

Oct 20 2016, 9:22 PM

**Carol A. Eason:** I can't hear anything yet. What do I need to do to get the sound?



Oct 20 2016, 9:30 PM

**DionneJack:** Hi Carol. The chats are usually typed only not vocal although I hear a ping each time someone enters a comment.



Oct 20 2016, 9:30 PM

**Cindy March:** Hello Everyone.



Oct 20 2016, 9:30 PM

**DionneJack:** Hi Cindy



Oct 20 2016, 9:31 PM

**Maggie Dameron Clark:** Hi Everyone



Oct 20 2016, 9:32 PM

**Jennifer Wilson:** HELLO FRIENDS!! WELCOME TO THE OCTOBER BOOK CLUB DISCUSSION.



Oct 20 2016, 9:33 PM

**TanyaNapier:** Good evening! I just finished the book like an hour ago.



Oct 20 2016, 9:33 PM

**Cindy March:** I finished about half of it.



Oct 20 2016, 9:33 PM

**Jennifer Wilson:** I REALLY ENJOYED THIS ONE.. I RAN OUT OF TIME AND HAD TO RUSH THROUGH THE END THOUGH.. BECAUSE I FELT LIKE I WANTED TO SAVOR THIS MORE THAN SOME OF THE OTHERS WE'VE READ.



Oct 20 2016, 9:34 PM

**Tracey Hurt Fox:** Oh, me too! I'll be revisiting this book for sure.



Oct 20 2016, 9:34 PM

**Jennifer Wilson:** I ENJOYED HER WRITING STYLE.. I CERTAINLY THINK I FEEL MORE CONNECTED TO THE FEMALE AUTHORS IN THIS GENRE



Oct 20 2016, 9:35 PM

**Cindy March:** I liked the fonts and graphics.



Oct 20 2016, 9:35 PM

**Jennifer Wilson:** OH, INTERESTING CINDY.. I WAS READING ON KINDLE SO I HAD A GENERIC KINDLE EXPERIENCE



Oct 20 2016, 9:36 PM

**Tanya Napier:** I liked that too, Cindy.



Oct 20 2016, 9:36 PM

**Carrie Anderson:** cindy...i thought that was interesting also...



Oct 20 2016, 9:36 PM

**Carrie Anderson:** definitely glad i bought it cause ive been marking it up



Oct 20 2016, 9:36 PM

**Jennifer Wilson:** I'D LOVE FOR SOMEONE TO TAKE A PIC AND POST IT... CURIOUS TO SEE THE TYPOGRAPHY AND LAYOUT!!



Oct 20 2016, 9:37 PM

**Jennifer Wilson:** SO I'VE GOT SOME GREAT QUESTIONS FOR US TODAY... I REALLY THOUGHT SHE HIT ON SOME DIFFERENT TOPICS AND APPROACHES TO CREATIVITY... AND PERSONALLY, I CONNECTED WITH THIS MORE THAN BIG MAGIC... THIS FELT MORE GROUNDED PERHAPS.



Oct 20 2016, 9:37 PM

**Cindy March:** I like how she printed the exercises on gray paper. Made them stand out.



Oct 20 2016, 9:37 PM

**Jennifer Wilson:** BEFORE WE GET STARTED, ARE THERE ANY QUESTIONS?



Oct 20 2016, 9:37 PM

**Tracey Hurt Fox:** Just Googled, and here's a PDF sample of what the print pages look like:  
[http://www.stpatricktheatre.org/uploads/4/9/2/7/4927337/the\\_creative\\_habit.pdf](http://www.stpatricktheatre.org/uploads/4/9/2/7/4927337/the_creative_habit.pdf)



Oct 20 2016, 9:38 PM

**Tracey Hurt Fox:** There's some red text, as well as some words typed larger than others, and some full page quotes. And the creative exercises are on black pages with white text to set them apart.



Oct 20 2016, 9:38 PM

**Jennifer Wilson:** Thanks Tracey!



Oct 20 2016, 9:39 PM

**Tracey Hurt Fox:** Sure.



Oct 20 2016, 9:39 PM

**Jennifer Wilson:** OH WOW! THAT MAKES FOR A COMPLETELY DIFFERENT EXPERIENCE. KINDLE VERSION DOESN'T HAVE ANY OF THE GRAPHICS.



Oct 20 2016, 9:41 PM

**Cindy March:** It's also printed on nicer paper. I had to wait and get my copy from the library.



Oct 20 2016, 9:41 PM

**Jennifer Wilson:** SO I WAS ABLE TO DIVIDE UP OUR DISCUSSION TOPICS INTO THREE THEMES... PRODUCTIVITY, STORYTELLING, AND PLANNING.



Oct 20 2016, 9:41 PM

**Jennifer Wilson:** CLEARLY THIS IS UP OUR ALLEY HERE!



Oct 20 2016, 9:41 PM

**Jennifer Wilson:** QUOTE // p. 4 - "Some people find this moment - the moment before creativity begins - so painful that they simply cannot deal with it. They get up and walk away from the computer, the canvas, the keyboard; they take a nap or go shopping or fix lunch or do chores around the house. They procrastinate."



Oct 20 2016, 9:41 PM

**Jennifer Wilson:** QUESTION // Q1. Does this feeling resonate with you, now or in the past?



Oct 20 2016, 9:41 PM

**Jana Seal Zavitz:** I just requested it from my library Cindy. Looking forward to reading it, as well as what people say here!



Oct 20 2016, 9:42 PM

**Jennifer Wilson:** (IT DOES FOR ME, A LOT!)



Oct 20 2016, 9:42 PM

**CarrieAnderson:** yesssss...so much yes! i think alot of times thats why i end up organizing and reorganizing instead of creating...



Oct 20 2016, 9:42 PM

**Cindy March:** It's like facing the blank page.



Oct 20 2016, 9:42 PM

**CarrieAnderson:** the blank page thing was spot on for me!



Oct 20 2016, 9:42 PM

**TanyaNapier:** Oh my gosh yes! I laughed when I read this originally. So me. Especially the chores.



Oct 20 2016, 9:42 PM

**Tracey Hurt Fox:** Yes! It does resonate with me, especially if I try to write something from scratch or draw or sketch. BUT, I think with scrapbooking, we have the benefit of having our photos to start with so we are not facing a truly blank page.



Oct 20 2016, 9:43 PM

**Tracey Hurt Fox:** It's like I think of photos as providing more information than materials that are more raw -- like pencils or paints.



Oct 20 2016, 9:43 PM

**DionneJack:** Yes, this has been me at times. Less so these days.



Oct 20 2016, 9:43 PM

**Jana Seal Zavitz:** I completely agree! I sort, organize, organize some more, look at videos



Oct 20 2016, 9:43 PM

**CarrieAnderson:** tracey...but then youre faced with the overwhelm of too many pictures...lol



Oct 20 2016, 9:43 PM

**Tracey Hurt Fox:** Very true, Carrie!



Oct 20 2016, 9:43 PM

**Cindy March:** I stuck on having a great picture and worrying will I do the picture justice.



Oct 20 2016, 9:44 PM

**Jennifer Wilson:** CREATING A MICRO KIT IS MY COPING MECHANISM FOR THIS.. IT LESSENS THE ANXIETY.. BUT IT WAS REFRESHING TO KNOW I'M NOT ALONE IN THIS ZONE



Oct 20 2016, 9:44 PM

**Jennifer Wilson:** I



Oct 20 2016, 9:44 PM

**Jennifer Wilson:** I HAVE CERTAINLY FELT THAT WAY CINDY.



Oct 20 2016, 9:44 PM

**CarrieAnderson:** cindy...yep! sometimes i even worry about if my picture DESERVES that super special paper...haahahaaa



Oct 20 2016, 9:45 PM

**Guest669 (guest):** mine isn't a fear of the blank page. my problem is getting back into something when i feel out of practice. or that my reality doesn't match the idea i have in my head.



Oct 20 2016, 9:45 PM

**CarrieAnderson:** jennifer...micro kit does help...but if youre not in the creative flow you can just "push paper" forever...



Oct 20 2016, 9:46 PM

**Cindy March:** I stahl going through all my embellishments.



Oct 20 2016, 9:46 PM

**Jennifer Wilson:** GIVING MYSELF PERMISSION TO STOP AT 15 MIN OR 30 MIN.. IF I FEEL FRUSTRATED.. HAS BEEN HELPFUL.. THE PERMISSION LIGHTENS THE PRESSURE.



Oct 20 2016, 9:46 PM

**Jennifer Wilson:** QUOTE // p. 14 - "Turning something into a ritual eliminates the question, Why am I doing this?"



Oct 20 2016, 9:47 PM

**Tanya Napier:** I have experienced worrying about doing my photos justice often- especially those big, important stories, like the birth of my children.



Oct 20 2016, 9:47 PM

**Jennifer Wilson:** QUESTION // Q2. Do you have any rituals as part of your creative process? What do they help tell you about "why"?



Oct 20 2016, 9:48 PM

**Cindy March:** The only ritual I have is with my journaling. I try and do that everyday.



Oct 20 2016, 9:48 PM

**Shannon Minner:** Hey everyone...joining late. And to make matters worse I didn't read the book.



Oct 20 2016, 9:48 PM

**Tracey Hurt Fox:** This part made me think I need more rituals around the act of settling into a creative session. But once I'm in one, I have a ritual of laying my photos out on white cardstock to start determining my design.



Oct 20 2016, 9:49 PM

**Tracey Hurt Fox:** I would love to know if any of you have a ritual associated with when and how you create.



Oct 20 2016, 9:49 PM

**Guest669 (guest):** i understood the need for rituals, but the writer's rituals were crazy i'm not gonna get up that early or work out that long. do you think she still does that?



Oct 20 2016, 9:49 PM

**Carrie Anderson:** i dont think i have any concious ones...but i like the idea...and i can certainly see the benefit!



Oct 20 2016, 9:49 PM

**Cindy March:** Hi Shannon



Oct 20 2016, 9:50 PM

**Jennifer Wilson:** WELCOME SHANNON!



Oct 20 2016, 9:50 PM

**CarrieAnderson:** well her job is very physical...i can see why she would need that...



Oct 20 2016, 9:50 PM

**TanyaNapier:** The ritual that I find I do when I know I have a large block of time to create is to make a list of the stories I want to work on. I am a list maker and this helps me keep my focus, especially if I'm at a crop.



Oct 20 2016, 9:50 PM

**Jennifer Wilson:** I'VE BEEN TRYING OUT 15 MINUTES AT THE BEGINNING OF MY DAY.. SOME DAYS IT FEELS LIKE A WELCOME INVITATION AND OTHER DAYS I GROAN IT OUT



Oct 20 2016, 9:51 PM

**DionneJack:** I also read this and started to think about how I can incorporate more rituals into my creative process. I have been wanting to have more story based projects so have been capturing moments through my journaling.



Oct 20 2016, 9:52 PM

**Jennifer Wilson:** I ALSO THINK THAT TRYING OUT RITUALS IN OTHER PARTS OF YOU LIFE.. MIGHT HELP BUILD YOUR CAPACITY FOR USING THEM ELSEWHERE..PARTICULARLY IF ITS NEW.



Oct 20 2016, 9:52 PM

**Guest669 (guest):** for my journaling rituals i use apps. one of them is like a gratitude app it says what 3 things are you grateful for. what's one thing you want to accomplish today.then at the end of the day it asks name one thing that made you happy today.



Oct 20 2016, 9:52 PM

**Jennifer Wilson:** I'VE BEEN VERY OPEN THAT ROUTINES AND RITUALS ARE HARD FOR ME. I'VE BEEN TRYING AN EVENING TEA RITUAL FOR RELAXATION.. AND WORKING ON BEING CONSISTENT.



Oct 20 2016, 9:53 PM

**Jennifer Wilson:** GRATITUDE JOURNALING.. OR ANY KIND OF JOURNALING.. IS ANOTHER GREAT PRACTICE TO WORK ON.



Oct 20 2016, 9:53 PM

**Cindy March:** What's the difference between a ritual and a habit?



Oct 20 2016, 9:54 PM

**Guest669 (guest):** what i like about it is the app on the phone reminds me, & i can always use a screen shot for the journaling digitally or have it printed.



Oct 20 2016, 9:54 PM

**Jennifer Wilson:** A HABIT IS SOMETHING THAT OCCURS IN RESPONSE TO A TRIGGER... LIKE YOU BRUSH YOUR TEETH WHEN YOU WAKE UP. THE TRIGGER IS WAKING UP.



Oct 20 2016, 9:55 PM

**Cindy March:** Thanks. That makes sense.



Oct 20 2016, 9:55 PM

**Jennifer Wilson:** NOW THAT HABIT MIGHT ALSO BE A PART OF A ROUTINE, WHICH IS A SERIES OF ACTIONS PERFORMED IN A SEQUENCE, EITHER UPON A TRIGGER OR AT A RECURRENT INTERVAL



Oct 20 2016, 9:56 PM

**LisaHowells:** Ritual sounds more pleasant so this is a habit I guess - brain dump if To do written to note book. Allows me to highlight crucial items so I relax in knowing I have time to Craft too



Oct 20 2016, 9:56 PM

**Jennifer Wilson:** A RITUAL CAN BE HABITUAL, IN THAT IT OCCURS AS THE RESULT OF A TRIGGER.. A RITUAL CAN ALSO BE A ROUTINE, IN THAT IT IS A SERIES OF ACTIONS..BUT A RITUAL BRINGS WITH IT A CLEAR INTENTION OF THE RESULT.



Oct 20 2016, 9:57 PM

**Jennifer Wilson:** SO RITUAL IS SORT OF "ROUTINE WITH MEANING"



Oct 20 2016, 9:57 PM

**Guest669 (guest):** so a habit you don't think about the result because you are just doing it automatically. the key word with ritual would be Intention.





Oct 20 2016, 9:57 PM

**Tracey Hurt Fox:** I liked the example in the book of the man who lit a candle before doing yoga. I wondered if maybe I had something specific (and positive/comforting) I could do whenever I scrapbook. Like slip on my favorite slippers or brew a specific type of tea to enjoy...



Oct 20 2016, 9:57 PM

**CarrieAnderson:** tracey...i like those ideas...

Oct 20 2016, 9:58 PM

**DionneJack:** Ooh, I like that "clear intention of the result". So we're engaged in the ritual because of our why?



Oct 20 2016, 9:58 PM

**Jennifer Wilson:** YES!



Oct 20 2016, 9:58 PM

**Cindy March:** Since I mainly scrap in the winter, mine woul



Oct 20 2016, 9:59 PM

**Cindy March:** oops my ritual would be to pou on a soft sweatshirt.



Oct 20 2016, 9:59 PM

**Tracey Hurt Fox:**



Oct 20 2016, 10:01 PM

**Jennifer Wilson:** SWITCHING GEARS SLIGHTLY.. TO SOMEWHAT OF THE ANTITHESIS TO A RITUAL..



Oct 20 2016, 10:01 PM

**Jennifer Wilson:** QUOTE // p. 25 - "When you're doing two or three things simultaneously, you use more energy than the sum of energy required to do each task independently."



Oct 20 2016, 10:01 PM

**Jennifer Wilson:** QUESTION // Q3. How do you feel when you try to multitask?



Oct 20 2016, 10:01 PM

**CarrieAnderson:** overwhelmed and scattered



Oct 20 2016, 10:01 PM

**DionneJack:** Overwhelmed as well



Oct 20 2016, 10:01 PM

**Jana Seal Zavitz:** Like I never get anything done!



Oct 20 2016, 10:01 PM

**Cindy March:** Pressured



Oct 20 2016, 10:01 PM

**Jana Seal Zavitz:** And often overwhelmed and frustrated



Oct 20 2016, 10:02 PM

**LisaHowells:** i feel less successful because it all becomes a blur



Oct 20 2016, 10:02 PM

**Tracey Hurt Fox:** The Essentialism book from a couple of months ago opened my eyes to this concept, and this month's book reinforced it for me. I think I used to take pride in my ability to multitask, and I now I'm more likely to stop and try to focus better on one thing at a time.



Oct 20 2016, 10:02 PM

**TanyaNapier:** All of those feelings above



Oct 20 2016, 10:02 PM

**Jennifer Wilson:** SOMETIMES I FEEL PARALYZED.. I CAN'T FIGURE OUT WHAT TO DO NEXT



Oct 20 2016, 10:03 PM

**LisaHowells:** It makes tasks last too long. Did that today and little got checked off the list. Something very satisfying about drawing a big black jiffy marker line through a Done item



Oct 20 2016, 10:04 PM

**DionneJack:** I find that I can fairly easily jump from simple task to simple task, ones that don't require a lot of concentration or creativity but it's much more difficult to do with tasks that are creative or require you to dig deeper.



Oct 20 2016, 10:04 PM

**Tracey Hurt Fox:** Dionne - yes!



Oct 20 2016, 10:05 PM

**LisaHowells:** QA #007 of your podcast talked about being paralyzed I think. I just listened while running today!



Oct 20 2016, 10:05 PM

**Jennifer Wilson:** THAT CAN SOMETIMES BE HELPFUL FOR NARROWING FOCUS, BUT IT CAN ALSO BE DANGEROUS AS YOU MIGHT NEVER GET TO THE MEATIER STUFF



Oct 20 2016, 10:05 PM

**DionneJack:** I try to chunk my simpler tasks together as I know that I'll be able to get a bunch of these things done.



Oct 20 2016, 10:05 PM

**LisaHowells:** Dionne I put off the big tasks too.



Oct 20 2016, 10:05 PM

**Cindy March:** Sometimes I feel guilty if I am not doing two things at once.



Oct 20 2016, 10:06 PM

**LisaHowells:** I feel happy when I break tasks down to smaller steps and gets me back into the rythm of the big goals



Oct 20 2016, 10:06 PM

**LisaHowells:** But photo management is a big one.



Oct 20 2016, 10:07 PM

**Jennifer Wilson:** INTERESTING CINDY... HAVE YOU ALWAYS FELT THAT WAY?



Oct 20 2016, 10:07 PM

**DionneJack:** I do the same thing Lisa and find it helps to get me going along with using a timer.



Oct 20 2016, 10:07 PM

**Tracey Hurt Fox:** Me, too, Cindy. If I don't feel guilty, I might also feel impatient and distracted. I've gotten too used to constant stimulation from my phone/TV/etc, so if I am doing something that involves waiting or pauses, I reach for my phone in order to feel like I'm still "on task".



Oct 20 2016, 10:07 PM

**Cindy March:** Oh yes.



Oct 20 2016, 10:07 PM

**CarrieAnderson:** i have to break it down into smaller steps or i would never accomplish anything



Oct 20 2016, 10:08 PM

**LisaHowells:** Tracey so true!! The Phone Grab! I told myself yesterday to find a way to grab for my creative desk instead...need tape a reminder over Facebook app!



Oct 20 2016, 10:09 PM

**Jennifer Wilson:** I FOUND THIS ARTICLE ON WHY WE STRUGGLE WITH HABITS AND STAYING FOCUSED.. GOOD REFERENCE FOR LATER: <http://www.developgoodhabits.com/psychology-daily-routines/>



[Psychology of Daily Routines \(why we struggle with habits\)](#)



Oct 20 2016, 10:09 PM

**Tracey Hurt Fox:** Lisa - yes!! When Twyla talked in the book about denying yourself something for a week, I wondered if I need to impose a social media diet for myself soon.



Oct 20 2016, 10:09 PM

**Cindy March:** Thanks Jennifer



Oct 20 2016, 10:09 PM

**Jennifer Wilson:** FOR NOW, LET'S TRANSITION INTO THE NEXT TOPIC.. I'VE GOT A SERIES OF QUOTES HERE ALL LEADING TO A SINGLE QUESTION.



Oct 20 2016, 10:09 PM

**Jennifer Wilson:** Tharp shares an exercise asking the reader to document observations and then observations you find interesting...



Oct 20 2016, 10:09 PM

**Jennifer Wilson:** QUOTE // p. 50 - "What caught your fancy is not as important as the difference between the two lists. What you included and what you left out speaks volumes about how you see the world. If you do this exercise enough times, patterns will emerge. The world will not be revealed to you. You will be revealed."



Oct 20 2016, 10:09 PM

**LisaHowells:** Current topic! Social Media Diet. I love that



Oct 20 2016, 10:09 PM

**CarrieAnderson:** yes! the denial thing hit me too with lots of ideas of what i need to give up...lol



Oct 20 2016, 10:09 PM

**Jennifer Wilson:** She writes later...



Oct 20 2016, 10:10 PM

**Jennifer Wilson:** QUOTE // p. 61 - "Creativity is more about taking the facts, fictions, and feelings we store away and finding new ways to connect them. What we are talking about here is metaphor. Metaphor is our vocabulary for connecting what we're experiencing now with what we have experienced before."



Oct 20 2016, 10:10 PM

**Jennifer Wilson:** Tharp shares this final thought related to an exercise in studying a photograph.



Oct 20 2016, 10:10 PM

**Jennifer Wilson:** QUOTE // p. 76 - "The goal is to connect something old so it becomes new."



Oct 20 2016, 10:11 PM

**Jennifer Wilson:** THESE EXERCISES AND HER CONNECTION TO CREATIVITY AS METAPHOR REALLY STOOD OUT FOR ME... A CLEAR PARALLEL WITH HOW WE SHARE OUR STORIES VIA SCRAPBOOKING.



Oct 20 2016, 10:11 PM

**Jennifer Wilson:** QUESTION // Q4. How can these ideas be applied to storytelling?



Oct 20 2016, 10:13 PM

**Tiffany Mitchell:** It makes me think of Ali Edwards "facts and feelings" approach to storytelling. To have a bit of both to tell a story makes it more interesting and makes more emotional connection.



Oct 20 2016, 10:13 PM

**Jennifer Wilson:** I THOUGHT OF THE APPROACH I DEVELOPED FOR EASY PROJECT LIFE JOURNALING... FACT + FEELING + MEMORY.



Oct 20 2016, 10:14 PM

**Jennifer Wilson:** THE FACTS BRING YOU TO THE TABLE, BUT GOING A LITTLE BIT DEEPER, MAKING CONNECTIONS, IS THE GOOD STUFF.



Oct 20 2016, 10:14 PM

**Cindy March:** figuring out a way to scrap annual events differently.



Oct 20 2016, 10:14 PM

**Guest669 (guest):** also simplifying what we leave out.



Oct 20 2016, 10:15 PM

**Jennifer Wilson:** I THINK THE KEY HERE IS TO PAUSE AND PONDER.. TO INVEST TIME,JUST A SMALL AMOUNT, BUT AN INTENTIONAL PAUSE.. TO LET YOUR MIND WANDER ACROSS THOSE CONNECTIONS AND POSSIBLE STORY ANGLES



Oct 20 2016, 10:16 PM

**LisaHowells:** Storytelling is now more than the every stuff with my kids. The picture I take is to tell the story about nature I grew up surrounded by and how living in the city is different. The photo is not about the ducks on that particular pond, but how I am grateful that there is creation around us despite it being so different from the way I grew up.



Oct 20 2016, 10:18 PM

**Jennifer Wilson:** AS AN ASIDE.. I FOUND HER CREATIVE EXERCISES TO BE VERY ORIGINAL.. VERY OUT OF THE BOX IN SOME WAYS.. AND I APPRECIATED THAT DIFFERENT PERSPECTIVE AS WE'VE READ SEVERAL BOOKS ON CREATIVITY THAT DIDN'T HAVE SUCH INNOVATION TO OFFER.



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** TURNING TO PLANNING.. I'VE GOT A COUPLE MORE QUESTIONS FOR OUR LAST 11 MINUTES.



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** Tharp describes a box she uses as a home for collecting inspirations related to a work.



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** QUOTE // p. 87 - "The box is not a substitute for creating. The box doesn't compose or write a poem or create a dance step. The box is the raw index of your preparation. It is the repository of your creative potential, but it is not that potential realized.



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** She continues on in a discussing about ideation and the problem of overplanning...



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** QUOTE // p. 98 - "I could prepare, order, organize, structure, and edit by creativity in my head, but I couldn't think my way into a dance. I generate ideas I had to move."



Oct 20 2016, 10:19 PM

**Jennifer Wilson:** QUESTION // Q5. Where is the line between preparation and procrastination?



Oct 20 2016, 10:21 PM

**Guest6386 (guest):** Preparation is action. Procrastination is stagnant



Oct 20 2016, 10:21 PM

**Cindy March:** I loved this concept. Maybe because I do the same thing. For work I have to put together events. As soon as it becomes an idea I find a box and start putting things into that box. Anything from masking tape to gifts for the speakers.



Oct 20 2016, 10:21 PM

**DionneJack:** Good question since we're all different and will have differing needs for how prepared we want to be before beginning.



Oct 20 2016, 10:22 PM

**CarrieAnderson:** i often stay stuck in the preparation stage...



Oct 20 2016, 10:22 PM

**DionneJack:** I like that idea of preparing for action Guest6386



Oct 20 2016, 10:22 PM

**Cindy March:** We say analysis to paralysis.



Oct 20 2016, 10:23 PM

**TanyaNapier:** I am also often stuck in the preparation stage- shopping for the latest supplies or pinning new ideas...



Oct 20 2016, 10:23 PM

**Cindy March:** Lots of pinning.



Oct 20 2016, 10:24 PM

**Jennifer Wilson:** I AGREE IT IS TRICKY.. AND I THINK THOSE WHO ARE HERE TEND TO BE MORE OF THE OVERPLANNING AS PROCRASTINATION TYPES.. I TRY TO EMPHASIZE THE SMALL TRICKS THAT BRIDGE THE GAP BETWEEN THOUGHT AND ACTION.. LIKE THE TIMER.. STAGING THINGS OUT... MAKING LISTS SO YOU KNOW WHAT'S NEXT.



Oct 20 2016, 10:24 PM

**Tracey Hurt Fox:** Yes, pinning. And putting off larger stories/projects until the "someday"when my photos are perfectly organized.



Oct 20 2016, 10:25 PM

**TanyaNapier:** Oh yes Tracey! I have put off so much because my photos aren't perfectly organized the way I think they should be.



Oct 20 2016, 10:26 PM

**Guest6386 (guest):** Yes, perfect is the enemy of the good.



Oct 20 2016, 10:26 PM

**Tracey Hurt Fox:** (Another reason I'm excited for Photo Crush - haha!)





Oct 20 2016, 10:26 PM

**Jennifer Wilson:** QUOTE // p. 117 - "Habitually creative people are, in E.B. White's phrase, "prepared to be lucky."



Oct 20 2016, 10:26 PM

**Jennifer Wilson:** QUESTION // Q6. What is one thing you do (or could do) to be better prepared for creative spontaneity?



Oct 20 2016, 10:26 PM

**LisaHowells:** The box is a good image and I like to think I need to jump in! Get it going...I put it off but when I get the box going I feel better.



Oct 20 2016, 10:26 PM

**DionneJack:** Jennifer I also think that being part of a community and you asking us each Friday what our victories are helps, being accountable in some way.



Oct 20 2016, 10:26 PM

**Tracey Hurt Fox:** I could keep my desk clear so I have room to work on a project without a lot of prep.



Oct 20 2016, 10:27 PM

**Cindy March:** Be open to try different techniques.



Oct 20 2016, 10:27 PM

**CarrieAnderson:** tracey...me too!!



Oct 20 2016, 10:27 PM

**LisaHowells:** I have one project to do in AM on desk that's pretty low thought to get me there and warmed up (clean stamps,



Oct 20 2016, 10:27 PM

**Jennifer Wilson:** OOH, CLEAR DESK IS A GOOD ONE... ELIMINATES THE EXCUSE OF NEEDING TO CLEAN



Oct 20 2016, 10:27 PM

**LisaHowells:** Glue down. Getting me to the Zone gets me into the zone



Oct 20 2016, 10:28 PM

**TanyaNapier:** I could have a good selection of printed photos to work with. Printed is the key.



Oct 20 2016, 10:28 PM

**DionneJack:** I'm with you Tracey. I could also give myself some "free" time where I have no set plan or approach to how to accomplish that next action.



Oct 20 2016, 10:28 PM

**CarrieAnderson:** i like tanyas idea earlier about having a list of stories she wants to tell eventually



Oct 20 2016, 10:28 PM

**Heather Bogaty:** Hi everybody...better late than never! I just got home. I LOVED the box idea. Marvelous.



Oct 20 2016, 10:28 PM

**Guest6386 (guest):** Identify a few good first steps to get me started creating.



Oct 20 2016, 10:29 PM

**Jennifer Wilson:** WELCOME HEATHER!



Oct 20 2016, 10:29 PM

**CarrieAnderson:** also i was very excited during the 20 projects class about the thought of having a jar to just pull a challenge from



Oct 20 2016, 10:29 PM

**Jennifer Wilson:** A TRANSCRIPT WILL BE POSTED WITHIN THE NEXT 48 HOURS IN MEMBER AREA.. AND SOON AFTER ON BOOK CLUB PAGE



Oct 20 2016, 10:29 PM

**Tiffany Mitchell:** I like to have my stories written and/or photos printed to be able to be able to jump in a get started.



Oct 20 2016, 10:29 PM

**Jennifer Wilson:** LAST QUOTE AND QUESTION...



Oct 20 2016, 10:29 PM

**Jennifer Wilson:** QUOTE // p. 184 - "Being blocked is most often a failure of nerve, with only one solution: Do something - anything."



Oct 20 2016, 10:29 PM

**Jennifer Wilson:** QUESTION // Q7. What is the next creative action you need to take?



Oct 20 2016, 10:30 PM

**Heather Bogaty:** Grit.



Oct 20 2016, 10:30 PM

**Cindy March:** Take the time to scrap



Oct 20 2016, 10:30 PM

**CarrieAnderson:** still want to set up my creative hub!!!



Oct 20 2016, 10:30 PM

**DionneJack:** Print another batch of photos

Oct 20 2016, 10:30 PM

**Tracey Hurt Fox:** I need to take the leap and do that inky smooshing technique I want to do to the page on my desk, so I can finally commit to sticking everything else down.



Oct 20 2016, 10:30 PM

**TanyaNapier:** Get some prints in my hands!



Oct 20 2016, 10:30 PM

**Heather Bogaty:** Working on my winter handbook so it's current for this year.



Oct 20 2016, 10:31 PM

**Jennifer Wilson:** GRIT, HEATHER?



Oct 20 2016, 10:31 PM

**Heather Bogaty:** Yes, sticking with a task with tenacity....grit!



Oct 20 2016, 10:31 PM

**Tiffany Mitchell:** Map out what is done/and not done with a project I haven't finished so I know what the next step should be to make progress.



Oct 20 2016, 10:31 PM

**Heather Bogaty:** Failure of nerve means you are lacking grit...



Oct 20 2016, 10:31 PM

**LisaHowells:** Use pages already designed commit a story to them.



Oct 20 2016, 10:32 PM

**Jennifer Wilson:** MINE IS FINISHING THE LAYOUT I STARTED YESTERDAY



Oct 20 2016, 10:32 PM

**Heather Bogaty:** I feel like we need gold stars when we finish things.



Oct 20 2016, 10:32 PM

**Jennifer Wilson:** THE IDEA OF GRIT BRINGS UP A WHOLE DIFFERENT CONVERSATION ABOUT HUSTLE VS. EASE..



Oct 20 2016, 10:32 PM

**Heather Bogaty:** Wouldn't that be nice? Like, a gold star fairy. She sweeps in the night.



Oct 20 2016, 10:32 PM

**Tracey Hurt Fox:** Yes, Heather!



Oct 20 2016, 10:32 PM

**Tracey Hurt Fox:** LOL



Oct 20 2016, 10:33 PM

**Jennifer Wilson:** WELL THIS WAS AN AWESOME DISCUSSION TONIGHT FRIENDS, THANK YOU SO MUCH FOR JOINING ME!



Oct 20 2016, 10:33 PM

**Heather Bogaty:** I think it's easier to hustle if it's not as much rush as it is more effort.



Oct 20 2016, 10:34 PM

**Cindy March:** Thanks Jennifer.



Oct 20 2016, 10:34 PM

**DionneJack:** Thank you Jennifer and ladies.



Oct 20 2016, 10:34 PM

**Jennifer Wilson:** IF YOU WOULD LIKE TO NOMINATE A BOOK OR THREE FOR 2017, I'M TAKING SUGGESTIONS ON THIS FB POST:



Oct 20 2016, 10:34 PM

**TanyaNapier:** I really enjoyed this chat. Thanks for hosting this, Jennifer.



Oct 20 2016, 10:34 PM

**Tracey Hurt Fox:** Thank you so much! I have this book out from the library, but I think I'm going to buy it and try to work through some of the creative exercises.



Oct 20 2016, 10:34 PM

**Heather Bogaty:** Can't wait to read the transcript. Thank you so much, Jennifer, for doing these chats! I love the books!!



Oct 20 2016, 10:34 PM

**LisaHowells:** Goodnight. Wishing you creative mornings! Or pm if that's your habit wish .



Oct 20 2016, 10:34 PM

**Jennifer**

**Wilson:** <https://www.facebook.com/simplescrapper/photos/a.10150732349744258.460261.69314214257/10154758531809258/?type=3&theater>



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Oct 20 2016, 10:34 PM

**CarrieAnderson:** great book...im looking forward to digging deeper on it!



Oct 20 2016, 10:35 PM

**CarrieAnderson:** thanks for hosting Jennifer!



Oct 20 2016, 10:35 PM

**Tracey Hurt Fox:** And so excited for "New Rules" next month!!!



Oct 20 2016, 10:35 PM

**Jennifer Wilson:** I'D LIKE TO EXPAND OUR HORIZONS A LITTLE IN 2017.. MORE NON-FICTION BUT PERHAPS TACKLE A WIDER RANGE OF PERSONAL DEVELOPMENT TOPICS THAT CONTRIBUTE TO OUR CREATIVITY ONE WAY OR ANOTHER.



Oct 20 2016, 10:35 PM

**Jennifer Wilson:** ME TOO TRACEY! LESS PREP! HEHE.



Oct 20 2016, 10:36 PM

**Tracey Hurt Fox:** Haha.



Oct 20 2016, 10:36 PM

**Jennifer Wilson:** I ACTUALLY PULLED ALL THE QUOTE FOR THE DISCUSSION WHILE I WAS WRITING IT.



Oct 20 2016, 10:36 PM

**Heather Bogaty:** The next one will be special.



Oct 20 2016, 10:36 PM

**Tracey Hurt Fox:** Smarty.



Oct 20 2016, 10:36 PM

**Heather Bogaty:** hahaha



Oct 20 2016, 10:36 PM

**Jennifer Wilson:** I HOPE YOU ALL HAVE A TERRIFIC WEEKEND! AGAIN, THANKS SO MUCH FOR BEING A PART OF THE SIMPLE SCRAPER COMMUNITY!



Oct 20 2016, 10:36 PM

**Jennifer Wilson:** HERE'S THE LINK AGAIN FOR SUBMITTING BOOK SUGGESTIONS:<https://www.facebook.com/simplescraper/photos/a.10150732349744258.460261.69314214257/10154758531809258/?type=3&theater>



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Oct 20 2016, 10:36 PM

**Heather Bogaty:** Can't wait. Goodnight! Hugs.



Oct 20 2016, 10:37 PM

**Tracey Hurt Fox:** Goodnight, all!



Oct 20 2016, 10:37 PM

**Jennifer Wilson:** NIGHT