'right' choice.

Aug 30, 9:49 PM

Jennifer

Wilson (Moderator): https://static.wixstatic.com/media/b7ef24_2b1d2ea2695a41ff8f86009927618374.jpg/v1/fill/w_630,h_358,al_c,q_80,usm_0.66_1.00_0.01/b7ef24_2b1d2ea2695a41ff8f86009927618374.webp

Aug 30, 9:49 PM

BettyLou Koffel: There are times when I'm a perfectionist and others an optimalist

Aug 30, 9:49 PM

Breeoxd (Guest): kim thats interesting that you divide along those lines!

Aug 30, 9:50 PM

Carol White: I used to be more of a perfectionist, but am leaning more often towards optimalist. Once I learned I was a perfectionist and that it was holding me back so much in life.

Aug 30, 9:52 PM

Patricia Moore: Both, but less optimistic as I age

Aug 30, 9:54 PM

Jennifer Wilson (Moderator): My husband is an Optimalist and has a huge influence on me over the past decade.

Aug 30, 9:54 PM

NikkiK (Guest): Hmm, after reading what Kim explained, perhaps I'm an optimalist in my clothing choices! And I've started to wear less makeup on a day to day basis. I never wore a lot. But I'm much more relaxed about not having to dress to the nines these days.

Aug 30, 9:54 PM

BettyLou Koffel: Found my notes. I was pretty much always an optimist as an anesthesiologist, no to much at home though. Particularly creatively years ago. Lots of things got tossed and restarted. I think that's changed though through conscious actions

Aug 30, 9:54 PM

Carol White: @Patricia more perfectionist or just less optimistic about life in general?

Aug 30, 9:55 PM

Carol White: I would always want an optimistic anesthesiologist!

Aug 30, 9:56 PM

BettyLou Koffel: did I autocorrect to optimistic?

Aug 30, 9:56 PM

Carol White: No, I wrote it wrong! Sorry!

Aug 30, 9:57 PM

Patricia Moore: Carol, I am less patient so i guess more perfectionist and less likely to expect the best/bright side. I wonder if it is seeing so much "water over the dam"

Aug 30, 9:57 PM

BettyLou Koffel: Okay good. I think an optimistic optimist anesthesiologist would be my first choice.

Aug 30, 9:58 PM

Carol White: I made you one. 😊

Aug 30, 9:58 PM

BettyLou Koffel: Funny how recognizing the beginning of problems is easier when you are expecting them

Aug 30, 9:58 PM

Kim Edsen: I think a lot has to do with my weird inner expectations. Like I don't expect every craft project or recipe to turn out, so I'm go with the flow there, but for some reason I seem to think I should just naturally have landscaping, interior design, and fashion skills....maybe I'm more perfectionistic about things I'm less confident about? Or maybe things that I feel like have a right vs. wrong 'answer'. Hmmm...

Aug 30, 9:59 PM

Patricia Moore: that's interesting Kim

Aug 30, 9:59 PM

Kim Edsen: and not right vs. wrong in general, just right vs. wrong FOR ME and my tastes, etc.

Aug 30, 9:59 PM

Tiffany Mitchell: I relate with a lot of what you said, Kim.

Aug 30, 10:00 PM

Ina (Guest): Kim, or maybe things that seem more "permanent"?

Aug 30, 10:00 PM

Carol White: I have a terrible time pulling the trigger on paint colors or a new pair of jeans. These are areas I'm much less confident in my abilities.

Aug 30, 10:00 PM

Patricia Moore: I believe you may be on to something Kim. Our thoughts do guide us

Aug 30, 10:00 PM

Jennifer Wilson (Moderator): Here's a quote that will help us dig a little more:

Aug 30, 10:00 PM

Jennifer Wilson (Moderator): QUOTE // For the Perfectionist, achieving his goal is the only thing that matters. The process of getting there—the journey—is meaningless to him. He views the journey as simply a series of obstacles that have to be negotiated in order to get to wherever it is that he wants to be. In this sense, the Perfectionist's life is a rat race. He is unable to enjoy the here and now because he is completely engrossed in his obsession with the next promotion, the next prize, the next milestone—which he believes will

Aug 30, 10:00 PM

Breeoxd (Guest): That's a really good point, Kim

Aug 30, 10:00 PM

BettyLou Koffel: I know that my mother was seriously a perfectionist and raised me to do things the RIGHT way. Maybe that's why I had issues with perfectionism at home for so long. My girls hated it.

Aug 30, 10:00 PM

Jennifer Wilson (Moderator): make him happy.

Aug 30, 10:00 PM

Jennifer Wilson (Moderator): QUESTION // Q3. Do you enjoy the journey of scrapbooking as much as the finished result?

Aug 30, 10:01 PM

Breeoxd (Guest): Betty, I had those same feelings while reading this book. Lots of thoughts on my childhood,too. Glad to know it wasn't just me.

Aug 30, 10:01 PM

Carol White: I was feeling badly for my girls and their childhood.

Aug 30, 10:02 PM

Breeoxd (Guest): Not to be a sycophant, but I find I am enjoying it more since joining Simple Scrapper. For a good long time I was just miserable because I was so behind and felt like a failure

Aug 30, 10:02 PM

BettyLou Koffel: Today I definitely enjoy he journey. In the beginning, I liked the result. Thankfully it changed along the way

Aug 30, 10:02 PM

NikkiK (Guest): Oh I love the journey and process of scrapping. But I still at times want it to feel right to my eye.

Aug 30, 10:02 PM

Carol White: I love the journey, most of the time, and the finished product.

Aug 30, 10:03 PM

Breeoxd (Guest): I do love a good finished product though

Aug 30, 10:03 PM

Breeoxd (Guest): Cheers to that, Carol!

Aug 30, 10:03 PM

Ina (Guest): That makes sense when I relate it to my perfectionism in healthy eating/fitness. It's all authentic end result. When we start to enjoy the journey, we can relax and be more of an optimalist.

Aug 30, 10:03 PM

Patricia Moore: There was no Perfectionist theme in my childhood, maybe that is why I strive for perfect. I never seem to do it good enough as a child ...still trying to get it right

Aug 30, 10:03 PM

Carol White: I agree that Simple Scrapper has helped me enjoy the journey even more.

Aug 30, 10:03 PM

Jennifer Wilson (Moderator):

Aug 30, 10:04 PM

BettyLou Koffel: Carol and Bree, ditto

Aug 30, 10:04 PM

Kim Edsen: For me it's almost all about the journey. I like to move onto the next thing, but mostly because I like the puzzle aspect of pulling it all together. I rarely look at my completed pages (but when I do I enjoy them).

Aug 30, 10:04 PM

Patricia Moore: Yes love the scrapping journey more since simple scrapper.

Aug 30, 10:04 PM

NikkiK (Guest): Agree!

Aug 30, 10:04 PM

Kim Edsen: Nikki - yes. I like pulling it together but it can rankle when something seems 'off'

Aug 30, 10:06 PM

NikkiK (Guest): True Kim. Recent years, I've been better about putting something to the side if it is not working for me.

Aug 30, 10:06 PM

BettyLou Koffel: I love putting my layouts into albums because that's when I look and love and remember. Last week I had to pull a layout out so I could "fix" something I had been thinking about!

Aug 30, 10:07 PM

Jennifer Wilson (Moderator): QUOTE // "We can only learn to deal with failure by actually experiencing failure, by living through it. The earlier we face difficulties and drawbacks, the better prepared we are to deal with the inevitable obstacles along our path."

Aug 30, 10:07 PM

Jennifer Wilson (Moderator): QUESTION // Q4. Think of a challenge that you took on in scrapbooking. What did you learn, and in what ways did you grow from the experience?

Aug 30, 10:07 PM

BettyLou Koffel: It was still rankling, as Kim, says even though I had declared it finished. I was tired of fussing

Aug 30, 10:08 PM

Breeoxd (Guest): Doing Project 365 in 2011 (just finished scrapping it though). I really learned a lot about capturing the everyday, before that really became a thing

Aug 30, 10:10 PM

Kim Edsen: I like dabbling in different sizes and formats; I think it helps me learn and customize my hobby to better fit myself and my life. Some things stick, some things don't.

Aug 30, 10:10 PM

BettyLou Koffel: Last summer I created a printed book for a beloved exercise studio owner when she sold the studio and stopped teaching. I thought and thought for months about how I would make this work. It took hours of careful organization to finish bi

Aug 30, 10:11 PM

Carol White: #the100dayproject I learned I can complete that long of a challenge, that just a few minutes a day keeps my creativity flowing

Aug 30, 10:11 PM

Breeoxd (Guest): Oh, i tried to do a few sizes of special themed projects- turns out I hate having different sized books and I just need to embrace that- even if 3x8 looks super sexy lol

Aug 30, 10:11 PM

BettyLou Koffel: it turned out well and I learned that hours spent planning are never wasted. The recipient is, interestingly, pretty much a perfectionist. Hah!

Aug 30, 10:11 PM

Jennifer Wilson (Moderator): Definitely Kim... I have done pockets so many which ways... but I enjoy layouts more.

Aug 30, 10:12 PM

Carol White: What a gift, Betty Lou!

Aug 30, 10:12 PM

NikkiK (Guest): I have been sharing some this book's messages with my son who has ADHD. Especially trying to stay in the present and do one thing well instead doing 2 or more things at once and not doing them well. Sorry that was off topic! But I have to go and wanted to thank you For suggesting this book! Definitely much to learn! Bye all.

Aug 30, 10:12 PM

Breeoxd (Guest): I wish we could see it, Betty Lou

Aug 30, 10:12 PM

BettyLou Koffel: Carol, it was, tears all around

Aug 30, 10:12 PM

Breeoxd (Guest): Nikki thats great!

Aug 30, 10:13 PM

BettyLou Koffel: Nikki, great.

Aug 30, 10:14 PM

Kim Edsen: Have a great night, Nikki! So glad you enjoyed this one!

Aug 30, 10:14 PM

BettyLou Koffel: Bree, there were a few photos of it on the old site

Aug 30, 10:14 PM

Jennifer Wilson (Moderator): QUOTE // "The comfortable relationship that Optimalists have with failure makes them more willing to experiment and to take risks and makes them more open to feedback."

Aug 30, 10:14 PM

Jennifer Wilson (Moderator): QUESTION // Q5. Do you share your layouts online? Do you value receiving constructive criticism?

Aug 30, 10:15 PM

BettyLou Koffel: I've got to sign off also. My husband made dinner!

Aug 30, 10:15 PM

Breeoxd (Guest): Night!

Aug 30, 10:15 PM

Carol White: Nice! Good to see you, BettyLou!

Aug 30, 10:16 PM

Carol White: I think I only share on Simple Scrapper. I can't think of another venue. Constructive criticism, yes.

Aug 30, 10:16 PM

Breeoxd (Guest): I share my layouts because I just want to celebrate my family and art and creativity with other people. I do it more for community than feedback, but it's never bothered me to receive.

Aug 30, 10:16 PM

Breeoxd (Guest): Although I feel the scrap community even in its heyday was good about being nice about it

Aug 30, 10:17 PM

Carol White: Well-said

Aug 30, 10:17 PM

Breeoxd (Guest): maybe that's why it felt safe

Aug 30, 10:18 PM

Jennifer Wilson (Moderator): The digital community has especially cultivated a culture of positive support on layouts.

Aug 30, 10:19 PM

Kim Edsen: I agree with Bree. If it didn't feel like a kind environment, I wouldn't share. I pretty much only share on Simple Scrapper anyway, which I do enjoy, especially when I feel particularly enthusiastic about something. My layouts feel so personal to just put out onto social media; I tend to think of myself as a pretty private person in real life.

Aug 30, 10:20 PM

Jennifer Wilson (Moderator): QUOTE // “The all-or-nothing approach—the idea that work that is not done perfectly is not worth doing at all—leads to procrastination and, more generally, to inefficient use of time.”

Aug 30, 10:20 PM

Jennifer Wilson (Moderator): QUESTION // Q6. Do you procrastinate? If so, do you think perfectionism is a reason behind it? Can you think of an examples?

Aug 30, 10:20 PM

Patricia Moore: Kim, yes my layouts are personal and add to that I am not very electronic

Aug 30, 10:21 PM

Kim Edsen: My husband told me a story about a family which went around the dinner table each night telling about how they failed that day; in that the parents WANTED the kids to try new things (and inevitably, fail on occasion). I find that pretty fascinating; not sure where he heard it.

Aug 30, 10:21 PM

Breeoxd (Guest): I've heard that too Kim. Wondering if I can get my kiddo to share later in life

Aug 30, 10:21 PM

Jennifer Wilson (Moderator): Wow

Aug 30, 10:22 PM

Patricia Moore: I was not happy to learn that my delayed decisions are considered procrastination.

Aug 30, 10:22 PM

Kim Edsen: I do procrastinate. Mostly I think it's when I don't have a clear idea in my head of the next steps or how to achieve the final result I'm looking for, so instead of just starting and figuring out as I go I'll put it off in the name of 'thinking about it' some more

Aug 30, 10:22 PM

Breeoxd (Guest): As to the question- on the surface it looks like I procrastinate, but as I've gotten to know my process, I tend to do 90% of the work on a project (at work, home or scrapping,) all in my head. I tend to mull things over and process in my head long before putting pen to paper, so to speak

Aug 30, 10:22 PM

Jennifer Wilson (Moderator): I feel like my procrastination and my perfectionism are separate.

Aug 30, 10:22 PM

Breeoxd (Guest): agreed Jennifer

Aug 30, 10:23 PM

Breeoxd (Guest): but how so for you?

Aug 30, 10:23 PM

Jennifer Wilson (Moderator): Like doing the thing feels hard/painful, requires effort/energy that maybe I don't have... procrastinating, especially of the Internet variety, feels pleasurable

Aug 30, 10:24 PM

Jennifer Wilson (Moderator): It's not that I am worried that it won't turn out. I don't fear failure or success. I think I'm just naturally quite lazy.

Aug 30, 10:25 PM

Patricia Moore: I was never have thought you to be lazy, Jennifer....You do so much

Aug 30, 10:25 PM

Carol White: Jennifer, I do believe you've overcome any innate laziness!

Aug 30, 10:25 PM

Breeoxd (Guest): I would counter that maybe you just know how to be still once in awhile lol

Aug 30, 10:26 PM

Carol White: Good point!

Aug 30, 10:26 PM

Breeoxd (Guest): but there is nothing wrong with a little laziness

Aug 30, 10:26 PM

Tiffany Mitchell: I sometimes procrastinate more because I am not inspired to do something rather than I can't do it perfectly.

Aug 30, 10:27 PM

Patricia Moore: As i age some things just aren't as important as they once were to me...

Aug 30, 10:27 PM

Carol White: Our society does not put enough value on being still. IMHO

Aug 30, 10:27 PM

Breeoxd (Guest): Carol that is a constant struggle. Trying to learn!

Aug 30, 10:27 PM

Jennifer Wilson (Moderator): Alright, one last question for tonight.

Aug 30, 10:27 PM

Jennifer Wilson (Moderator): QUOTE // “In contrast to the Perfectionist’s narrow view of reality—looking to maximize time spent in each area of life while ignoring the inevitability of trade-offs—the Optimalist looks for the good-enough solution, which is about optimizing the different components of the system. The good-enough approach forgoes unrealistic expectations of perfection and instead opts for the best possible life.”

Aug 30, 10:27 PM

Jennifer Wilson (Moderator): QUESTION // Q10. What is one change you can make in scrapbooking towards a hobby that’s “good enough?”

Aug 30, 10:28 PM

Kim Edsen: Ha! From Chris Bailey's (The Productivity Project author) newsletter today: "Why Being Lazy is Actually Good For You"

Aug 30, 10:28 PM

Kim Edsen: Tiffany - good point!!

Aug 30, 10:28 PM

Breeoxd (Guest): Maybe not searching every kit I have and just grabbing something that will work

Aug 30, 10:28 PM

Breeoxd (Guest): Kim thats hilairous

Aug 30, 10:29 PM

Jennifer Wilson (Moderator): I knew it!

Aug 30, 10:29 PM

Carol White: Not feeling the need to scrap EVERY picture!

Aug 30, 10:29 PM

Kim Edsen: Here is a link to his article, I haven't read it yet: <http://time.com/5379422/why-being-lazy-is-actually-good-for-you/>



| Time

Aug 30, 10:29 PM

Carol White: Thanks, Kim

Aug 30, 10:30 PM

Patricia Moore: Agree Carol....I have actually thrown out some photos....destroyed the evidence HeHe

Aug 30, 10:30 PM

Kim Edsen: Patricia LOL

Aug 30, 10:30 PM

Jennifer Wilson (Moderator): Well there you go.. that article has my secret to success!

Aug 30, 10:30 PM

Tiffany Mitchell: I let go of the idea that I have to scrap everything. I have settled that good enough is finishing December Daily annually and making layouts as I am inspired to throughout the year, prompted by journaling prompts.

Aug 30, 10:30 PM

Jennifer Wilson (Moderator): Beautiful Tiffany!

Aug 30, 10:31 PM

Patricia Moore: Sorry Jennifer your success is no secret....the cat is out of the bag

Aug 30, 10:31 PM

Carol White: That's the way, Patricia!

Aug 30, 10:31 PM

Kim Edsen: I get hung on buying supplies; I want to make sure it's something I'll use, which is good, to a point, but in reality I notice I often find ways to use what I have, even if it's not ideal; good enough IS good enough.

Aug 30, 10:33 PM

Carol White: Right now is killing me! Ali Edwards sale brought me a box. Now she's advertising for this year's DD. I wanted to make my own kit, but my will is breaking!

Aug 30, 10:33 PM

Breeoxd (Guest): I need to step away from purchasing ina big way. I have def FOMO, and not only is it bad for my bank account, it's bad for my productivity

Aug 30, 10:34 PM

Guest4118 (Guest): Hopping in last minute but I have embraced good enough with my Project Life- get those photos and journal cards in and don't make a big deal about the design and embellishments!

Aug 30, 10:34 PM

Carol White: Productivity? In what way?

Aug 30, 10:34 PM

Patricia Moore: I create more with less choices

Aug 30, 10:35 PM

Patricia Moore: Sounds gr8 Guest

Aug 30, 10:35 PM

Guest4118 (Guest): Yes, th

Aug 30, 10:35 PM

Carol White: Less time going through things-good point

Aug 30, 10:35 PM

Breeoxd (Guest): I spend so much time trying to make sure Im getting the best deals, and putting things on wishlists for later, unpack, tagging etc. It just is a huge time suck

Aug 30, 10:36 PM

Breeoxd (Guest): its hard with digi because hundreds of new kits arrive every Friday

Aug 30, 10:36 PM

Carol White: Oh! I've never done Digi.

Aug 30, 10:36 PM

Breeoxd (Guest): I should just be content with what I have and let it be good nough

Aug 30, 10:36 PM

Guest4118 (Guest): The FOMO of December Daily is real. But I think I want to embrace JOMO!

Aug 30, 10:36 PM

Jennifer Wilson (Moderator): Gosh, does anyone remember when I would recap the best new digital products every Sunday?!? That took HOURS!

Aug 30, 10:36 PM

Breeoxd (Guest): Oh yeah Carol- Friday has more releases than all of CHA lol

Aug 30, 10:36 PM

Carol White: Wow! That's a lot of inspiration to go through!

Aug 30, 10:36 PM

Breeoxd (Guest): YES Jennifer lol

Aug 30, 10:36 PM

Tiffany Mitchell: I signed up for the SCT sampler. I have found it gives me a small bit of what is new and I feel no desire to purchase anything else. Probably the opposite of the kit's intended purpose. Low price point, not a lot of stuff and I get to play with new product every month. Has been working for me.

Aug 30, 10:36 PM

Guest4118 (Guest): Wow!

Aug 30, 10:37 PM

Guest4118 (Guest): That sounds great, Tiffany!

Aug 30, 10:37 PM

Breeoxd (Guest): Tiffany thats great

Aug 30, 10:37 PM

Carol White: What is JOMO?

Aug 30, 10:37 PM

Jennifer Wilson (Moderator): Joy of Missing Out?

Aug 30, 10:37 PM

Breeoxd (Guest): joy of missing out?

Aug 30, 10:37 PM

Guest4118 (Guest): Joy of missing out!

Aug 30, 10:37 PM

Breeoxd (Guest): jinx lol

Aug 30, 10:37 PM

Carol White: I like that, Tiffany!

Aug 30, 10:37 PM

Kim Edsen: I can get behind some JOMO !

Aug 30, 10:37 PM

[Carol White](#): Thanks to both of you!

Aug 30, 10:38 PM

[Carol White](#): The of you!

Aug 30, 10:38 PM

[Carol White](#): Three!!!

Aug 30, 10:38 PM

Guest4118 (Guest): 😊🙏

Aug 30, 10:38 PM

Jennifer Wilson (Moderator): Alright friends, thank you so much for the fun conversation. This is clearly a resonant topic. You can also check out Kim's Focus Circle chat transcript for more on this topic.

Aug 30, 10:39 PM

[Carol White](#): I've so enjoyed this chat. I've been out of the loop lately and this was needed for me tonight. Thanks to all!

Aug 30, 10:39 PM

Breeoxd (Guest): night everyone- thanks for the chat!

Aug 30, 10:39 PM

Guest4118 (Guest): Wonderful- thanks!

Aug 30, 10:39 PM

Breeoxd (Guest): good to see you, Carol!

Aug 30, 10:39 PM

[Patricia Moore](#): Jennifer, Thanks for being our fearless leader

Aug 30, 10:39 PM

[Kim Edsen](#): Night, all!

Aug 30, 10:40 PM

[Tiffany Mitchell](#): What is next?

Aug 30, 10:40 PM

Carol White: 🙄

Aug 30, 10:41 PM

Jennifer Wilson (Moderator): Our next book is Bored and Brilliant: <http://amzn.to/2i9ybV9>

Aug 30, 10:41 PM

Jennifer Wilson (Moderator): I think this actually connects well to the lazy article. We need space to feel creative.

Aug 30, 10:41 PM

Patricia Moore: checked it out yesterday

Aug 30, 10:41 PM

Tiffany Mitchell: Thanks!

Aug 30, 10:42 PM

Jennifer Wilson (Moderator): Good night and see you soon!