

Oct 26, 9:29 PM

**Jennifer Wilson (Moderator):** Hello friends!

Oct 26, 9:29 PM

**Maggie Dameron Clark**: Hi Jennifer

Oct 26, 9:29 PM

**Tiffany Mitchell**: hello.

Oct 26, 9:31 PM

**Jennifer Wilson (Moderator):** Welcome to the October Book Club discussion! Tonight we're chatting about The Perfect Day Formula by Craig

Ballantyne: [https://www.amazon.com/dp/B01BERZSRW/ref=as\\_li\\_ss\\_tl?encoding=UTF8&colid=1DLESZSPNWWV1C&coliid=I3AB7TSUATOP12&linkCode=ll1&tag=simplscrap06-20&linkId=1492e43543c12de3829742202e5e3f8b](https://www.amazon.com/dp/B01BERZSRW/ref=as_li_ss_tl?encoding=UTF8&colid=1DLESZSPNWWV1C&coliid=I3AB7TSUATOP12&linkCode=ll1&tag=simplscrap06-20&linkId=1492e43543c12de3829742202e5e3f8b)

Oct 26, 9:31 PM

**ShannonMinner:** Hello

Oct 26, 9:32 PM

**BettyLouKoffel:** Good Evening

Oct 26, 9:32 PM

**Jennifer Wilson (Moderator):** Let's give folks just a moment to get settled. The next message just went out. How was your day today?

Oct 26, 9:32 PM

**BettyLouKoffel:** Good day, nice to be home, chores (and creating) getting done

Oct 26, 9:33 PM

**Cindy March**: Hi Everyone.

Oct 26, 9:33 PM

**EdithBanks:** Hi everyone

Oct 26, 9:34 PM

**JudiPartlo:** Hi there!

Oct 26, 9:34 PM

**Jennifer Wilson (Moderator):** This was a fairly short book, easy to read, and really got me thinking. I thought I wouldn't like it, but ending up really enjoying it, despite some frustrations that we'll get into.

Oct 26, 9:34 PM

**JudiPartlo:** I had similar feelings about it, Jennifer

Oct 26, 9:35 PM

**HonoreFrancois:** Quiet but busy day for me...good to have the chat...I need to wind down

Oct 26, 9:35 PM

**Jennifer Wilson (Moderator):** SWITCHING TO ALL CAPS SO YOU CAN "SEE" ME.

Oct 26, 9:35 PM

**BettyLouKoffel:** I listened to the audio book. It seemed a bit repetitive and I kept thinking I had already listened to "this part"

Oct 26, 9:35 PM

**Jennifer Wilson (Moderator):** IF YOU ARE JOINING US FOR BOOK CLUB FOR THE FIRST TIME, WHAT I WILL DO IS SHARE QUOTES FROM THE BOOK FOLLOWED BY DISCUSSION PROMPTS.

Oct 26, 9:36 PM

**Jennifer Wilson (Moderator):** LET'S JUMP RIGHT IN...

Oct 26, 9:36 PM

**Jennifer Wilson (Moderator):** QUOTE // "It's time to stop being vague. If you wish to be an extraordinary person, if you wish to be wise, then you should explicitly identify the kind of person you aspire to become. If you have a daybook, write down who you're trying to be, so that you can refer to this self-definition. Precisely describe the demeanor you want to adopt so that you may preserve it when you are by yourself or with other people." Epictetus, Art of Living

Oct 26, 9:36 PM

**Jennifer Wilson (Moderator):** QUESTION // Q1. Who are you trying to be?

Oct 26, 9:37 PM

**Jennifer Wilson (Moderator):** NOT TO OPEN WITH A TOUGH ONE OR ANYTHING

Oct 26, 9:37 PM

**JudiPartlo:** Yeah, no kidding!!!

Oct 26, 9:37 PM

**HonoreFrancois:** Me, Myself, I...but I must admit at times that is pretty vague.

Oct 26, 9:37 PM

**ShannonMinner:** I can't say I am consciously trying to set out to be anyone. I would like to be more organized, use my time more wisely, and write.

Oct 26, 9:38 PM

**BettyLouKoffel:** As an anesthesiologist I wanted to be skilled, kind, and caring

Oct 26, 9:38 PM

**[Cindy March](#):** A less sensitive me.

Oct 26, 9:38 PM

**JudiPartlo:** I want to be a person of purpose, someone who is kind, who lives in the moment and makes the most of each day.

Oct 26, 9:38 PM

**[Tiffany Mitchell](#):** happy, dependable, and creative...

Oct 26, 9:38 PM

**PatriciaMoore:** Reasonable responsible adult..loving & kind

Oct 26, 9:38 PM

**[Cindy March](#):** Thicker skinned.

Oct 26, 9:39 PM

**BettyLouKoffel:** As a retired anesthesiologist, I still want to be kind and caring and would probably sub connected and creative for skilled

Oct 26, 9:39 PM

**BettyLouKoffel:** Cindy, why thicker skinned?

Oct 26, 9:39 PM

**[Brooke Schumacher](#):** As relates to scrapbooking I would like tone a more productive person.

Oct 26, 9:40 PM

**Jennifer Wilson (Moderator):** I want to be someone who contributes to my small corners of the world/

Oct 26, 9:40 PM

**BettyLouKoffel:** Tiffany, happy is a good one!

Oct 26, 9:40 PM

**BettyLouKoffel:** Jennifer, that, too. That's why I volunteer....

Oct 26, 9:40 PM

**[Cindy March](#):** I am going through a rough patch with my brother and he says hurtful things that deflate me.

Oct 26, 9:40 PM

**BettyLouKoffel:** Cindy,

Oct 26, 9:41 PM

**BettyLouKoffel:** Cindy, sorry to hear that

Oct 26, 9:41 PM

**Jennifer Wilson (Moderator):** Hugs to you Cindy.

Oct 26, 9:41 PM

**PatriciaMoore:** so sorry

Oct 26, 9:41 PM

**JudiPartlo:** Cindy, I'm glad you have a safe place here with us!

Oct 26, 9:42 PM

**[Cindy March](#):** Thanks ladies.

Oct 26, 9:42 PM

**Jennifer Wilson (Moderator):** QUOTE // Control your mornings. Conquer the chaos of your afternoons. Concentrate on what really matters in the evenings.

Oct 26, 9:42 PM

**Jennifer Wilson (Moderator):** QUESTION // Q2. This is the Perfect Day Formula. What is your initial reaction?

Oct 26, 9:42 PM

**HonoreFrancois:** I write/journal most days but I'd like to take a more serious, organized approach to what I write...dig deeper, I guess to figure out who I am ...

Oct 26, 9:42 PM

**BettyLouKoffel:** Annoying...morning person.

Oct 26, 9:42 PM

**ShannonMinner:** My perfect day formula right now would be sleeping in and having nothing on my calendar for the day. Those seem to be few and far between.

Oct 26, 9:43 PM

**PatriciaMoore:** I like my morning routine, but usually collapse in the evening!

Oct 26, 9:43 PM

**Jennifer Wilson (Moderator):** The dominant theme of control here was moderately appealing but felt ultimately unrealistic, too harsh, and very masculine. It would be interesting to explore what a feminine version of stoicism really looks like.

Oct 26, 9:43 PM

**ShannonMinner:** My morning routine is getting up at 5:00, getting ready, getting my kids up and ready next, then heading off to work. I tend to go to bed late, around 11:00.

Oct 26, 9:43 PM

**BettyLouKoffel:** I did decide that I could follow the perfect day formula when I wake up naturally....

Oct 26, 9:43 PM

**[Tiffany Mitchell](#):** Sounds like taking on a day instead of living it.

Oct 26, 9:43 PM

**JudiPartlo:** Haha - BettyLou! I'm one of those annoying morning people - just feel better then and can't stay up much past 9:30!

Oct 26, 9:43 PM

**[Cindy March](#):** I am a morning person. I tackle my biggest challenges in the morning and save the easy things for later in the day.

Oct 26, 9:43 PM

**HonoreFrancois:** My mornings could, and sometimes do, stretch out to fill the entire day...I need to end them so that I also get 'rout to other things on my agenda...

Oct 26, 9:44 PM

**[Brooke Schumacher](#)**: My reaction: yes, but...I am a morning person, I get up early but so does my family. By the time I get everyone out the door, tidy up after breakfast, well, I'm not energetic enough to tackle what I need to.

Oct 26, 9:44 PM

**[Maggie Dameron Clark](#)**: That sounds like a solid formula, but I would have trouble implementing it. I am not a morning person, even though I have to work early in the mornings. I am just getting a second wind about this time of night so I could work on the important things.

Oct 26, 9:44 PM

**JudiPartlo**: Jennifer - his writing was so black & white!! It just did not feel like it was real life realistic at times.

Oct 26, 9:45 PM

**EdithBanks**: I'm a morning person. I don't like to do anything stressful in the evening however I do exercise 3 times and that is important

Oct 26, 9:45 PM

**BettyLouKoffel**: i like hitting the most important things first but don't believe it has to be at 0500 to be successful. This said by someone who pushed herself for 30 plus years in a morning person's job. Yes I could do it but I'm much happier starting my day when I wake up rather than when the alarm goes off

Oct 26, 9:45 PM

**PatriciaMoore**: I think a morning routine is important, but I start it when I want and don't use an alarm.

Oct 26, 9:46 PM

**JudiPartlo**: Yes, that makes sense BettyLou and Patricia

Oct 26, 9:46 PM

**[Maggie Dameron Clark](#)**: I gree with BettyLou and Patricia too.

Oct 26, 9:47 PM

**[Bonnie Bloch](#)**: The part , concentrate in the evenings on what really matters. I think I do that during the day,help others, be kind, do what I can to improve the lives of others

Oct 26, 9:47 PM

**PatriciaMoore**: Like Butty Lou I did the work schedule, but was tired all the time

Oct 26, 9:47 PM

**[Bonnie Bloch](#)**: At night I relax, read , go,to movies, etc

Oct 26, 9:48 PM

**[Brooke Schumacher](#)**: I find time just gets away from me. I have to do lists, block out my tasks on a calendar, then I resist doing them. I let other things just "happen" to my day.

Oct 26, 9:48 PM

**JudiPartlo**: I feel like I'm too tired by evening to focus on what matters - that is when I need relaxation and rest. Focusing on what matters has to happen earlier in the day for me.

Oct 26, 9:48 PM

**[Bonnie Bloch](#)**: X I wouldn't consider my night time activist as what really matters.

Oct 26, 9:49 PM

**Patricia Moore**: I saw his approach as the young person wanting to climb the ladder of success. I've passed that time..already done & survived

Oct 26, 9:49 PM

**Jennifer Wilson (Moderator)**: I felt like his discussions in parts 2 and 3 had nothing to do with the afternoons and evenings. It was about scripting your day / staying on track and creating a vision.

Oct 26, 9:49 PM

**[Bonnie Bloch](#)**: I agree JudiPartlo

Oct 26, 9:49 PM

**BettyLouKoffel**: Sometimes what really matters (for me that's connection with others) needs to happen in the morning. I've met with a group of women on Thursday mornings at 0600 for years for 9 months of the year. I don't do the "optional" summer time except when it's fun things on weekends

Oct 26, 9:50 PM

**Jennifer Wilson (Moderator)**: That sounds so nice BettyLou! My grandpa had coffee at 5am with the same group of guys for decades. They moved from shop to shop as things opened and closed.

Oct 26, 9:50 PM

**BettyLouKoffel**: I'm not sure what he really recommended to help conquer the afternoon chaos.

Oct 26, 9:50 PM

**JudiPartlo**: I do like the thought of scripting your day with a vision, but it needs to be flexible so that I don't get discouraged

Oct 26, 9:50 PM

**Cindy March:** Bettylou I love getting together with girlfriends for breakfasts.

Oct 26, 9:51 PM

**BettyLouKoffel:** Jennifer, it is nice. I started when i was working and now value them so much that I set an alarm.

Oct 26, 9:51 PM

**Jennifer Wilson (Moderator):** It was about practicing delayed gratification, triggers to get back on track.. that part was weak.

Oct 26, 9:51 PM

**Jennifer Wilson (Moderator):** QUOTE // Structure = Freedom This may sound odd, and you may bristle at the thought of more structure in your life, but very soon you'll come to see how more structure, created by having a set of rules for your life, liberates you and allows you to achieve your big goals and dreams.

Oct 26, 9:51 PM

**Jennifer Wilson (Moderator):** QUESTION // Q3. What is one of your big goals or dreams?

Oct 26, 9:52 PM

**BettyLouKoffel:** He's a guy with a stay at home wife with a live-in nanny.....

Oct 26, 9:52 PM

**Maggie Dameron Clark:** Judi, I think flexibility is critical. Yes, we can script our days but we have to be flexible enough to take advantage of opportunities that arise. For example, what if a friend that you haven't seen in a long time lets you know they are in town and want to meet for coffee or lunch but you have already planned some work for that time?

Oct 26, 9:53 PM

**PatriciaMoore:** Since I am in the winter of my life, I want to finish my family allbums.

Oct 26, 9:53 PM

**Brooke Schumacher:** I create the structure, but then I don't stick to it. I'm not accountable to myself. How do you stick to it?

Oct 26, 9:53 PM

**JudiPartlo:** That's exactly what I meant, Maggie. I want to leave room for interruptions and connections with people.

Oct 26, 9:54 PM

**ShannonMinner:** Right now my biggest goal/dream is to become a girl camper (meaning I run everything),take off the 2019-2020 school year with my boys, and travel the US for a year.

Oct 26, 9:54 PM

**Jennifer Wilson (Moderator):** Brooke, he seems to suggest tightly scripting your day and creating rules and triggers that keep you on track.

Oct 26, 9:54 PM

**JudiPartlo:** Patricia - I can relate to that. I feel a sense of urgency to simplify my life and focus on what truly matters and the legacy I want to leave for my family.

Oct 26, 9:54 PM

**JudiPartlo:** Wow- Shannon!!

Oct 26, 9:54 PM

**ShannonMinner:** Yeah Judi, a pretty big one.

Oct 26, 9:55 PM

**JudiPartlo:** Love it!

Oct 26, 9:55 PM

**EdithBanks:** To be able to be a snow bird and live somewhere warm in the winter

Oct 26, 9:55 PM

**ShannonMinner:** Especially since we just bought the camper in June and we had never owned one or camped before.

Oct 26, 9:55 PM

**Jennifer Wilson (Moderator):** Patricia/Judi... I actually had some similar thoughts while reading the book and noted a video or blog post I want to do on a Memory Keeping Bucket List.

Oct 26, 9:55 PM

**Maggie Dameron Clark:** I love it too Shannon.

Oct 26, 9:55 PM

**Jennifer Wilson (Moderator):** My dream relates to travel as well.

Oct 26, 9:55 PM

**PatriciaMoore:** Do share Jennifer

Oct 26, 9:55 PM

**Maggie Dameron Clark:** I love that idea Jennifer!

Oct 26, 9:55 PM

**BettyLouKoffel:** I want to simplify my life and spend more time with loved ones

Oct 26, 9:56 PM

**JudiPartlo:** Cool, Jennifer.

Oct 26, 9:56 PM

**Brooke Schumacher:** I don't have a big dream right now. I'm between big dreams, I think.

Oct 26, 9:56 PM

**PatriciaMoore:** What is the blog, Jennifer

Oct 26, 9:57 PM

**Jennifer Wilson (Moderator):** To explore the idea of what would you want to have finished if you died tomorrow... not fun, but likely something we have all thought about

Oct 26, 9:58 PM

**Jennifer Wilson (Moderator):** Or if you received a terminal diagnosis, what would you feel most pressed to finish?

Oct 26, 9:58 PM

**JudiPartlo:** I have several dreams - to get rid of at least half of what I own, be free to travel and spend quality time with family and friends, to go on some active adventures, and to participate in some humanitarian missions.

Oct 26, 9:59 PM

**Jennifer Wilson (Moderator):** The connections between our dreams for more simplicity, space, freedom etc.underscores why this Book Club is such a good fit for us

Oct 26, 9:59 PM

**BettyLouKoffel:** I want to help my husband sell the farm he inherited from his parents: 50 acres, 3000sq ft farmhouse, plus attic, basement, barn & outbuildings in the family for over 125 years. SOOOO much to clean out, sell, donate.....

Oct 26, 9:59 PM

**JudiPartlo:** In regards to memory keeping, I think I would want to have all my photos in albums and write a long series of stories for my kids/grandkids to have.

Oct 26, 9:59 PM

**Bonnie Bloch:** Get rid of stuff so my kids don't have a tough job, go to Mongolia, I eland and new Zealand,spend time with kids and grandkids.

Oct 26, 10:00 PM

**Maggie Dameron Clark:** I want to get strong enough to go hiking again - and often, and have time to work on my photography.

Oct 26, 10:00 PM

**ShannonMinner:** I would want to finish my boys baby albums, my PL albums, and I would love to scrapbook all of the trips I've/we've taken.

Oct 26, 10:00 PM

**JudiPartlo:** BettyLou - that sounds like a challenge to sell that farm along with the emotional connections to it!

Oct 26, 10:00 PM

**Tiffany Mitchell:** I would also want to pair down my stuff, so I wouldn't burden my family with my stuff.

Oct 26, 10:01 PM

**Brooke Schumacher:** I would want to have more of our story written down and illustrated so that my family could access it.

Oct 26, 10:01 PM

**BettyLouKoffel:** Judi, it is a huge challenge. As it turns out, I also lived a few years in the tenant half of the house so the emotions are real for both of us.

Oct 26, 10:01 PM

**PatriciaMoore:** I've gotten rid of half I owned & still have more to pare down. Actually at a "standstill" can't do anymore right now.

Oct 26, 10:01 PM

**EdithBanks:** I would want to make a heritage album

Oct 26, 10:01 PM

**Cindy March:** Not need a wheelchair or walker. Be able to drive and do Jazzercise again.

Oct 26, 10:01 PM

**Tiffany Mitchell:** I would also want to make sure they knew how to access my journals, digital and paper, for all the stories I never got around to scrapbook.

Oct 26, 10:02 PM

**Jennifer Wilson (Moderator):** WOW, THIS IS A BIG DISCUSSION... I DO WANT TO MAKE SOME PROGRESS THROUGH THE QUESTIONS AND ALSO FEEL RESPECTFUL OF EVERYONE'S WILLINGNESS TO SHARE. SO LOVE THIS!!

Oct 26, 10:02 PM

**BettyLouKoffel:** Patricia, what makes you say you "can't do anymore right now"?

Oct 26, 10:02 PM

**Jennifer Wilson (Moderator):** QUOTE // The most important ritual in your life is what time you choose to get out of bed, and the best decision you can make is to start getting up fifteen minutes earlier. This will allow you to attack your number one priority first thing in the morning. Do not linger under the warm covers. That is for average people stuck in the struggles of ordinary lives. You are destined for greatness.

Oct 26, 10:02 PM

**Jennifer Wilson (Moderator):** QUESTION // Q4. What's the first thing you currently do in the morning? Per Ballantyne's approach, what should you be doing first thing?

Oct 26, 10:02 PM

**BettyLouKoffel:** I also want to teach my grandchildren how to tell their stories.

Oct 26, 10:03 PM

**Jennifer Wilson (Moderator):** THIS ONE WAS HARD FOR ME. IF I WERE TO GET UP AND DO SOME SORT OF WORK FIRST THING, WHAT WOULD THAT BE? ONE IDEA I HAD

WOULD BE TO CREATE SOCIAL MEDIA CONTENT, AS THAT IS SOMETHING THAT OFTEN GETS PUSHED TO THE SIDE.

Oct 26, 10:03 PM

**ShannonMinner:** I get up and start getting ready. I do listen to Podcasts while I get myself and the kids ready.

Oct 26, 10:03 PM

**JudiPartlo:** First thing for me is make the bed, then make coffee, sit down and read my morning devotions/reading. I don't think I should change it - it gets my day off to a very good start

Oct 26, 10:03 PM

**ShannonMinner:** I had also joined, years ago, a 5am Hustle Facebook group. Unfortunately I feel like I cheat because that's what time I get up already and I have fallen out the habit and working to reach my goal.

Oct 26, 10:04 PM

**EdithBanks:** I eat breakfast and read the paper. Sometimes look at work emails

Oct 26, 10:04 PM

**Tiffany Mitchell:** Currently I get up and jump in the shower, so I can do it stress-free with my husband around to take care of the kiddos. If I did something more "substantial" it would be for time in prayer and meditation.

Oct 26, 10:04 PM

**BettyLouKoffel:** I am trying to develop a meditation practice. That works best if I do it early in the day. The other thing I like to do relatively early is spend 15 minutes choosing/editing/collecting photos for my photo a day practice

Oct 26, 10:05 PM

**Cindy March:** Do Julia Cameron's Morning Pages

Oct 26, 10:05 PM

**JudiPartlo:** But - what I do next could be impacted by his approach - maybe get up 15 min earlier, do my morning reading and then spend the next 15 min on my top priority for the day or preparing for it.

Oct 26, 10:05 PM

**Brooke Schumacher:** I get up at 4am without an alarm, have coffee and read a daily devotional, my family gets up at 4:30, we go to the gym together from 5-6, drop them at school by 7, do a 1 hour job at church, then come home about 9. I shower, tidy the kitchen and look at my to do list.

Oct 26, 10:05 PM

**JudiPartlo:** Brooke - that is quite a morning routine already!!

Oct 26, 10:05 PM

**PatriciaMoore:** I hope that works out for you Cindy

Oct 26, 10:06 PM

**HonoreFrancois:** I' at the point in my life - soon to celebrate my 75th birthday, when leaving memories for my family is paramount in my thoughts...now is when I yearn to be cloned...so much to do ...I keep looking for shortcuts and there are none. It just requires dedication and consistency ...and self -love!

Oct 26, 10:06 PM

**Jennifer Wilson (Moderator):** Wow Brooke.. do you take a nap at 10am then?

Oct 26, 10:06 PM

**Tiffany Mitchell:** Brooke, I think you do more before 9am than I do all day!

Oct 26, 10:06 PM

**PatriciaMoore:** Been emotionally hard and I am tired. Probably a little paralyzed

Oct 26, 10:07 PM

**JudiPartlo:** Honore - that is so well put!!! I understand that wish to be cloned - time goes so quickly!!!

Oct 26, 10:07 PM

**BettyLouKoffel:** Patricia, understand that, wasn't sure if it was you or some life circumstance that was impacting you. Always wondering when enough is actually enough....

Oct 26, 10:07 PM

**Jennifer Wilson (Moderator):** I FELT CONFLICTED BY HIS SEEMING CALL TO JUMP INTO WORK RIGHT AWAY, BEFORE TENDING TO PERSONAL NEEDS.. THAT FEELS VERY.. ABRUPT

Oct 26, 10:07 PM

**JudiPartlo:** Patricia, I hope you can find some rest and refreshment

Oct 26, 10:08 PM

**Brooke Schumacher:** I can't get up any earlier, and can't really trim anything out. The hard part is to get to work when I get home. On weekends when I don't have to do these things, I stay in my pjs and get right into my own tasks.

Oct 26, 10:08 PM

**BettyLouKoffel:** It is abrupt.

Oct 26, 10:08 PM

**JudiPartlo:** Abrupt is a good way to put it, Jennifer.

Oct 26, 10:08 PM

**Jennifer Wilson (Moderator):** VERY DIFFERENT FROM THE MIRACLE MORNING APPROACH WHICH FOCUSES ON FILLING YOUR WELL FIRST BEFORE USING THAT ENERGY

Oct 26, 10:08 PM

**PatriciaMoore:** I would love to have someone to work with me

Oct 26, 10:08 PM

**JudiPartlo:** Have not read the Miracle Morning

Oct 26, 10:09 PM

**JudiPartlo:** Patricia - you mean in paring down your stuff?

Oct 26, 10:09 PM

**PatriciaMoore:** I didn't see anywhere that he was concerned with filling his inner self

Oct 26, 10:09 PM

**PatriciaMoore:** Judi yes paring down my stuff

Oct 26, 10:10 PM

**JudiPartlo:** I wish I could come and do that with you - it's so much easier and more fun to work on someone else's stuff like that!

Oct 26, 10:10 PM

**Jennifer Wilson (Moderator):** HE MENTIONED PERSONAL GOALS IN THE LATTER HALF.. BUT IT WAS VERY BRIEF

Oct 26, 10:10 PM

**Brooke Schumacher:** When I get straight to work, I find I skip the exercise, which is not good.

Oct 26, 10:10 PM

**BettyLouKoffel:** Patricia, he actually talked about writing for 90 minutes before eating breakfast & working out which is the one self-care activity he mentioned.

Oct 26, 10:11 PM

**Jennifer Wilson (Moderator):** QUOTE // Success is simple once you accept how hard it is. It may sound counterintuitive but once you accept how difficult it is going to be, then and only then will you be mentally willing to accept the challenges that it will require, such as sacrifice, dedication, preparation, planning, and perseverance. If you accept these facts, and you must, then it is a simple process of doing the work to create your Perfect Day. You'll simply put your head down and do it.

Oct 26, 10:11 PM

**PatriciaMoore:** Yes, Judi less emotions involved for you.

Oct 26, 10:11 PM

**Jennifer Wilson (Moderator):** QUESTION // Q6. This is stoicism in a nutshell. How do you feel about this approach?

Oct 26, 10:11 PM

**Brooke Schumacher:** "Just do the hard work." Got it.

Oct 26, 10:12 PM

**Tiffany Mitchell:** I think it is a good way to burn out.

Oct 26, 10:12 PM

**Judy Evans Parker:** Hi ladies I'm just here to observe what you do at book club I have not read this book but I didn't want to just ease drop

Oct 26, 10:12 PM

**JudiPartlo:** I could do that some of the time, but certainly not every day. Just does not seem to incorporate real life into the experience.

Oct 26, 10:12 PM

**JudiPartlo:** Hi Judy - glad you're here!

Oct 26, 10:12 PM

**BettyLouKoffel:** There is definitely value in putting your head down and doing it. On the other hand, I'm thinking right now that I don't believe in the possibility of a "perfect" day and this

Oct 26, 10:13 PM

**Jennifer Wilson (Moderator):** No worries Judy... most of the questions can be answered by just reading the shared quotes!

Oct 26, 10:14 PM

**Judy Evans Parker:** K

Oct 26, 10:14 PM

**Jennifer Wilson (Moderator):** THIS MAKES ME THINK OF THE SENTIMENT THAT NOBODY WANTS "SHE CHECKED EVERYTHING OFF HER LIST" ON HER TOMBSTONE.. WHERE'S THE FUN, JOY, PASSION ETC?

Oct 26, 10:14 PM

**BettyLouKoffel:** moving my mother to a care facility was something I needed to just do it and get the work done. Yet I needed to set aside time to exercise almost every day or the overwhelm would have done me in

Oct 26, 10:14 PM

**Brooke Schumacher:** I have tried that Pomodoro technique (20 minutes of focus) with an app called BeFocused. When I do 20 min +5min break 3 times in a row, I'm exhausted. Focus is hard work!

Oct 26, 10:15 PM

**BettyLouKoffel:** I think he meant that fun, joy, etc. was in the evening but....

Oct 26, 10:15 PM

**Cindy March:** There is no such thing as perfect.

Oct 26, 10:15 PM

**Jennifer Wilson (Moderator):** BUT IF YOU'RE GOING TO BED AT 8PM, THAT DOESN'T LEAVE A LOT OF TIME!

Oct 26, 10:15 PM

**PatriciaMoore:** I pace my self...mop flood, do sit down chore, etc

Oct 26, 10:15 PM

**Jennifer Wilson (Moderator):** ALL MY FINE HAPPENS WELL AFTER 8PM!

Oct 26, 10:15 PM

**BettyLouKoffel:** He also talked about how wonderful it was for his family to travel with him when he went on business trips

Oct 26, 10:15 PM

**Jennifer Wilson (Moderator):** \*FUN

Oct 26, 10:16 PM

**ShannonMinner:** I use the HabitBull app to track my habits.

Oct 26, 10:17 PM

**PatriciaMoore:** True nothing perfect this side of heaven

Oct 26, 10:17 PM

**JudiPartlo:** Patricia - this reminds me of how I approach things - love setting my timer to do a job and then set it again to play! I did that with my kids growing up, too - we called it "do a job and then play" - ha!

Oct 26, 10:17 PM

**Judy Evans Parker:** Oh boy this might be a bad book for me

Oct 26, 10:18 PM

**Jennifer Wilson (Moderator):** QUOTE // The scripted day is the best day. The best day leads to a great life. A great life ensures a lasting legacy. Each minute is a battle to be won. Make the right decisions with your time. This is the only life you have—and that's why it needs to be planned in great detail.

Oct 26, 10:18 PM

**Jennifer Wilson (Moderator):** QUESTION // Q8. How scripted are your days?

Oct 26, 10:18 PM

**BettyLouKoffel:** Not as much as Ballantyne's that's for sure

Oct 26, 10:19 PM

**PatriciaMoore:** YES Judi, I wash a load of clothes & go into my craft room. Put clothes in dryer & do dishes.Go back to craft room

Oct 26, 10:19 PM

**Judy Evans Parker:** I was OCD for 46 years I literally made a schedule list every single day from 6 am to 8 pm

Oct 26, 10:19 PM

**BettyLouKoffel:** I often have several things on my calendar so I fit the "routine" not a script around them

Oct 26, 10:19 PM

**Judy Evans Parker:** I even scheduled playtime with my kids

Oct 26, 10:19 PM

**JudiPartlo:** "Each minute is a battle to be won" really rubs me the wrong way. I don't want my life to be a constant struggle. While I do want to make progress and use time wisely, I want to do it with joy!

Oct 26, 10:19 PM

**Brooke Schumacher:** My daughter (college freshman) makes a 2 column list every weekend. One column is "Hafta" and the other is "Wanna." She puts a frowny and a smiley face next to it. I love the idea, esp if the lists are about the same length. Talk about balance!

Oct 26, 10:20 PM

**PatriciaMoore:** I do a "to do list" for the day, but don't time myself

Oct 26, 10:20 PM

**BettyLouKoffel:** Judi, ditto!

Oct 26, 10:20 PM

**Jennifer Wilson (Moderator):** I AGREE JUDI... MY BRAIN BATTLES ME ENOUGH, I DON'T NEED TO DO THAT INTENTIONALLY

Oct 26, 10:20 PM

**Tiffany Mitchell:** I think you can be intentional with your time and days, but I don't think that means your life needs to be planned every second.

Oct 26, 10:20 PM

**Judy Evans Parker:** I was very rigid with it

Oct 26, 10:20 PM

**ShannonMinner:** I also keep a "to do" list. One for work, one for personal.

Oct 26, 10:20 PM

**Jennifer Wilson (Moderator):** LOVE THAT IDEA BROOKE!

Oct 26, 10:20 PM

**JudiPartlo:** Brooke - that is SO cute - love it!!!

Oct 26, 10:20 PM

**Jennifer Wilson (Moderator):** WHAT SHIFTED FOR YOU JUDY?

Oct 26, 10:20 PM

**BettyLouKoffel:** My to do list is more like a weekly list

Oct 26, 10:20 PM

**Judy Evans Parker:** I grew up in a white glove home. We were very poor but very clean

Oct 26, 10:20 PM

**Brooke Schumacher:** "Each minute is a battle to be won. " Yikes! Sounds exhausting.

Oct 26, 10:21 PM

**Maggie Dameron Clark:** Apparently they are not scripted well. I rarely have a day that goes according to plan. Nor do I feel that I have accomplished much in life.

Oct 26, 10:21 PM

**PatriciaMoore:** agree Tiffany

Oct 26, 10:22 PM

**Judy Evans Parker:** When my son died and I had a melt down the shrink helped me to realize that my life had passed by me so the world could see I had it all together

Oct 26, 10:22 PM

**Jennifer Wilson (Moderator):** WHEN I HAVE ATTEMPTED TO SCRIPT MY DAYS I INEVITABLY GO OFF SCRIPT. THINGS ALWAYS TAKE LONGER.

Oct 26, 10:23 PM

**Judy Evans Parker:** My son's death Jennifer

Oct 26, 10:23 PM

**Brooke Schumacher:** Yes, yes and yes!

Oct 26, 10:23 PM

**Maggie Dameron Clark:** Jennifer - me too

Oct 26, 10:23 PM

**BettyLouKoffel:** I've had some success with 15 minute blocks and revisiting if necessary

Oct 26, 10:23 PM

**JudiPartlo:** Oh, Judy, I am sorry for your loss.

Oct 26, 10:23 PM

**Judy Evans Parker:** The realization that life is too short

Oct 26, 10:23 PM

**Tiffany Mitchell:** Things always seem to come up. Today, for example, I was without a car, since we had one in the shop. My plans had to shift to accommodate.

Oct 26, 10:23 PM

**JudiPartlo:** BettyLou - I love the 15 min concept.

Oct 26, 10:24 PM

**Maggie Dameron Clark:** I'm sorry Judy

Oct 26, 10:24 PM

**ShannonMinner:** Sorry for your loss Judy.

Oct 26, 10:24 PM

**Judy Evans Parker:** Judi it changed my life forever both in bad and some in good

Oct 26, 10:24 PM

**Jennifer Wilson (Moderator):** SORRY FOR YOUR LOSS JUDY. I CAN ONLY IMAGINE.

Oct 26, 10:24 PM

**BettyLouKoffel:** Those blocks work for the "things of life". I also try to fit in something I find restful, playful, and creative each day. (That's 3 choices)

Oct 26, 10:24 PM

**Judy Evans Parker:** I was able to let go of the feeling that I had to have it all together

Oct 26, 10:25 PM

**Jennifer Wilson (Moderator):** LOVE THAT IDEA BETTYLOU! YOU DO RETIREMENT SO WELL.

Oct 26, 10:25 PM

**BettyLouKoffel:** Judy, so sorry

Oct 26, 10:25 PM

**Maggie Dameron Clark:** BettyLou - Do you try to fit one of each or choose one of the 3?

Oct 26, 10:25 PM

**PatriciaMoore:** I am glad you found some new ways to cope, Judy

Oct 26, 10:25 PM

**HonoreFrancois:** I make lists but I think I seem to naturally do what matters...and th elists carry forward...I think I want more structure to my days but I'm not really pushing myself - I htink I just have too many wants on my plalte but , but!

Oct 26, 10:25 PM

**BettyLouKoffel:** Maggie, one of each

Oct 26, 10:26 PM

**JudiPartlo:** Judy - that is such a good perspective. I'm thankful for the good you have experienced.

Oct 26, 10:26 PM

**Judy Evans Parker:** Bettylou that's the whole point

Oct 26, 10:26 PM

**BettyLouKoffel:** I note in my planner what I did so if I miss one I can make sure I don't miss it again

Oct 26, 10:26 PM

**Maggie Dameron Clark:** good idea BettyLou

Oct 26, 10:26 PM

**BettyLouKoffel:** then there are weeks when nothing gets noted in the planner

Oct 26, 10:26 PM

**Judy Evans Parker:** Wee werentcreatwf to be enslaved to work

Oct 26, 10:26 PM

**HonoreFrancois:** I'm often making to done lists...rather than "to do."

Oct 26, 10:26 PM

**Maggie Dameron Clark:** I would never have thought of noting it in my planner.

Oct 26, 10:26 PM

**BettyLouKoffel:** Judy, I agree with that

Oct 26, 10:26 PM

**JudiPartlo:** BettyLou - this is an awesome approach - thanks for sharing!!!

Oct 26, 10:27 PM

**Brooke Schumacher:** I heard Stacy Julian describe one that her life was like a plate piled high and some things just fell off the plate and she didn't miss them. That never appealed to me. I wanted more control of what was getting done and what was getting skipped. And that was before she had some health problems and had to slow down, though.

Oct 26, 10:27 PM

**Judy Evans Parker:** But to able to work and to enjoy the fruit of our labor

Oct 26, 10:27 PM

**BettyLouKoffel:** Honore, is a to done list something you've already don or something else?

Oct 26, 10:27 PM

**HonoreFrancois:** Something I've done...

Oct 26, 10:27 PM

**Jennifer Wilson (Moderator):** SO WE HAVE TWO FINAL QUESTIONS...

Oct 26, 10:27 PM

**Jennifer Wilson (Moderator):** QUOTE // Here are the three most important rules you need to create for your life: State what time you go to bed and get up every day. Write down the number one action step you will take each morning that moves you closer to your big goals and dreams. Create a Simple Health Plan.

Oct 26, 10:27 PM

**Maggie Dameron Clark:** To done lists are cool - more checkmarks that way

Oct 26, 10:28 PM

**Jennifer Wilson (Moderator):** QUESTION // Q10. Roughly, what would your three most important rules be?

Oct 26, 10:28 PM

**HonoreFrancois:** I generally note it in my morning journaling session...

Oct 26, 10:28 PM

**BettyLouKoffel:** Do something creative every day

Oct 26, 10:28 PM

**Jennifer Wilson (Moderator):** 1. 9:30PM / 5AM

Oct 26, 10:28 PM

**BettyLouKoffel:** Sleep is important

Oct 26, 10:28 PM

**HonoreFrancois:** True @ Maggie!

Oct 26, 10:28 PM

**Jennifer Wilson (Moderator):** 2. ?? ON THE ACTION STEP

Oct 26, 10:28 PM

**Jennifer Wilson (Moderator):** 3. DRINK MORE WATER

Oct 26, 10:29 PM

**Cindy March:** Be kind. Eat wisely. Drink more water.

Oct 26, 10:29 PM

**ShannonMinner:** 1. Exercise 2. Get more rest 3. Slow down and learn to say NO.

Oct 26, 10:29 PM

**HonoreFrancois:** Action Step: Tell my story...write, choose, create a LO...or begin...everyday, something

Oct 26, 10:30 PM

**Tiffany Mitchell:** 1. 10:30pm/7am 2.? 3. move more

Oct 26, 10:30 PM

**JudiPartlo:** 1. 9:30pm to bed, 5am wake up 2. If I get up 15 min earlier, spend 15 min after my morning routine working on one of my creative goals/projects. 3. Continue to explore how what I eat impacts how I feel.

Oct 26, 10:31 PM

**Judy Evans Parker:** Well ladies we are finally stopping at a hotel been on the road since 8am

Oct 26, 10:31 PM

**Jennifer Wilson (Moderator):** QUOTE // The world will tempt us with fantasy football, breaking news,celebrity gossip, and television show marathons. These are not part of your vision. They do not move you closer to your goals. You must stay strong, controlling what you can, coping with what you can't, and concentrating on what counts.

Oct 26, 10:31 PM

**Judy Evans Parker:** Good talking God Bless

Oct 26, 10:31 PM

**Brooke Schumacher:** I'm already getting up and going to bed at a certain time (4am, 8:30 pm) and I exercise everyday. Trying to fit in more yoga, but... I need to do more of #2, picking a most important task to complete. I just push things down the road over and over and feel so unproductive. I have been looking at my calendar and to do list (both on my phone) for the next day in the evening. Maybe I'll add writing out my most important task on paper, as a sort of promise to myself to get it done.

Oct 26, 10:31 PM

**BettyLouKoffel:** Ah, #3: schedule time to prepare for travel

Oct 26, 10:31 PM

**Jennifer Wilson (Moderator):** QUESTION // Q11. This is where I personally really struggle with stoicism.These are often opportunities for connection with other people, not merely escapes. What's your #1 takeaway from this discussion on the stoic approach to personal time management?

Oct 26, 10:32 PM

**PatriciaMoore:** Bible Study, exercise/health, scrap by story

Oct 26, 10:32 PM

**JudiPartlo:** Good having you join us, Judy!

Oct 26, 10:32 PM

**Jennifer Wilson (Moderator):** STOICISM IS A VALUABLE PERSPECTIVE FOR HONING IN ON WHAT IS ESSENTIAL... BUT I DO SEE AS JUST ONE TOOL IN THE TOOLBASKET

Oct 26, 10:33 PM

**Tiffany Mitchell:** Agree, Jennifer.

Oct 26, 10:33 PM

**BettyLouKoffel:** As a resident I was quite the stoic. I was also not alot of fun to be with.

Oct 26, 10:34 PM

**JudiPartlo:** That it is good to see where I can pare down and become aware of how I might be wasting time, but to celebrate what I am already doing and the progress I've made.

Oct 26, 10:34 PM

**EdithBanks:** 9:30pm/ 5:30 am

Oct 26, 10:34 PM

**Brooke Schumacher:** I've certainly never mastered it...not in my professional life (MD) or as a mom or as a creative person. I can't decide if when I read about it I should try it again or not.

Oct 26, 10:35 PM

**Jennifer Wilson (Moderator):** AS I WAS EXPLORING BOOKS FOR 2018 I CAME ACROSS THIS WEBSITE.THERE ARE COMPANION BOOKS/JOURNALS: <https://dailystoic.com/>



[Daily Stoic | Stoic Wisdom For Everyday Life](https://dailystoic.com/)

Oct 26, 10:35 PM

**BettyLouKoffel:** Actually I found it interesting that with the exception of some (relevant to my life as in fires near my home) breaking news, none of the things he mentioned ever tempt me.

Oct 26, 10:36 PM

**Brooke Schumacher:** I never used give up my time for the news. I need to go back to that.

Oct 26, 10:36 PM

**BettyLouKoffel:** It drives my husband crazy when I load the dishwasher while talking to him.

Oct 26, 10:37 PM

**PatriciaMoore:** It drives me crazy when my husband looks at his magazine while I'm talking to him.

Oct 26, 10:37 PM

**Jennifer Wilson (Moderator):** ONE TOPIC WE DIDN'T GET TO TONIGHT WERE THE AUTHOR'S SUGGESTIONS FOR GOAL-SETTING IN FOUR DOMAINS. I FOUND THAT REALLY FASCINATING AND LIKED HIS BREAK-DOWN OF HEALTH, WEALTH, SOCIAL, AND PERSONAL.

Oct 26, 10:38 PM

**Jennifer Wilson (Moderator):** I WANT TO THANK EVERYONE FOR JOINING THE DISCUSSION TONIGHT.WE COVERED A LOT OF GROUND AND YOU'LL FIND SOME ADDITIONAL QUESTIONS IN THE DISCUSSION GUIDE.

Oct 26, 10:38 PM

**PatriciaMoore:** I also thought that was wise.....we are all those things

Oct 26, 10:38 PM

**Jennifer Wilson (Moderator):** NEXT MONTH WE'RE READING HANDS FREE

LIFE:[https://www.amazon.com/dp/B00P5W5G0W/ref=as\\_li\\_ss\\_tl?encoding=UTF8&colid=1DLESZSPNWV1C&coliid=I3CDNJZLLQM8QW&linkCode=I11&tag=simplscrap06-20&linkId=feb12a23f2c3c261184b0573c612e964](https://www.amazon.com/dp/B00P5W5G0W/ref=as_li_ss_tl?encoding=UTF8&colid=1DLESZSPNWV1C&coliid=I3CDNJZLLQM8QW&linkCode=I11&tag=simplscrap06-20&linkId=feb12a23f2c3c261184b0573c612e964)

Oct 26, 10:39 PM

**JudiPartlo:** This hour flew by!!

Oct 26, 10:39 PM

**Cindy March:** Good night everyone.

Oct 26, 10:39 PM

**BettyLouKoffel:** Patricia, that's funny to read after my comment...

Oct 26, 10:39 PM

**EdithBanks:** Good night

Oct 26, 10:39 PM

**PatriciaMoore:** Already bought next month's book

Oct 26, 10:39 PM

**Maggie Dameron Clark:** Great discussion tonight. Thanks Jennifer.

Oct 26, 10:39 PM

**ShannonMinner:** Where is the discussion guide Jennifer?

Oct 26, 10:39 PM

[Brooke Schumacher](#): Cool! I read her book Hands Free Mama and follow her blog.

Oct 26, 10:40 PM

**JudiPartlo**: Good night, everyone and thanks!

Oct 26, 10:40 PM

**ShannonMinner**: I already own next month's book and haven't read it yet.

Oct 26, 10:40 PM

**Jennifer Wilson (Moderator)**: SHANNON, IT WILL BE UP ON THIS PAGE WHEN THE CHAT TRANSCRIPT IS PUBLISHED

Oct 26, 10:40 PM

**ShannonMinner**: Gotcha, thanks Jennifer!

Oct 26, 10:40 PM

**BettyLouKoffel**: Good night all, I forgot about the discussion guides....

Oct 26, 10:40 PM

[Brooke Schumacher](#): Goodnight!

Oct 26, 10:40 PM

**Jennifer Wilson (Moderator)**: SOME DAY I'LL GET AHEAD ON THOSE.. BUT THIS SEASON OF LIFE ISN'T THE ONE

Oct 26, 10:40 PM

**PatriciaMoore**: Yes, Betty Lou, I noticed our twin comments

Oct 26, 10:41 PM

**Jennifer Wilson (Moderator)**: GOOD NIGHT FRIENDS AND THANK YOU AGAIN!

Oct 26, 10:41 PM

**PatriciaMoore**: Good night & happy scrapping.

Oct 26, 10:42 PM

**ShannonMinner**: Good night.