

Sep 28, 9:31 PM

Jennifer (Moderator): Hello!

Sep 28, 9:31 PM

BettyLouKoffel: Hi, Patricia. I've got 7 pages left to read....

Sep 28, 9:31 PM

BettyLouKoffel: Hello Jennifer,

Sep 28, 9:31 PM

Jennifer (Moderator): How are you all tonight?

Sep 28, 9:31 PM

PatriciaMoore: I didn't read this book..ug

Sep 28, 9:32 PM

BettyLouKoffel: It was a beautiful day here, feeling wonderful

Sep 28, 9:32 PM

PatriciaMoore: ready to hear from others about this book

Sep 28, 9:32 PM

Jennifer (Moderator): I was thinking about Portland today BettyLou.

Sep 28, 9:32 PM

Melanie Ritchie: Hi! I have the book next to me! I didn't read it much as I'm obsessed with a novel at the moment. 😊

Sep 28, 9:32 PM

Jennifer (Moderator): What novel Melanie?

Sep 28, 9:32 PM

PatriciaMoore: gr8 weather here too ...AR

Sep 28, 9:33 PM

BettyLouKoffel: Jennifer, days like today are my fave days in Portland.

Sep 28, 9:34 PM

Melanie Ritchie: Night of Shadows. Book 2 of All Souls Trilogy.

Sep 28, 9:34 PM

Jennifer (Moderator): Briefly... we're gearing up for the 2018 Book Club announcement and here's the current list of books under consideration: https://www.amazon.com/ideas/amzn1.account.AHV2QUMN7JKBUZVIMEDPY66GUYA/3QA1QJLM1KDQ3?ref=idea_share



[Amazon.com - Idea Lists](#)

Sep 28, 9:34 PM

KimEdsen: I didn't read this one either Patricia! My library couldn't get it via inter-library loan and I never got around to ordering it or looking for it at our book store....too busy reading 'The Goldfinch' for my local book club and I found that at 700+ pages that kept me going this month!

Sep 28, 9:34 PM

Jennifer (Moderator): I'm curious, are there any here you really DON'T want to read?

Sep 28, 9:35 PM

KimEdsen: Melanie - I read those books - Deborah Harkness, right? I remember the first one was a real page turner.

Sep 28, 9:35 PM

BettyLouKoffel: I didn't look at the list that way, but I will.

Sep 28, 9:36 PM

BettyLouKoffel: Didn't we already read Gift From the Sea?

Sep 28, 9:36 PM

Melanie Ritchie: Yes Kim!

Sep 28, 9:37 PM

Jennifer (Moderator): Yes, we did.... at that time we talked about reading it every other year.

Sep 28, 9:37 PM

KimEdsen: Melanie...I remember thinking it was kind of like 'Twilight' for grown -ups

Sep 28, 9:37 PM

Melanie Ritchie: I'm not a Gretchen Rubin fan. Not sure about the Productivity one either. But I'll read them... or at least attempt to!

Sep 28, 9:37 PM

BettyLouKoffel: Oh, I missed that discussion so i didn't remember that., thanks jennifer

Sep 28, 9:38 PM

BettyLouKoffel: I like the fact that this book group is entirely nonfiction

Sep 28, 9:38 PM

JudiPartlo: I made it part way through the book this time - too much going on this month!

Sep 28, 9:38 PM

Melanie Ritchie: I never read Twilight but I had that thought too. I was vampire adverse until this series!

Sep 28, 9:38 PM

JudiPartlo: I like that, too, BettyLou

Sep 28, 9:38 PM

PatriciaMoore: I liked Gretchen Rubin's book from last year...learned a lot. List looks readable to me.

Sep 28, 9:38 PM

BettyLouKoffel: I'm reading with two other groups who mostly read fiction so I don't feel a need to add novels to this group.

Sep 28, 9:38 PM

Jennifer (Moderator): For that reason I will probably choose Burnt Toast over Kitchens of the Midwest...though I personally want to read both.

Sep 28, 9:39 PM

Jennifer (Moderator): I am really interested in ideas around memories and stories from food

Sep 28, 9:39 PM

Melanie Ritchie: The burnt toast one intrigues me.

Sep 28, 9:39 PM

KimEdsen: I've just started another book by the author of Burnt Toast and I have read Kitchens of the Midwest. I'll let you know my feelings on the 'Toast' author when I get a bit farther on...

Sep 28, 9:39 PM

Jennifer (Moderator): COOL!

Sep 28, 9:39 PM

DionneJack: I would rather read the Burnt Toast over the novel as well.

Sep 28, 9:40 PM

BettyLouKoffel: I've read the Artist's way but I think that it's similar to this book. Much of the book is about implementing practices or thinking time into your life. I'd need to plan for that...

Sep 28, 9:40 PM

Jennifer (Moderator): I struggle with books that are a hodge podge of exercises.. harder to discuss I think.

Sep 28, 9:41 PM

Melanie Ritchie: I read Artist's Way when I was 19. Lol, I have no recollection.

Sep 28, 9:41 PM

KimEdsen: Ha! I'm a bit Gretchen Rubin obsessed and totally made my parents figure out their 'tendencies'when they were here this week! My Dad is a total questioner...couldn't even get through the quiz without questions and then when I went to the general questions she gives , like the one how you feel about New Year's resolutions his response was practically verbatim to what the book said!

Sep 28, 9:41 PM

WendyKiely: I really enjoyed Chasing Slow

Sep 28, 9:41 PM

PatriciaMoore: yes, and I find them tiresome...can't implement so much at once

Sep 28, 9:41 PM

DionneJack: I haven't read The Artist's Way but have read others by her and have found nuggets in each of them.

Sep 28, 9:41 PM

KimEdsen: Agreed, Patricia.

Sep 28, 9:41 PM

JudiPartlo: I wouldn't mind reading Gift from the Sea again - it was so beautifully written and I'm sure I would see new things in reading it again

Sep 28, 9:42 PM

BettyLouKoffel: Kim, that's funny about your dad.

Sep 28, 9:42 PM

KimEdsen: I thought 'Stop Saying You're Fine' sounded a little too 'self helpy' but reading the reviews it sounds like just what I need!

Sep 28, 9:42 PM

JudiPartlo: Kim - I really like Gretchen Rubin's books too - they have helped me understand what works for me

Sep 28, 9:42 PM

PatriciaMoore: agree with Judi

Sep 28, 9:43 PM

Jennifer (Moderator): I agree Kim.. the cover stands out as a very self helpy.. but I am intrigued and it seems to have some interest

Sep 28, 9:43 PM

Jennifer (Moderator): Thank you everyone!

Sep 28, 9:43 PM

BettyLouKoffel: I'm there also Judi, I find GR helpful

Sep 28, 9:43 PM

Jennifer (Moderator): Tonight we're discussing The Well Life.

Sep 28, 9:44 PM

KimEdsen: Judi, mostly they've helped me understand difference between people a bit more.....I'm an Upholder and it explains SO MUCH about how I approach things vs. other people....it makes me feel better that there seems to be an explanation (vs. that I'm just rigid, uptight, etc .)

Sep 28, 9:44 PM

Jennifer (Moderator): The format of our book club meetings is paired quotes and questions. I try to make the questions applicable even if you didn't read the book.

Sep 28, 9:44 PM

JudiPartlo: Kim - I'm an Obliger so setting up outer accountability (WAM) has helped me so much

Sep 28, 9:45 PM

Jennifer (Moderator): Just for context, the subtitle of this book is "How to Use Structure, Sweetness, and Space to Create Balance, Happiness, and Peace"

Sep 28, 9:45 PM

Jennifer (Moderator): QUOTE // p17 - "If you're committed to the Well Life, then the good-feeling, soul-nourishing, body-fortifying activities can't wait while you juggle your obligations and pursue your dreams."

Sep 28, 9:45 PM

Jennifer (Moderator): QUESTION // Q1. On a scale of 1-5, how good are you at making your overall wellness a priority?

Sep 28, 9:45 PM

BettyLouKoffel: these days a 4

Sep 28, 9:45 PM

DionneJack: I'm probably a 3 most of the time.

Sep 28, 9:45 PM

KimEdsen: ummm....some days it's a 5, some days it's a 1....so let's go in the middle and call it 2.5? Maybe a 3?!

Sep 28, 9:46 PM

BettyLouKoffel: when I was working full-time (and more) as a physician, it was more like a 2

Sep 28, 9:46 PM

JudiPartlo: I'd say a steady 4

Sep 28, 9:46 PM

PatriciaMoore: may be a 4 I am definitely making it intentional these days

Sep 28, 9:46 PM

EdithBanks: 3 is my average

Sep 28, 9:46 PM

WendyKiely: 2 probably

Sep 28, 9:46 PM

Melanie Ritchie: Man, loaded question! Lol! 4.

Sep 28, 9:47 PM

KimEdsen: Sometimes my expectations for myself are a bit grandiose and I don't 'budget' my time and energy as I should/could or I go all -in on something to the exclusion of much else

Sep 28, 9:47 PM

Jennifer (Moderator): Ditto what Kim said for me

Sep 28, 9:48 PM

PatriciaMoore: I understand Kim...me too so I have worked at budgeting me time & priorities first

Sep 28, 9:49 PM

BettyLouKoffel: Grandiose expectations are something I can relate to also. I've noticed though that I can recognize the loss of self-care and step back and reassess much sooner

Sep 28, 9:49 PM

Jennifer (Moderator): QUOTE // p20 - "Insight and creativity only enter our consciousness through the opening that space provides. Space is the crucible in which sweetness and structure interact to yield a life that feels inspired, meaningful, and fun."

Sep 28, 9:49 PM

Jennifer (Moderator): QUESTION // Q2. What is one way in which you create space in your life?

Sep 28, 9:50 PM

KimEdsen: I don't always use my 'me-time' productively - scrolling FB /endless Pinterest searching for my latest craze isn't very rejuvenating.... sometimes I struggle to find activities that rejuvenate me when I'm worn down.

Sep 28, 9:50 PM

JudiPartlo: By getting outside by myself

Sep 28, 9:50 PM

BettyLouKoffel: I've, somewhat by accident, created time over the past two or three weeks which is distinctly unscheduled, it's glorious

Sep 28, 9:51 PM

KimEdsen: Judi, agreed! I have also been trying 5 minutes of daily meditation/quiet time this fall

Sep 28, 9:51 PM

WendyKiely: I feel that there is no space as my two year old is currently drowning me in blankets as the cat doesn't want to play and hang off my neck

Sep 28, 9:51 PM

EdithBanks: Not over scheduling- planning time not to leave the house

Sep 28, 9:51 PM

DionneJack: I create space by disconnecting. It's the way that works best for me. Once I've done that there are lots of possibilities.

Sep 28, 9:51 PM

Jennifer (Moderator): Hehe Wendy

Sep 28, 9:51 PM

PatriciaMoore: Kim I find that I am often too tired physically or brain dead. I try to set aside time & say NO to others

Sep 28, 9:52 PM

KimEdsen: Patricia, I know that feeling! Dionne - such a good point!

Sep 28, 9:52 PM

JudiPartlo: Great thought, Dionne.

Sep 28, 9:52 PM

BettyLouKoffel: Kim, I fall into that also. Usually a nap or going to bed helps but it's sometimes hard to get up and do that.

Sep 28, 9:52 PM

PatriciaMoore: I am doing the 100 Day Creative Challenge with Scrap Gals & that helps me stick to my time

Sep 28, 9:53 PM

Jennifer (Moderator): Kim, this is something I've been thinking about a lot. I do think you're on to something with quiet time to restore energy.. especially for us introverts.

Sep 28, 9:53 PM

KimEdsen: I think if I can often get myself moving forward on something, even washing the dishes or sorting laundry, it's helpful. Mostly I think getting 'stuck' is exhausting for me, where the wheels in my head just turn and turn.

Sep 28, 9:53 PM

Jennifer (Moderator): So true BettyLou!

Sep 28, 9:53 PM

BettyLouKoffel: Patricia, I loved the daily practice of a 100 day challenge but when I tried to repeat it, I totally rebelled

Sep 28, 9:54 PM

BettyLouKoffel: Is anyone else ever "too tired to get ready for bed"?

Sep 28, 9:54 PM

PatriciaMoore: yes

Sep 28, 9:54 PM

Jennifer (Moderator): Yes!

Sep 28, 9:54 PM

JudiPartlo: Patricia, I'm doing the 100 Day Challenge for the first time. It's been super helpful for me -another "outer accountability" boost for me.

Sep 28, 9:54 PM

KimEdsen: Ha! Some days I just sit on the couch and wait until an 'acceptable' time to go to bed, for fear that if I go to sleep too early I'll be up in the middle of the night! Thankfully, that doesn't happen too often, but it's a beast when it does.

Sep 28, 9:55 PM

EdithBanks: Kim- me too!

Sep 28, 9:55 PM

PatriciaMoore: I have missed some days, but I get right back on & keep to the goal

Sep 28, 9:55 PM

BettyLouKoffel: I'm so glad I'm not the only one. I use that thought as a stimulus to take a shower and put on my pjs

Sep 28, 9:55 PM

KimEdsen: Betty Lou - I think that is really common.

Sep 28, 9:56 PM

BettyLouKoffel: Kim & Edith, withou kids at home, it's not that much of a problem to wake up well rested at 0400.

Sep 28, 9:56 PM

Melanie Ritchie: BettyLou, I'm always ready for bed! 😊

Sep 28, 9:56 PM

KimEdsen: Patricia - good for you!

Sep 28, 9:56 PM

Jennifer (Moderator): I am OK if I am in my office... but if I go sit on the couch, it's so hard to get up.

Sep 28, 9:56 PM

Jennifer (Moderator): QUOTE // p22 - "You probably don't actually need to find more, new, and better ideas -you just need to practice what you've already learned."

Sep 28, 9:56 PM

JudiPartlo: That's terrific, Patricia!

Sep 28, 9:56 PM

Jennifer (Moderator): QUESTION // Q3. What is something you've already learned that you need to practice more?

Sep 28, 9:57 PM

BettyLouKoffel: Great job, Patricia

Sep 28, 9:57 PM

PatriciaMoore: amen Jennifer

Sep 28, 9:57 PM

KimEdsen: my husband loves to doze off on the couch with the TV on...likely some sporting event...I hate it,probably because I'd have to claw the contacts off of my eyeballs...I'd rather just go to bed!

Sep 28, 9:57 PM

JudiPartlo: That not every good thing is good to say yes to

Sep 28, 9:57 PM

BettyLouKoffel: planning my week

Sep 28, 9:57 PM

KimEdsen: Just start. You don't need to have all the answers in the beginning.

Sep 28, 9:58 PM

BettyLouKoffel: Judi, ditto. My OLW for this year was 'no" as in "say no".

Sep 28, 9:58 PM

EdithBanks: Planning my crafty time

Sep 28, 9:58 PM

PatriciaMoore: don't put off just do it

Sep 28, 9:58 PM

WendyKiely: It doesn't have to be perfect, just enjoy doing

Sep 28, 9:58 PM

BettyLouKoffel: Actually, it's more like checking my "plans" at least daily.

Sep 28, 9:59 PM

BettyLouKoffel: Edith, do you mean planning what you will craft or when you will craft or both?

Sep 28, 10:00 PM

Melanie Ritchie: that I don't need to sign up for a new class to motivate me. I just need to sit down and work on an existing project. I need to find motivation in my present and not thinking something new will help me more.

Sep 28, 10:00 PM

EdithBanks: BettyLounusually just my time.

Sep 28, 10:00 PM

JudiPartlo: Good thought, Wendy!

Sep 28, 10:00 PM

Jennifer (Moderator): It's a two part battle... first planning the time and then not ignoring the plan.

Sep 28, 10:01 PM

PatriciaMoore: Melanie, actually signing up for a class just frustrates me more because I have so much to already do

Sep 28, 10:01 PM

BettyLouKoffel: Melanie, same here although there is sometimes an incentive to doing what others are doing at the same time

Sep 28, 10:01 PM

Jennifer (Moderator): We've got some more quotes coming up that connect well to this!

Sep 28, 10:01 PM

DionneJack: I've learned that I can make progress with small steps and that I just need to stick with it and keep going.

Sep 28, 10:02 PM

PatriciaMoore: yes Dionne...baby steps

Sep 28, 10:02 PM

BettyLouKoffel: slow and steady....

Sep 28, 10:02 PM

JudiPartlo: Yes, Dionne, I have benefited so much from the idea of figuring out just the next step and then doing it

Sep 28, 10:02 PM

Melanie Ritchie: True, BettyLou but I find I don't engage enough during the "live" class and I end up frustrated like Patricia. Classes are awesome but I need to sign up for the right reasons at the right time.

Sep 28, 10:03 PM

Jennifer (Moderator): QUOTE // p23 - "We've seen too many cases of unhappy, unmotivated, and uninspired people.... all of whom incorrectly assumed their problem was psychological in origin."

Sep 28, 10:03 PM

Jennifer (Moderator): QUESTION // Q4. Do you struggle with lack of motivation in scrapbooking? If so, have you thought about some of the reasons?

Sep 28, 10:03 PM

Jennifer (Moderator): For further context, this chapter connects physical wellness with happiness, motivation, inspiration.

Sep 28, 10:03 PM

BettyLouKoffel: Melanie, the live class has helped me push past difficulties and given me a place to ask for help...I like that.

Sep 28, 10:04 PM

PatriciaMoore: well yes, if I don't feel well or have energy I don't get much of anything done

Sep 28, 10:04 PM

KimEdsen: Occasionally, if I'm lacking motivation I think it's related to overwhelm...too many choices, etc.

Sep 28, 10:04 PM

JudiPartlo: I don't think I struggle much with motivation, I love the variety of things I like to do and work on, usually for me it is the time issue and choosing which project to work on

Sep 28, 10:04 PM

WendyKiely: No. I am currently doing projects that are fun and I get enjoyment out of them which helps motivate me to do them

Sep 28, 10:04 PM

KimEdsen: Yes, Patricia. If my energy is low it can be extra hard to make decisions, especially about patterned paper for some reason!

Sep 28, 10:05 PM

PatriciaMoore: I definitely feel the time issue

Sep 28, 10:05 PM

BettyLouKoffel: I think my "endless' scrolling happens when I am tired more than unmotivated. in fact I think I am wishing I was motivated when the real problem is fatigue

Sep 28, 10:05 PM

Melanie Ritchie: Yes, I'm afraid my lack of motivation directly correlates with physical wellness. I don't have the energy to sit at my craft table and I'm usually uncomfortable. If only I could scrapbook lying down.Ha!

Sep 28, 10:05 PM

EdithBanks: Sometimes I think I need some spectacular plan or idea instead of just going to my craft room

Sep 28, 10:06 PM

KimEdsen: So observant Betty Lou

Sep 28, 10:06 PM

PatriciaMoore: ditto Betty Lou

Sep 28, 10:06 PM

DionneJack: yes, Betty Lou

Sep 28, 10:06 PM

PatriciaMoore: Edith I try to have something out ready to work on

Sep 28, 10:07 PM

Melanie Ritchie: I think this is where it's useful to have a ritual to get you focused in the craft room. A segue into motivation.

Sep 28, 10:08 PM

Jennifer (Moderator): Sometimes I feel like I should lower my expectations.. but at the same time wish I could hustle harder.

Sep 28, 10:08 PM

BettyLouKoffel: This was one of my fave chapters in the book for just this reason, It was wonderful to gain the insight that I don't need to work/struggle on motivation and see myself in a negative way, I simply need to take care of my body. Liberating. That said it is wonderful to have a "next steps" list on my craft table.

Sep 28, 10:08 PM

PatriciaMoore: can you explain more Melanie

Sep 28, 10:09 PM

KimEdsen: Melanie - I was thinking along those lines a few weeks back...made a start at it and then let it go to the side! I agree though.

Sep 28, 10:09 PM

DionneJack: Yes, Melanie I'd be interested in hearing more details about how a ritual works for you.

Sep 28, 10:09 PM

BettyLouKoffel: I have a "hustle" poster from the ABM happy mail on my bathroom mirror. At first I liked it but now it's beginning to annoy me.

Sep 28, 10:10 PM

WendyKiely: Melanie my Segue would be closing the bed room door on my two year old and no screaming means I can go play

Sep 28, 10:10 PM

BettyLouKoffel: Unfortunately they've suspended happy mail for a few months so I'll have an empty space if I take it down.

Sep 28, 10:10 PM

Jennifer (Moderator): Are they going to bring Happy Mail back?

Sep 28, 10:10 PM

Jennifer (Moderator): QUOTE // p58 - "Structure will only hold if you have integrity and self-trust. This means only entering into agreements with yourself and others that you fully intend to keep."

Sep 28, 10:10 PM

Jennifer (Moderator): QUOTE // p61 - "If you have a habit of breaking agreements and now you want to do something big and important, your mind will have a lot of evidence to undermine you."

Sep 28, 10:10 PM

Melanie Ritchie: Patricia, it was from last months chat maybe? You create a little ritual you perform every time you sit down to scrapbook. Can be having a tea, listening to a certain song, or putting a favourite decoration near you. Doesn't really matter what. It helps you focus on your desire to create.

Sep 28, 10:11 PM

Jennifer (Moderator): QUESTION // Q5. Do you tend to keep or break agreements with yourself?

Sep 28, 10:11 PM

BettyLouKoffel: I think so, I checked their new website shop last week and signed up for a notice in 2018.

Sep 28, 10:11 PM

Melanie Ritchie: LolWendy! Whatever works!

Sep 28, 10:12 PM

BettyLouKoffel: Here is a rebel problem "not right now" is common in my life...wish it wasn't

Sep 28, 10:12 PM

PatriciaMoore: ok Melanie I will think on this

Sep 28, 10:12 PM

JudiPartlo: I'm better than I used to be at keeping agreements with myself, but figuring out some type of outer accountability really helps

Sep 28, 10:12 PM

Melanie Ritchie: Lately, I break my agreements... daily. Ugh!

Sep 28, 10:12 PM

WendyKiely: Break promises to myself mostly over better eating

Sep 28, 10:13 PM

PatriciaMoore: I mostly keep, but sometimes not

Sep 28, 10:13 PM

DionneJack: I probably break my agreements with myself as often as I keep them.

Sep 28, 10:13 PM

BettyLouKoffel: What does help me is to have a choice of project to work on

Sep 28, 10:13 PM

KimEdsen: Wendy, I started a thread in the FB group on creative rituals...here is the link:<https://www.facebook.com/groups/simplescraper/permalink/1246401242137396/>



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Sep 28, 10:13 PM

Jennifer (Moderator): Cool, thanks Kim!

Sep 28, 10:14 PM

Jennifer (Moderator): I feel like I've been breaking a lot of agreements over the past week... I fall down a rabbit hole of one task and end up not getting to the rest on my list

Sep 28, 10:14 PM

KimEdsen: I'm generally good about keeping commitments to myself...not always on the original timeline (see above comment about grandiose expectations) but I get there eventually

Sep 28, 10:14 PM

KimEdsen: Must be in the air, Jennifer. I feel like that has been my week as well

Sep 28, 10:15 PM

PatriciaMoore: Kim I missed that this month has been so busy I haven't checked FB daily

Sep 28, 10:15 PM

BettyLouKoffel: Kim, thanks for the reminder of that post

Sep 28, 10:15 PM

BettyLouKoffel: Kim, I'm also pretty good at "eventually"

Sep 28, 10:15 PM

WendyKiely: Awesome Kim, I think it really is what I do, close the door listen for screaming, get a cup of tea and then pull out my craft stuff from their locked draws where it has to live to be safe...

Sep 28, 10:16 PM

Melanie Ritchie: DionneJack, for me I used to do a ritual for my artwork. I'd make coffee in my favourite mug, put on my record player, stare out my window, then sketch aimlessly for 10 minutes. By the time I was done, I'd be ready to actually focus on the work I needed to do. The ritual made it less overwhelming. I wasn't sitting down to work. I was sitting down to a ritual. By the time the ritual was done, I was ready to work.

Sep 28, 10:16 PM

KimEdsen: Wendy - closed doors are a beautiful thing...and headphones, sometimes help as well

Sep 28, 10:16 PM

JudiPartlo: I really like that, Melanie!

Sep 28, 10:16 PM

Jennifer (Moderator): Music helps me not get distracted.

Sep 28, 10:17 PM

DionneJack: I really like that idea of a cup of something and maybe adding in something else to it to signal my brain that it's time to create.

Sep 28, 10:17 PM

WendyKiely: Music is definitely better than an action movie, will end up watching that instead

Sep 28, 10:17 PM

KimEdsen: Jennifer...but what kind of music? I find different music for different activities for sure. Experimented last week with instrumental which seemed to help when I wasn't focusing

Sep 28, 10:17 PM

BettyLouKoffel: hmm, Melanie, that sounds like the SS Live session with Melissa Dunwiddie. I didn't actually try it but I know my husband (artist) does much the same. Luckily for me many of his sketches turn into greeting cards for me

Sep 28, 10:17 PM

DionneJack: I will give that a try in October/November and see if it makes a difference.

Sep 28, 10:18 PM

Melanie Ritchie: I also decorated my craft area with Helen Dardik prints, and several little kitschy figurines I love. It all focuses my energy to create.

Sep 28, 10:18 PM

BettyLouKoffel: Sometimes I find that listening to a podcast about scrapbooking helps, sometimes I need quiet to concentrate

Sep 28, 10:18 PM

Jennifer (Moderator): My tastes are super eclectic...

Sep 28, 10:19 PM

BettyLouKoffel: I can easily spend hours choosing the perfect music...

Sep 28, 10:19 PM

KimEdsen: Betty Lou - yes! It can be a help or a hindrance!

Sep 28, 10:20 PM

PatriciaMoore: last week I covered the TV cords hanging down the wall...wound green vines ...cords distracted me...love the look with the plant under the TV with vines growing upward.

Sep 28, 10:20 PM

Jennifer (Moderator): I really like Radio Paradise for variety. Or I will listen to Spotify and choose a channel. The other day I did a hip-hop station in the morning and a Blake Shelton station in the afternoon.

Sep 28, 10:20 PM

KimEdsen: Jennifer - I hear you - I'm anywhere from 90's summer hits to singer/songwriters....my girls will actually ask me "You actually LIKE this music?"

Sep 28, 10:20 PM

Jennifer (Moderator): I love going for a decade channel when scrapbooking.. great for jogging memories

Sep 28, 10:21 PM

Jennifer (Moderator): We had better keep moving here...

Sep 28, 10:21 PM

Jennifer (Moderator): QUOTE // p74 - "You get to a state of energetic depletion by padding against the current of life rather than going with the flow."

Sep 28, 10:21 PM

Jennifer (Moderator): QUESTION // Q6. Is there an area in your hobby where you might be paddling against the current?

Sep 28, 10:21 PM

DionneJack: That's a great idea Jennifer...going for music from different decades.

Sep 28, 10:21 PM

Melanie Ritchie: I'm going to get out my boom box and start listening to cassette tapes. I think I'll have a ton of inspiration from that!

Sep 28, 10:21 PM

BettyLouKoffel: Decade channel would be awesome for working on heritage or older stuff

Sep 28, 10:22 PM

BettyLouKoffel: Melanie, do you still have cassettes?

Sep 28, 10:22 PM

InaNecesito: I think my paddling against the current would be trying to get "caught up" when I'm so "behind".

Sep 28, 10:22 PM

JudiPartlo: Hmm.... against the current. Not sure what to think about this one. Possibly with some supplies that I have just kept reorganizing instead of facing that I won't ever use them and just purge them.

Sep 28, 10:22 PM

Melanie Ritchie: I do! Some good stuff!

Sep 28, 10:23 PM

PatriciaMoore: I feel like I am paddling against the current every time I start to design...takes me so long ...I think I need to use sketches

Sep 28, 10:23 PM

Jennifer (Moderator): Sometimes pocket pages feel like paddling against the current for me.

Sep 28, 10:23 PM

KimEdsen: I think I struggle with design stuff sometimes. I can choose photos and write the story usually with ease, but then spend more time than I'd like getting the design/embellishment juuuuuussssstttt so.

Sep 28, 10:23 PM

KimEdsen: Judi - I like that.

Sep 28, 10:23 PM

InaNecesito: I know I need to change my mindset, but I think so chronologically about things.

Sep 28, 10:24 PM

PatriciaMoore: Betty Lou I sill have cassettes...need to use them

Sep 28, 10:24 PM

Melanie Ritchie: I think my house has just become so messy and disorganized that I don't feel I can spend time on my hobby when any energy I have should be used on cleaning. I need to view scrapbooking as self-care!

Sep 28, 10:24 PM

DionneJack: Patricia that's sometimes where I get stuck paddling too. I also tend to paddle against the current by trying to work on too many things rather than going with the momentum I've got going on with the thing I'm working on.

Sep 28, 10:24 PM

BettyLouKoffel: paddling against the current? sometimes I find an unfinished layout or a layout kit I put together years ago and I look at it and think "oh that's so dated" . When I do just go with it and embrace the circle photos or whatever, I'm exceedingly happy when it is finished and the story is told. no reason to redo too much work

Sep 28, 10:25 PM

Melanie Ritchie: Patricia, use the sketches! That is my single most important tool in scrapbooking! Saves so much time and thought but the end result is still uniquely yours

Sep 28, 10:25 PM

BettyLouKoffel: Patricia, good for you. I guess I actually lost my good tape player in a divorce and sold all the tapes I had years ago.

Sep 28, 10:26 PM

InaNecesito: Melanie, is there a way that you collect or keep track of sketches?

Sep 28, 10:26 PM

EdithBanks: Taking classes when school starts. Finally realized this year that September is not the month to start something new.

Sep 28, 10:26 PM

PatriciaMoore: sorry Betty Lou

Sep 28, 10:26 PM

KimEdsen: I'm a sketch fan as well - usually through the Simple Scrapper site

Sep 28, 10:27 PM

BettyLouKoffel: Thanks, Patricia, I'm better off now but I was puzzled as to why I (sentimental & nostalgic as I am) have no cassettes....that's why

Sep 28, 10:27 PM

Melanie Ritchie: InaNecesito I go to the sketches area in the members area and browse. Usually by the number of photos I want to use. It's so helpful!

Sep 28, 10:27 PM

PatriciaMoore: So do you guys have a sketch file....how do you keep up with the ones you like

Sep 28, 10:27 PM

KimEdsen: Melanie - can you break it into smaller tasks? Instead of 'I need to organize the entire house' look at it in bits and pieces - like "I'll scrapbook after I clean out 3 drawers/the bathroom vanity/etc."?

Sep 28, 10:28 PM

BettyLouKoffel: Best place to search for sketches is SS member site. I've include the # of photos in the file name on the ones I've gotten elsewhere. It really speeds my choice

Sep 28, 10:28 PM

PatriciaMoore: ok will try sketch & record so i can find again.

Sep 28, 10:29 PM

Melanie Ritchie: Kim, that's an excellent idea! Thank you! Yes, maybe I'll give myself a task or two (clean bathroom, fold laundry) and then I'm free to play!

Sep 28, 10:29 PM

KimEdsen: Patricia, I just look on the Simple Scrapper member website on a case by case basis like Melanie starting with my layout size/# of photos - no need to save favorites, just whatever catches my eye

Sep 28, 10:29 PM

PatriciaMoore: I love the baby steps, but it does sometimes frustrate me that it is slow going, but it works try it Melanie

Sep 28, 10:30 PM

KimEdsen: My problem is I get on a roll and just keep going vs. taking the break....good and bad in that

Sep 28, 10:30 PM

Jennifer (Moderator): Well... I highlighted so much in this book and I didn't even get a chance to finish Chapter 12. Intelligent Life Architecture.. which is about planning.

Sep 28, 10:31 PM

Jennifer (Moderator): I've got one more question for you tonight:

Sep 28, 10:31 PM

PatriciaMoore: FlyLady says don't work pass 45 minutes.. 15 minutes at a time

Sep 28, 10:31 PM

Melanie Ritchie: I used to be that way but now I just need a nap. The promise of crafting might keep me from getting off track!

Sep 28, 10:31 PM

BettyLouKoffel: Kim, I do that also, some days it's cleaning or organizing the house, other days it's photo triage and on the best days it's creating layouts!

Sep 28, 10:32 PM

BettyLouKoffel: Chapter 12 is really good, I finished it just before our chat started.

Sep 28, 10:32 PM

JudiPartlo: Ooh - planning!

Sep 28, 10:32 PM

KimEdsen: Clearly, I need to hunt down this book - it sounds like something I'd benefit from!

Sep 28, 10:32 PM

InaNecesito: I didn't get to read the book, but now I want to!

Sep 28, 10:33 PM

Jennifer (Moderator): QUOTE // p88 - "Pay attention to what energizes you in a healthy way, and do more of that. Notice what makes you tired, and either stop doing it or figure out how to do it in a way that doesn't tax your personal reserves."

Sep 28, 10:33 PM

Jennifer (Moderator): QUESTION // Q8. What energizes you in scrapbooking?

Sep 28, 10:33 PM

BettyLouKoffel: I struggled to get through the book, there are whole sections that I found tedious. others were awesome.

Sep 28, 10:33 PM

JudiPartlo: Listening to podcasts, getting out supplies that are fun, photos I love

Sep 28, 10:34 PM

JudiPartlo: FINISHING something!!

Sep 28, 10:34 PM

KimEdsen: Ooooh, good question. I love the story telling aspect - totally my favorite part

Sep 28, 10:34 PM

BettyLouKoffel: Putting layouts into my albums. Love that sense of accomplishment, sometimes I save it for my next craft session and start on a high note

Sep 28, 10:34 PM

KimEdsen: LOL Judi

Sep 28, 10:34 PM

JudiPartlo:

Sep 28, 10:34 PM

PatriciaMoore: good point Betty Lou

Sep 28, 10:34 PM

Jennifer (Moderator): I can see that BettyLou

Sep 28, 10:34 PM

DionneJack: Agreed Judi. That and making progress energizes me.

Sep 28, 10:34 PM

Melanie Ritchie: using up old supplies is surprisingly energizing!

Sep 28, 10:35 PM

PatriciaMoore: making progress/finishing is definitely a high point

Sep 28, 10:35 PM

BettyLouKoffel: I'm also energized by photo triage in a weird sort of way.

Sep 28, 10:35 PM

PatriciaMoore: I do photo triage when I am low energy

Sep 28, 10:36 PM

KimEdsen: I can see that Betty Lou...in smaller doses, it's fun to see photos and connections within them

Sep 28, 10:36 PM

BettyLouKoffel: Knowing what photos I have sparks a story when I see a post or look at a class lesson or tell my husband about the story...

Sep 28, 10:36 PM

Jennifer (Moderator): Talking to you all energizes me!

Sep 28, 10:36 PM

EdithBanks: Using supplies From my stash

Sep 28, 10:36 PM

JudiPartlo: Yes, these chats are always inspiring!!

Sep 28, 10:37 PM

PatriciaMoore: thank you Jennifer. You definitely energize me!

Sep 28, 10:37 PM

BettyLouKoffel: Well that, also, Jennifer. That's one of the downsides of evening chats for me. It's not so late that I've really got to go to bed for the next day but if i start to craft it will be hours before I notice what time it is.

Sep 28, 10:38 PM

Jennifer (Moderator): Thank you all for another inspiring discussion! If you haven't scrolled down yet, we just updated the format of our book list.

Sep 28, 10:38 PM

DionneJack: Thanks very much Jennifer and ladies.

Sep 28, 10:39 PM

JudiPartlo: Thanks, everyone!

Sep 28, 10:39 PM

PatriciaMoore: I can see that Betty Lou....I stopped starting things because it kept me up too late

Sep 28, 10:39 PM

Jennifer (Moderator): Next month we're reading a book that's pretty much the polar opposite of this one.

Sep 28, 10:39 PM

BettyLouKoffel: I like that format for the book club, thanks.

Sep 28, 10:39 PM

WendyKiely: Thanks everyone

Sep 28, 10:40 PM

EdithBanks: Good night everyone

Sep 28, 10:40 PM

Jennifer (Moderator): Night all! Have a great weekend.

Sep 28, 10:40 PM

BettyLouKoffel: Good night

Sep 28, 10:40 PM

JudiPartlo: You, too!

Sep 28, 10:40 PM

Jennifer (Moderator): New member content on Sunday... woot woot!

Sep 28, 10:41 PM

KimEdsen: Night, all!

Sep 28, 10:42 PM

PatriciaMoore: good night all