

Oct 25, 9:23 PM

Cindy March: Hello Everyone.

Oct 25, 9:30 PM

Jennifer Wilson (Moderator): Good evening friends! I'm excited to chat with you tonight about Create More Flow.

Oct 25, 9:30 PM

BettyLou (Guest): Good evening

Oct 25, 9:31 PM

Jennifer Wilson (Moderator): I feel like today has been the longest day ever, but somehow I am raring to go. I have a TON of great quotes and discussion questions for you tonight.

Oct 25, 9:31 PM

BettyLou (Guest): Wonderful

Oct 25, 9:32 PM

Jennifer Wilson (Moderator): We'll wait just a few moments to get into that. In the meantime, let's go around and share what creative project we have in focus right now.

Oct 25, 9:32 PM

Cindy March: Great. I am looking forward to a fun discussion.

Oct 25, 9:32 PM

BettyLou (Guest): I'm working on finishing my 2017 December Daily

Oct 25, 9:32 PM

Kristin (Guest): Hi everyone

Oct 25, 9:33 PM

Kristin (Guest): Working on layout from 1994.

Oct 25, 9:33 PM

BettyLou (Guest): Most of the photos have been printed but apparently skipped uploading all the 6x4swill solve that as soon as I confirm the rest are done!

Oct 25, 9:33 PM

Carol Anne (Guest): Good Evening!

Oct 25, 9:34 PM

BettyLou (Guest): Also hoping to get back & finish the Refresh projects

Oct 25, 9:34 PM

Jennifer Wilson (Moderator): I am getting started on a workspace clean-up... apparently I am one of the next Workspace Wednesday features in the membership.

Oct 25, 9:34 PM

BettyLou (Guest): Now that's an incentive!

Oct 25, 9:34 PM

Carol Anne (Guest): Still working on Washington DC 2010, and finishing off Refresh.

Oct 25, 9:35 PM

Patricia Hanks: Getting my Christmas album ready ahead of time this year!

Oct 25, 9:36 PM

Jennifer Wilson (Moderator): Alright... so these discussions work the same way every time. I'll share a quote from the book along with a discussion questions. A majority can be answered even if you didn't read the book, so please feel welcomed to participate actively no matter how much you finished!! All are invited here.

Oct 25, 9:36 PM

Jennifer Wilson (Moderator): And as I mentioned, I have a lot tonight.. so we'll be moving pretty fast-paced. I just couldn't narrow it down this time!

Oct 25, 9:36 PM

Jennifer Wilson (Moderator): Are we ready?!?!

Oct 25, 9:36 PM

Breon Randon (Guest): Hello everyone!

Oct 25, 9:37 PM

BettyLou (Guest): yes

Oct 25, 9:37 PM

Ina (Guest): Sounds good! We're ready

Oct 25, 9:37 PM

Carol Anne (Guest): Hey ho, let's go!

Oct 25, 9:37 PM

Breon Randon (Guest): Ready!!!

Oct 25, 9:37 PM

Jennifer Wilson (Moderator): QUOTE // "Flow is not just about feeling better, which means living better. Flow is not just about increasing productivity and creativity. Flow is essential for the well-being of individuals and communities."

Oct 25, 9:37 PM

Jennifer Wilson (Moderator): QUOTE // "It is about finding and sustaining that optimal place where we are engaged, moving forward and loving every minute of the process."

Oct 25, 9:37 PM

Jennifer Wilson (Moderator): QUESTION // Q1. Have you ever read anything or thought about "flow" before?

Oct 25, 9:37 PM

Cindy March: No

Oct 25, 9:38 PM

Patricia Hanks: No

Oct 25, 9:38 PM

Carol Anne (Guest): I wondered what it was.

Oct 25, 9:38 PM

BettyLou (Guest): Thought about it but I can't think of a book about it

Oct 25, 9:39 PM

Breon Randon (Guest): Never it was all too woo woo for me

Oct 25, 9:39 PM

BettyLou (Guest): Definitely have felt it

Oct 25, 9:39 PM

Breon Randon (Guest): It sounded that way anyway

Oct 25, 9:39 PM

Ina (Guest): I've wanted to read that book on flow by Mihaly something but never got around to it

Oct 25, 9:39 PM

Carol Anne (Guest): I know Stacey Julian talked about a book called Flow by Mikhail Cz.

Oct 25, 9:40 PM

Jennifer Wilson (Moderator): I have thought about it before in the context of the right-brained, left-brained discussions... a certain mindset for either type of task leads to flow in one, but not the other. For example, if I am feeling the need to organize.. making something probably isn't going to happen with flow.

Oct 25, 9:41 PM

Breon Randon (Guest): I just didn't under flow before this

Oct 25, 9:41 PM

Breon Randon (Guest): Other than go with the flow

Oct 25, 9:41 PM

BettyLou (Guest): I've often thought of flow as a state of productivity that I was able to recognize when it was happening but didn't exactly know how to get into it

Oct 25, 9:41 PM

Breon Randon (Guest): Thought it was just a saying

Oct 25, 9:42 PM

Ina (Guest): I agree Betty Lou!

Oct 25, 9:42 PM

Jennifer Wilson (Moderator): QUOTE // "Overwired: We are "wired but tired." We are tuned into everything, but focused on nothing. • Distracted: We have more priorities than we have attention, time and energy. • Exhausted: We have blurred work/life boundaries and this results in no real down time. We are working longer hours with fewer results. • Disengaged: Although we are working longer hours and interacting with more people, we feel more isolated, more dejected, and less effective."

Oct 25, 9:42 PM

Jennifer Wilson (Moderator): QUESTION // Q2. Which of these barriers to flow most resonates with you?

Oct 25, 9:43 PM

Ina (Guest): Can I say all of the above?

Oct 25, 9:43 PM

BettyLou (Guest): There were definitely many times in the practice of anesthesiology while teaching when residents were in the flow and others when they weren't. Much harder for me when they weren't

Oct 25, 9:43 PM

Jennifer Wilson (Moderator): Me = ALL OF THEM 😊

Oct 25, 9:43 PM

Breon Randon (Guest): Overwired most certainly

Oct 25, 9:43 PM

Breon Randon (Guest): But yes all if I'm truthful

Oct 25, 9:43 PM

Cindy March: I thought of flow as being in 'the zone.'

Oct 25, 9:44 PM

Breon Randon (Guest): This book really made me take a step back on a lot of beliefs about my self and my habits

Oct 25, 9:44 PM

BettyLou (Guest): tuned into everything, but focused on nothing.

Oct 25, 9:44 PM

Carol Anne (Guest): Overwired and Distracted

Oct 25, 9:44 PM

Cindy March: Being distracted

Oct 25, 9:44 PM

Ina (Guest): Mostly the first 3, but I disengage when I'm tired as my way of coping

Oct 25, 9:45 PM

BettyLou (Guest): and certainly wired but tired but that's been a focus of mine recently so it's less frequent

Oct 25, 9:45 PM

Jennifer Wilson (Moderator): I do that too Ina

Oct 25, 9:46 PM

Kristin (Guest): Not able to focus.

Oct 25, 9:46 PM

BettyLou (Guest): How do you disengage? i often end up playing a game for hours

Oct 25, 9:46 PM

BettyLou (Guest): instead of sleeping...

Oct 25, 9:46 PM

Carol Anne (Guest): Or I nap for hours, feels like I am wasting time.

Oct 25, 9:47 PM

Patricia Hanks: I get distracted really easy. My mind is wandering too much.

Oct 25, 9:47 PM

Ina (Guest): I did that today Betty Lou.

Oct 25, 9:47 PM

Ina (Guest): Hole.io 😊

Oct 25, 9:47 PM

BettyLou (Guest): Carol Anne, that's interesting. I find it hard to disengage enough to sleep although

Oct 25, 9:47 PM

Jennifer Wilson (Moderator): Keep these thoughts in mind as we go through the discussion. You might be able to identify a solution or at least a step forward that matches your particular barrier.

Oct 25, 9:47 PM

BettyLou (Guest): Two dots is my current one

Oct 25, 9:47 PM

Jennifer Wilson (Moderator): QUOTE // “As you work towards creating more flow, challenge yourself to explore different mediums and approaches and move beyond your comfort zone to cultivate new capacity.”

Oct 25, 9:47 PM

Jennifer Wilson (Moderator): QUOTE // “Adopting a growth mindset is about choosing the road not-yet-traveled more often and doing so intentionally to move toward achieving your goals.”

Oct 25, 9:48 PM

Jennifer Wilson (Moderator): QUESTION // Q3. What is one thing you've tried to be more productive or feel more creative?

Oct 25, 9:48 PM

BettyLou (Guest): I've played with my schedule.

Oct 25, 9:48 PM

BettyLou (Guest): projects in the morning, errands in the afternoon for example

Oct 25, 9:49 PM

BettyLou (Guest): devices off by 8 or 9?

Oct 25, 9:49 PM

BettyLou (Guest): natural awakening whenever possible

Oct 25, 9:50 PM

Carol Anne (Guest): I am trying morning creative pages. 15 minutes of slapping things in a mini-album.

Oct 25, 9:50 PM

Fancyscrapper (Guest): That's an interesting question as this evening, while pondering my lack of creativity of late, I decided to just embrace the moment until creativity returns.

Oct 25, 9:50 PM

BettyLou (Guest): morning pages have helped my focus

Oct 25, 9:50 PM

Fancyscrapper (Guest): BettyLou, natural wakening is so my friend!

Oct 25, 9:50 PM

Cindy March: I try to take more Scrapbooking classes at my local scrapbook store. It's two doing something I love with beautiful layouts.

Oct 25, 9:50 PM

Jennifer Wilson (Moderator): Using the timer to get started is my favorite thing.

Oct 25, 9:50 PM

BettyLou (Guest): Cindy, I've always loved that but the LSS is no more.

Oct 25, 9:51 PM

Fancyscrapper (Guest): I do find a lot of encouraging ideas on line though.

Oct 25, 9:51 PM

BettyLou (Guest): Timer does help me also

Oct 25, 9:51 PM

Fancyscrapper (Guest): My LSS is gone too.

Oct 25, 9:52 PM

Cindy March: Betty Lou, there's only one by me so I savor my time there.

Oct 25, 9:53 PM

Fancyscrapper (Guest): Jennifer, how do you apply the timer?

Oct 25, 9:53 PM

BettyLou (Guest): Camille suggests building a system for success. That's worked well for me with exercise and meals but I can't yet describe my scrapbook system

Oct 25, 9:54 PM

Jennifer Wilson (Moderator): So if I am feeling blah.. don't want to do anything or can't figure out where to start... I just pick and activity, set a timer for 20 minutes and quite literally force myself to get started.

Oct 25, 9:54 PM

Jennifer Wilson (Moderator): If I am not enjoying myself by 20 minutes and I'm still feeling blah, I have permission to stop.

Oct 25, 9:54 PM

Jennifer Wilson (Moderator): I have never stopped.

Oct 25, 9:54 PM

Fancyscrapper (Guest): Very nice!

Oct 25, 9:55 PM

Jennifer Wilson (Moderator): Sometimes I've actually been done in 20 minutes... but I've always found flow by the end of that 20 minutes.

Oct 25, 9:55 PM

Fancyscrapper (Guest): I have done something similar with scrapping when I am stumped with indecision.

Oct 25, 9:55 PM

Fancyscrapper (Guest): Just choose, and move forward!

Oct 25, 9:55 PM

BettyLou (Guest): Now that I've written that I'm not sure it's true. I have a relatively new system related to classes. My photo printing system is pretty good (but sometimes I do miss some and need to go back and fill in the holes

Oct 25, 9:56 PM

BettyLou (Guest): If I use a timer to start a creative activity i only rarely stop, even when I have a firm appointment, I find it hard to walk away.

Oct 25, 9:57 PM

Fancyscrapper (Guest): So the timer really gets you going?

Oct 25, 9:57 PM

BettyLou (Guest): Oh, page kits have really helped me when I'm feeling not sure what I want to do. i choose one and start, most choices have been made already

Oct 25, 9:58 PM

BettyLou (Guest): Come to think of it, getting started is often hard when I've little energy left for decisions

Oct 25, 9:58 PM

Jennifer Wilson (Moderator): The timer does something to trick your brain into higher gear I think.

Oct 25, 9:58 PM

BettyLou (Guest): Jennifer, do you think you work faster with a timer?

Oct 25, 9:59 PM

Fancyscrapper (Guest): For me, I can see how it closes that "open ended" feeling that can result in my feeling stuck otherwise.

Oct 25, 9:59 PM

Jennifer Wilson (Moderator): Certainly!

Oct 25, 9:59 PM

Jennifer Wilson (Moderator): Though by the end I don't think that sticks... I start to slow down when I'm really into it.

Oct 25, 10:00 PM

BettyLou (Guest): Interesting.

Oct 25, 10:00 PM

Jennifer Wilson (Moderator): But, especially with organizing, I am always amazed at how much I can get done in 20 minutes.. bc that's a long time to focus on one thing for me. I flit around too much otherwise.

Oct 25, 10:01 PM

BettyLou (Guest): I like a timer more for decluttering or organizing or folding laundry more than I do for creating.

Oct 25, 10:01 PM

Fancyscrapper (Guest): Oh girl, I'm a "flitter" as well!

Oct 25, 10:02 PM

Fancyscrapper (Guest): For the past few years though, my issue has been deeply affected by a lack of energy.

Oct 25, 10:02 PM

Jennifer Wilson (Moderator): QUOTE // “Mental Bandwidth : This is when you feel agile, effective, focused and able to think deeply and in different ways. You have the cognitive capacity to think.”

Oct 25, 10:02 PM

Jennifer Wilson (Moderator): QUESTION // Q4. Think to a time when you had full Mental Bandwidth. What were some of the circumstances?

Oct 25, 10:03 PM

Jennifer Wilson (Moderator): Nice transition Fancyscrapper

Oct 25, 10:03 PM

Fancyscrapper (Guest):

Oct 25, 10:04 PM

BettyLou (Guest): Usually when my creative time is opened, no firm end time.

Oct 25, 10:04 PM

Carol Anne (Guest): I had space to work, and everything I needed was within my reach. No one could contact me. Good lighting.

Oct 25, 10:04 PM

Fancyscrapper (Guest): Plenty of sleep. A happy heart. Family at home. These are good circumstances for Mental Bandwidth.

Oct 25, 10:04 PM

Carol Anne (Guest): Physical space and mental space.

Oct 25, 10:05 PM

BettyLou (Guest): Carol Anne, true on all of those things.

Oct 25, 10:05 PM

Jessica Cruz de Urrutia: A clean house. Laundry done. Kids not home. LOL

Oct 25, 10:05 PM

Fancyscrapper (Guest): I'm not great with group scrapping though.

Oct 25, 10:05 PM

Fancyscrapper (Guest): I do better alone in a creative sense.

Oct 25, 10:06 PM

BettyLou (Guest): Jessica, how often does that happen? I'm only trying for the first two and both at the same time are still rare!

Oct 25, 10:06 PM

Fancyscrapper (Guest): This was also true when I wrote music though.

Oct 25, 10:06 PM

Kristin (Guest): Space would be nice.

Oct 25, 10:06 PM

Jessica Cruz de Urrutia: Haha....BettyLou THAT is the reason I added a LOL at the end of my comment.Hmmm...not very often. Hihihih

Oct 25, 10:06 PM

Jennifer Wilson (Moderator): Space.. I feel a release just considering it.. but then I tighten up when remembering reality.

Oct 25, 10:06 PM

BettyLou (Guest): I have learned to avoid the call of the "shoulds" in order to create but then I usually give myself a designated time to play

Oct 25, 10:07 PM

Fancyscrapper (Guest): I have a dedicated creative space that is not a "walk through" part of the house. It's a destination room in one corner of the house. I find that helpful.

Oct 25, 10:07 PM

Jessica Cruz de Urrutia: Usually Saturdays when my hubby works I sort of give myself permission to "get lost" in my creating.

Oct 25, 10:08 PM

Jessica Cruz de Urrutia: Does not happen every Saturday.

Oct 25, 10:08 PM

Breon Randon (Guest): I usually have full bandwidth when I have my headphones in and everyone is in bed

Oct 25, 10:08 PM

Jessica Cruz de Urrutia: I like that BettyLou, I do that at times, otherwise would NEVER create

Oct 25, 10:08 PM

Breon Randon (Guest): And when I've emptied my head with lists, like suggested in the book- that's been helpful!

Oct 25, 10:08 PM

Fancyscrapper (Guest): True Bre. Lack of interruption is so helpful. (Everyone's in bed)

Oct 25, 10:09 PM

Breon Randon (Guest): BettyLou, that sounds great! A set date with yourself...

Oct 25, 10:09 PM

Jennifer Wilson (Moderator): Breon is the winner...

Oct 25, 10:09 PM

BettyLou (Guest): I noticed last weekend that wearing my new NC headphones helped my bandwidth, want to play more with that

Oct 25, 10:09 PM

Jennifer Wilson (Moderator): QUOTE // "Collating is about bringing order to the chaos in our lives. Creating the habit of collating is perhaps the greatest gift you can give to yourself and those around you. This is the habit of carving out time every day to write down everything

floating through your mind (e.g., new ideas, to dos, reminders, etc.). Ideally you build a habit to do this once in the morning as you transition to work and once in the evening as you transition home.

Oct 25, 10:09 PM

Jennifer Wilson (Moderator): I also recommend doing this anytime you notice yourself becoming unfocused or spinning your wheels.”

Oct 25, 10:09 PM

Breon Randon (Guest): I also find that exercise, when my body is feeling good is really helpful to clear my ead

Oct 25, 10:09 PM

Jennifer Wilson (Moderator): QUESTION // Q5. Is this a habit you have used or tried? If so, what do you call it?

Oct 25, 10:10 PM

Breon Randon (Guest): I actually tried it several times this week and it did help!

Oct 25, 10:10 PM

Breon Randon (Guest): wait, what did I win?

Oct 25, 10:10 PM

BettyLou (Guest): Oh yes, Breon, getting the lists out of my head helps so much. I've purposed to try Wunderlist again!

Oct 25, 10:10 PM

Fancyscrapper (Guest): I like making lists when I can't figure out priorities. Or pros and cons.

Oct 25, 10:11 PM

Jennifer Wilson (Moderator): You won the "nice sequeway" awrd

Oct 25, 10:11 PM

Breon Randon (Guest): I keep hearing about Wunderlist and wondering how it differs from trello

Oct 25, 10:11 PM

Breon Randon (Guest): LOL

Oct 25, 10:11 PM

Breon Randon (Guest): smooth operator

Oct 25, 10:11 PM

Breon Randon (Guest): clearly

Oct 25, 10:11 PM

BettyLou (Guest): I imagine Wunderlist as easier and quicker to use for buy batteries and milk

Oct 25, 10:12 PM

Fancyscrapper (Guest): I have traditionally done so much better with hand-written lists.

Oct 25, 10:12 PM

BettyLou (Guest): Some of the things I write down are entries I want to make in Trello

Oct 25, 10:12 PM

Fancyscrapper (Guest): As opposed to electronic ones.

Oct 25, 10:12 PM

Jessica Cruz de Urrutia: Ive always done lists....and more lists....ideas, to dos, agendas by the hour, what is next.... on paper mostly unless all I have in hand is my phone. Then Evernote.

Oct 25, 10:13 PM

BettyLou (Guest): I love the idea of a shared grocery list...I want to do that with my husband

Oct 25, 10:13 PM

Jennifer Wilson (Moderator): It took me a long time to get to this "collating".. which I've always called a brain dump... but when I am feeling overwhelmed it always helps.

Oct 25, 10:13 PM

Jessica Cruz de Urrutia: It helps me to focus....but it frustrates me when all my WISH-TO-BE-COMPLETED -plans don't come to fruition.

Oct 25, 10:13 PM

Breon Randon (Guest): I have an everlast notebook and I really enjoy it

Oct 25, 10:13 PM

Fancyscrapper (Guest): My problem with handwritten lists that I want to keep up with is, "Now, WHERE did I write that down?"

Oct 25, 10:13 PM

Jennifer Wilson (Moderator): Now I try to be more proactive and have lists going so I don't have to hold things in my brain too long.

Oct 25, 10:14 PM

Fancyscrapper (Guest): Me too, Jennifer.

Oct 25, 10:14 PM

Carol Anne (Guest): I am a huge list maker when I am overwhelmed. Learned the brain dump from David Allen's Getting Things Done.

Oct 25, 10:14 PM

Breon Randon (Guest): Until I read this book I didn't realize how much brain power I was devoting to just holding things

Oct 25, 10:14 PM

BettyLou (Guest): I have an Everlast notebook but never quite got into it. How do you use it, B?

Oct 25, 10:14 PM

Fancyscrapper (Guest): Amen to that, Bre.

Oct 25, 10:14 PM

Breon Randon (Guest): with being an EA there is always something I have to be holding onto. at the end of the day my head is just tired

Oct 25, 10:15 PM

Fancyscrapper (Guest): An "EA"?

Oct 25, 10:15 PM

Breon Randon (Guest): BettyLou, the fact that it's reusable really makes me free to make a scribbly mess

Oct 25, 10:15 PM

Breon Randon (Guest): Executive Assistant

Oct 25, 10:15 PM

Fancyscrapper (Guest): gotcha!

Oct 25, 10:16 PM

Fancyscrapper (Guest): Means you've got 'sponsibilities!

Oct 25, 10:16 PM

Breon Randon (Guest): So instead of it being a devoted scraop botebook or work or grocery list, I can just do whatever

Oct 25, 10:16 PM

BettyLou (Guest): understand....I do love using a pencil or pen or marker more than typing

Oct 25, 10:16 PM

Breon Randon (Guest): lol, dont' we all, Fancy

Oct 25, 10:16 PM

Fancyscrapper (Guest): Too true!

Oct 25, 10:16 PM

Jennifer Wilson (Moderator): So the next question is related...

Oct 25, 10:16 PM

Jennifer Wilson (Moderator): QUOTE // "Break big projects into smaller subtasks, chunks or sprints. Thinking through what needs to happen clarifies the outcome, and it stimulates creativity. Ideally, break projects into tasks that can be completed in 15–30 minutes and should be in the learning zone at a "4," challenging enough to stretch yourself but not so terrifying that you resist taking action.

Oct 25, 10:16 PM

Jennifer Wilson (Moderator): QUESTION // Q6. How have you ever broken a scrapbook project down into sub-tasks?

Oct 25, 10:16 PM

BettyLou (Guest): I also love telling Siri to add things to my list. Haven't tried that yet with Wunderfist

Oct 25, 10:17 PM

Fancyscrapper (Guest): I've never applied that concept to scrapping! Brilliant!

Oct 25, 10:17 PM

Breon Randon (Guest): What a good idea, BettyLou!

Oct 25, 10:17 PM

Ina (Guest): I've been using Alexa to add things to my Cozi grocery list

Oct 25, 10:17 PM

Breon Randon (Guest): Honestly I have never done the task thing with scrapping, which was what intruiged me about this book

Oct 25, 10:18 PM

Breon Randon (Guest): I never think of my scrap projects that way

Oct 25, 10:18 PM

Fancyscrapper (Guest): I've mostly thought of making stuff into bite sized pieces being solely applicable to "not fun" stuff.

Oct 25, 10:18 PM

Carol Anne (Guest): I have broken my trip albums down into days or types of layouts I want to make.

Oct 25, 10:18 PM

BettyLou (Guest): I've often used Trello and checklists to keep track of projects which require the same steps multiple times (multiple days, or multiple lessons in a class.

Oct 25, 10:18 PM

Ina (Guest): Not sure how to apply it to scrapping though

Oct 25, 10:19 PM

Fancyscrapper (Guest): Also, I have not scrapped massive projects that would need that kind of focus.

Oct 25, 10:19 PM

Breon Randon (Guest): I guess I batch process photo editing and things sometimes

Oct 25, 10:19 PM

Jennifer Wilson (Moderator): Even a layout can be broken down into steps. Choose photos, choose a sketch, choose background, choose patterned paper etc.

Oct 25, 10:19 PM

Breon Randon (Guest): I think my lack of direction with this 'bite sized' idea might be why I have never scrapped any of my vacations

Oct 25, 10:19 PM

Breon Randon (Guest): I feel like Violet could teach us a thing or two

Oct 25, 10:20 PM

BettyLou (Guest): I also record naming conventions or the answers to those crazy questions on LR that I need to think about every time and my computer screen has a sticky note that moves around saying "print with corner crop marks"....HAH!

Oct 25, 10:20 PM

Fancyscrapper (Guest): I guess I actually have applied that process without thinking of it in that way. I've hand made albums for specific events and places.

Oct 25, 10:20 PM

Fancyscrapper (Guest): I guess that would apply?

Oct 25, 10:22 PM

BettyLou (Guest): Bre, agreed. Violet seems to have it wired and she's doing so well with the 15 minutes each day, I want to try that again!

Oct 25, 10:22 PM

Jennifer Wilson (Moderator): Bite-sized is hard for bigger projects for sure. I always think in layers rather than sequential phases. Build up not lengthwise.

Oct 25, 10:22 PM

Fancyscrapper (Guest): Me too.

Oct 25, 10:23 PM

Fancyscrapper (Guest): Especially since I like to create the home for the story. (Aka, the “album”)

Oct 25, 10:23 PM

BettyLou (Guest): I often batch a big project also

Oct 25, 10:23 PM

Fancyscrapper (Guest): I guess one would indeed “build” that.

Oct 25, 10:23 PM

Breon Randon (Guest): Jennifer what to do mean by layers if you dont mind?

Oct 25, 10:23 PM

Breon Randon (Guest): Maybe this would be a good podcast thought?

Oct 25, 10:23 PM

Breon Randon (Guest): how to batch a big project

Oct 25, 10:24 PM

Fancyscrapper (Guest): Sounds good.

Oct 25, 10:24 PM

Jennifer Wilson (Moderator): So for the Before Your Story album...

Oct 25, 10:24 PM

Jennifer Wilson (Moderator): we insert all the page protectors...

Oct 25, 10:24 PM

Jennifer Wilson (Moderator): then outline what goes in each section

Oct 25, 10:25 PM

Jennifer Wilson (Moderator): and only then start working section by section... but I think I personally did all the dividers first, then all the timelines, then all the layouts, then all the pocket pages, then all the journaling.

Oct 25, 10:27 PM

BettyLou (Guest): Jennifer, do you work on more than one project at a time?

Oct 25, 10:27 PM

Fancyscrapper (Guest): My next project is likely to begin with the cracker and cereal boxes I’ve been flattening and saving to create a more firm structural “page” for the next album I’ll make. It will likely be a holiday album.

Oct 25, 10:28 PM

Fancyscrapper (Guest): I like that construct, Jennifer.

Oct 25, 10:28 PM

Fancyscrapper (Guest): Dividers, timelines, layouts, pages, then journalling.

Oct 25, 10:28 PM

Fancyscrapper (Guest): It makes sense to me.

Oct 25, 10:28 PM

Jennifer Wilson (Moderator): It depends BettyLou. I have multiple unfinished projects but I'm typically only active on one at a time.

Oct 25, 10:29 PM

Fancyscrapper (Guest): Me too.

Oct 25, 10:29 PM

BettyLou (Guest): I love having several pprojects underway which lets me choose which one suits me today. That's why I end up needing Trello to keep track of what's done on which project so I can jump back in at the right place. Before Trello I used sticky notes in the album.

Oct 25, 10:29 PM

Jennifer Wilson (Moderator): Ha, we need a whole 'nother chat for this book!

Oct 25, 10:29 PM

Jennifer Wilson (Moderator): I am only halfway through the questions. LOL.

Oct 25, 10:29 PM

Breon Randon (Guest): this was a good book!

Oct 25, 10:29 PM

Breon Randon (Guest): I had a hard time with her writing style, but the content really has made me reflect deeply on how I do things. Im glad I read it

Oct 25, 10:29 PM

BettyLou (Guest): I found this book interesting in the many ways I could apply it to my life and my creative life.

Oct 25, 10:29 PM

Fancyscrapper (Guest): I love reading everyone's thoughts!

Oct 25, 10:30 PM

Jennifer Wilson (Moderator): Alright, I'm going to narrow it down and you can check out the rest when the discussion guide is posted.

Oct 25, 10:30 PM

Carol Anne (Guest): This was one of those rare books where I was hooked immediately.

Oct 25, 10:30 PM

Jennifer Wilson (Moderator): So I have two more questions for you.

Oct 25, 10:30 PM

Jennifer Wilson (Moderator): QUOTE // "Scrapbook 2.0: As much as I love looking at the baby book my mother lovingly made for me, I know that I won't do that for my kids. Instead, I created a Gmail account for each of my children. Although they can't read yet, I send them emails with fun anecdotes and pictures of our adventures. Some day they will be able to access all these memories — in the cloud. Call it scrapbooking in the digital age!"

Oct 25, 10:30 PM

Jennifer Wilson (Moderator): QUESTION // Q9. What does "scrapbooking in the digital age" look like for you?

Oct 25, 10:30 PM

BettyLou (Guest): Oh, not like this....

Oct 25, 10:30 PM

Breon Randon (Guest): I actually have done the email thing for Abby. Jay loves contributing to it, too

Oct 25, 10:31 PM

Carol Anne (Guest): Using my computer to make my handwriting legible and nice titles. And some quick PL layouts.

Oct 25, 10:31 PM

Breon Randon (Guest): we're hoping to hold out and give her the address when shes 18

Oct 25, 10:31 PM

BettyLou (Guest): Bre, do you pull from that for your layouts?

Oct 25, 10:31 PM

Breon Randon (Guest): well, everything i do is digital

Oct 25, 10:31 PM

Breon Randon (Guest): sometimes

Oct 25, 10:31 PM

Fancyscrapper (Guest): Sorry digi girls, I gotta getta li'l glue on my fingers, digital age or no.

Oct 25, 10:31 PM

Breon Randon (Guest): especially for Jays words

Oct 25, 10:32 PM

Breon Randon (Guest): I get the temptation, Fancy

Oct 25, 10:32 PM

BettyLou (Guest): Actually I am no longer creating for children, it's solely for me.

Oct 25, 10:32 PM

Fancyscrapper (Guest): I wish I were more tech savvy.

Oct 25, 10:32 PM

Fancyscrapper (Guest): BettyLou, me too.

Oct 25, 10:32 PM

Carol Anne (Guest): All three times I was in China, I sent daily emails recording my adventures. They were very helpful when it was time to create the trip albums.

Oct 25, 10:32 PM

BettyLou (Guest): I really like that idea for including another person's words

Oct 25, 10:32 PM

Breon Randon (Guest): well, as the book says, live on the conut! you can always learn1

Oct 25, 10:32 PM

Breon Randon (Guest): donut

Oct 25, 10:34 PM

Jennifer Wilson (Moderator): I think all the talking ABOUT scrapbooking that we do is the digital age... we're so meta about it, especially here... and with scrapbookers around the world!

Oct 25, 10:34 PM

Kristin (Guest): I use ahlife and ohdiary to record my days.

Oct 25, 10:34 PM

Jessica Cruz de Urrutia: I never heard of this. Emails to my kids. Dear, where have I been. This is excellent. Love the idea.

Oct 25, 10:35 PM

BettyLou (Guest): Scrapbooking in the digital age for me means that there are many layers of memory keeping. Chatbooks from Instagram, Social book for facebook, which does get other's words, pocket pages, PL app, a few digital pages (which may be my focus for next year), CY365 to capture small details and glue an paper for fun.

Oct 25, 10:35 PM

Fancyscrapper (Guest): I'm so thankful for the insight social media gives me with my kids!

Oct 25, 10:36 PM

Fancyscrapper (Guest): Also photos I can snag!

Oct 25, 10:36 PM

Fancyscrapper (Guest): Ha!

Oct 25, 10:36 PM

Breon Randon (Guest): I'm just so thankful we all have so many avenues for our passion

Oct 25, 10:36 PM

Fancyscrapper (Guest): Me too!

Oct 25, 10:36 PM

Jessica Cruz de Urrutia: The way I use digital is to keep notes, dreams, thoughts for my children in Evernote. Also to keep records of paper pages I make. I take photos of everything.

Oct 25, 10:36 PM

Fancyscrapper (Guest): So many options.

Oct 25, 10:36 PM

Jessica Cruz de Urrutia: Too many options. At times is overwhelming for me. hehe

Oct 25, 10:36 PM

Jennifer Wilson (Moderator): Alright, one final questions.

Oct 25, 10:37 PM

Jennifer Wilson (Moderator): I am working on the options issue, by the way... lots of cool ideas for 2019.

Oct 25, 10:37 PM

BettyLou (Guest): I'm feeling guilty about my initial comment about emails to children....it was more about that not being enough than that not being valuable...

Oct 25, 10:37 PM

Breon Randon (Guest): Jessica, it's all good! You do what you can

Oct 25, 10:38 PM

Breon Randon (Guest): Oh I think we got it, bettyLou! No hate here

Oct 25, 10:38 PM

Fancyscrapper (Guest): That's the lovely thing about this hobby: it's all good!

Oct 25, 10:38 PM

Jessica Cruz de Urrutia: Thanks Bre...trying.

Oct 25, 10:38 PM

BettyLou (Guest): Jessica, I've started photos of all my paper pages. I've even created an album for them on my phone but haven't yet added all of them to it. Sounds like a perfect waiting in line project!

Oct 25, 10:38 PM

Jessica Cruz de Urrutia: Betty Lou...what comment. Haha! That's was my reaction. All is good.

Oct 25, 10:38 PM

Carol Anne (Guest): <3 <3 <3

Oct 25, 10:39 PM

Jennifer Wilson (Moderator): QUOTE // "Discover how to optimize you: Develop a personal user's manual (you're the only person who can do this) about what positions you to be your very best and use this manual to take better care of yourself."

Oct 25, 10:39 PM

BettyLou (Guest): Agree, it all counts!

Oct 25, 10:39 PM

Jennifer Wilson (Moderator): QUESTION // Q12. What would one essential instruction be in your personal user's manual?

Oct 25, 10:39 PM

Jessica Cruz de Urrutia: haha...that's a great idea. Opening an album verse. Yay!

Oct 25, 10:39 PM

Jennifer Wilson (Moderator): I think "It all counts." should totally be in a user's manual.

Oct 25, 10:39 PM

Fancyscrapper (Guest): Yes!

Oct 25, 10:39 PM

Jessica Cruz de Urrutia: I always think if something ever happens to these THINGS, at least o have copies of all In photos.

Oct 25, 10:40 PM

Carol Anne (Guest): If I'm alone, leave me alone. Introvert life.

Oct 25, 10:40 PM

BettyLou (Guest): Jessica, that's my purpose also.

Oct 25, 10:40 PM

Fancyscrapper (Guest): I had not thought of it that way, Jessica. Good thought.

Oct 25, 10:40 PM

Fancyscrapper (Guest): Carol Anne! I love that!

Oct 25, 10:41 PM

BettyLou (Guest): Another axiom for me is: Done is better than perfect.

Oct 25, 10:41 PM

Jessica Cruz de Urrutia: Tx Fancyscrapper...

Oct 25, 10:41 PM

Breon Randon (Guest): My user's manual... She's not grumpy, that's just her face. Be kind lol

Oct 25, 10:41 PM

Carol Anne (Guest): RBF FTW

Oct 25, 10:41 PM

Fancyscrapper (Guest): Jessica, I was kinda laughing at the idea of "taking pictures of pictures" until you said that. Great thought.

Oct 25, 10:41 PM

Breon Randon (Guest): seriously. i always look mad ad it makes people mad lol

Oct 25, 10:41 PM

Breon Randon (Guest): Im a work in progress.

Oct 25, 10:42 PM

Jennifer Wilson (Moderator): For sure RE: introvert life... "I actually enjoy being alone."

Oct 25, 10:42 PM

Fancyscrapper (Guest): Bre, you don't look grumpy. My MOM always looks grumpy.

Oct 25, 10:42 PM

Breon Randon (Guest): Also, girl, you need more sleep than you let on

Oct 25, 10:42 PM

Carol Anne (Guest): Most people think I'm mad when I am just thinking hard, Bree.

Oct 25, 10:42 PM

Jessica Cruz de Urrutia: In my user's manual MUST BE #1 Give yourself more grace. Today I stained one of my sofas teaching my Children NOT to do it. In front of them. I almost cry!! My daughter reminded me what I always tell her...Mom, give yourself grace.

Oct 25, 10:42 PM

BettyLou (Guest): ah, sleep

Oct 25, 10:42 PM

Breon Randon (Guest): aww Jessica, thats so sweet

Oct 25, 10:42 PM

Jessica Cruz de Urrutia: hahaha, Oh Bre...you made me laugh. You never look grumpy.

Oct 25, 10:43 PM

Breon Randon (Guest): thats me too Carol Anne. Im thinking a LOT and I get a lot of are you ok?

Oct 25, 10:43 PM

BettyLou (Guest): Jessica, that could fit into an email or a layout

Oct 25, 10:43 PM

Fancyscrapper (Guest): My Mom says, "This is just my face." Yeah. I know. That's why I smile so much!

Oct 25, 10:43 PM

Breon Randon (Guest): burhahhaa

Oct 25, 10:44 PM

BettyLou (Guest): My user manual: I do this because it is fun. If it pleases me, that is more than enough.

Oct 25, 10:44 PM

Fancyscrapper (Guest): And Amen on the grace, Jessica.

Oct 25, 10:44 PM

[Jessica Cruz de Urrutia](#): True BettyLou, gotta make a note of this....I felt so dumb!!! when it happen. I was telling them why they shouldn't do this or that and BOOM I messed it up. Sigh...

Oct 25, 10:45 PM

Jennifer Wilson (Moderator): You guys are adorable.

Oct 25, 10:45 PM

[Jessica Cruz de Urrutia](#): Fancyscrapper

Oct 25, 10:45 PM

Breon Randon (Guest): <3

Oct 25, 10:45 PM

[Jessica Cruz de Urrutia](#): I want to copy your rule into my user manual Betty Lou...hihi

Oct 25, 10:45 PM

[Jessica Cruz de Urrutia](#): I need more fun

Oct 25, 10:45 PM

Jennifer Wilson (Moderator): Thank you all for this awesome discussion! Maybe for next year we can discuss some of the question in the group.

Oct 25, 10:45 PM

[Jessica Cruz de Urrutia](#): but then what is fun for me is NOT that fun for my family...sigh

Oct 25, 10:46 PM

Breon Randon (Guest): I really like that idea, Jennifer

Oct 25, 10:46 PM

Carol Anne (Guest): At the Scrap Gals retreat, we started a Traveler's notebook -- "The Care and Keeping of Me". I really should do the journalling in that thing.

Oct 25, 10:46 PM

BettyLou (Guest): Jessica, do that, I've added "give yourself grace"

Oct 25, 10:46 PM

[Jessica Cruz de Urrutia](#): Great BettyLou...I will. Thanks for that reminder.

Oct 25, 10:47 PM

[Jessica Cruz de Urrutia](#): Hav a good nite nite...lots of food for thought in tonights chat. Blessings!

Oct 25, 10:47 PM

Breon Randon (Guest): night everyone!

Oct 25, 10:47 PM

Jennifer Wilson (Moderator): Nighty night!

Oct 25, 10:48 PM

BettyLou (Guest): Carol Anne, I have a small book I made at a Kelly Purkey class: All About Me or something like that. I've never committed to using it for anything. This may be it. thanks for the idea

Oct 25, 10:48 PM

BettyLou (Guest): Night, you all go to sleep, I'm going to eat dinner!

Oct 25, 10:48 PM

Carol Anne (Guest): Good night all. Great discussion.

Oct 25, 10:49 PM

Fancyscrapper (Guest): 'Night all!