

Nov 30, 9:32 PM

Jennifer Wilson (Moderator): HELLO FRIENDS! HOW ARE YOU TONIGHT?

Nov 30, 9:32 PM

ShannonMinner: Hello. Hanging in there.

Nov 30, 9:32 PM

Melissa Hurst Kier: Hello. Doing well and you?

Nov 30, 9:32 PM

SuZanBrown: Doing GREAT!

Nov 30, 9:32 PM

DionneJack: Hi, doing pretty good. Hope you're feeling better Jennifer.

Nov 30, 9:32 PM

Jennifer Wilson (Moderator): THANKS DIONNE... I'M UP TO 98% NOW

Nov 30, 9:33 PM

Roxane Farmer: Doing well!

Nov 30, 9:33 PM

DionneJack: That's good to hear.

Nov 30, 9:33 PM

Marsha Fowlkes: Hi everyone!

Nov 30, 9:33 PM

KimEdsen: Parked on the couch with my laptop..trying to figure out the last bits of my Christmas shopping!

Nov 30, 9:33 PM

ShannonMinner: Glad you are feeling better.

Nov 30, 9:33 PM

CarrieAnderson: hi friends!!

Nov 30, 9:33 PM

DionneJack: Wow Kim, you're way ahead of me.

Nov 30, 9:34 PM

Cindy March: Hello Everyone

Nov 30, 9:34 PM

Jennifer Wilson (Moderator): I'M EXCITED FOR TONIGHT'S DISCUSSION ON HANDS FREE LIFE. TO KICK THINGS OFF, I'M CURIOUS ABOUT YOUR INTENTIONS GOING INTO THE BOOK. WHAT WERE YOU HOPING TO RECEIVE FROM THIS ONE?

Nov 30, 9:34 PM

KimEdsen: Dionne...yes, but it's the last bits I always put off...thinking it's not much and then it drags out...determined to not that happen this year!

Nov 30, 9:34 PM

ShannonMinner: Tips on putting down my phone and other technology.

Nov 30, 9:35 PM

DionneJack: That's great Kim. I always struggle with gifts for a few people that makes things drag on for me.

Nov 30, 9:35 PM

CarrieAnderson: kim ive noticed a ton of people talking about wanting to be DONE with shopping and stuff so they can spend december really enjoying just the fun stuff

Nov 30, 9:35 PM

Melissa Hurst Kier: My first book with the group. My intention was to finish reading it and I almost forgot about the discussion

Nov 30, 9:35 PM

CarrieAnderson: im looking for encouragement motivation and tips...

Nov 30, 9:35 PM

ShannonMinner: Done...I have barely started here.

Nov 30, 9:36 PM

Marsha Fowlkes: I'd never heard of the book and didn't have any expectations.

Nov 30, 9:36 PM

DionneJack: I was looking for ideas about ways to disconnect with my technology and connect more with my people.

Nov 30, 9:36 PM

CarrieAnderson: shannon....mostly they were talking about it as a GOAL...lol

Nov 30, 9:36 PM

Cindy March: I didn't have any expectations.

Nov 30, 9:37 PM

Guest3723 (Guest): I'm new and wanted to just stop in and see how this works so I can decide about getting the membership. I'm almost done shopping and wrapping and I'm almost done decorating. Like someone else mentioned, I want to be done with the "busy" stuff so we can enjoy the more leisurely things such as Christmas movies, baking, and crafting while my daughter is home from Africa for three weeks.

Nov 30, 9:37 PM

ShannonMinner: Wasn't a goal of mine...ha, ha, ha.

Nov 30, 9:37 PM

BettyLouKoffel: Good evening

Nov 30, 9:37 PM

Jennifer Wilson (Moderator): Welcome Guest 3723!

Nov 30, 9:37 PM

CarrieAnderson: sidebar....i have spent so many holidays being jealous of people who can eat candy cane joe-joes.....now i am one of them....and they are SO WORTH the hype haahahahaaaaa

Nov 30, 9:37 PM

MelanieRitchie: Hi all! Merry December Daily Eve!

Nov 30, 9:37 PM

BettyLouKoffel: Intentions: it was on the book club list

Nov 30, 9:37 PM

ShannonMinner: Hi Guest3723. Glad to have you here. I'm here to give you a thumbs up on membership.

Nov 30, 9:38 PM

CarrieAnderson: melanie...i love it!!

Nov 30, 9:38 PM

CarrieAnderson: some of us celebrate the alternate holiday of Journal Your Christmas

Nov 30, 9:38 PM

EdithBanks: Carrie I don't know what those are!

Nov 30, 9:38 PM

Guest3723 (Guest): ShannonMinner, Thanks for the thumbs up. I looked at the schedules for chats and the days seem to work with my current schedule so I may give it a try .

Nov 30, 9:38 PM

Jennifer Wilson (Moderator): THE NINE HABITS SHARED BY THE AUTHOR ARE DIVIDED INTO THREE CATEGORIES. TONIGHT IN OUR DISCUSSION WE'LL BE FOCUSING ON JUST A FEW, BUT HERE'S THE FULL LIST:

Nov 30, 9:39 PM

Jennifer Wilson (Moderator): Create lasting connections - (1) Fill the spaces, (2) Surrender control, (3) Build a foundation

Nov 30, 9:39 PM

ShannonMinner: Members get lots of perks. It's a great group to belong to.

Nov 30, 9:39 PM

Jennifer Wilson (Moderator): Living for today - (4) Take the pressure off, (5) See what is good, (6) Give what matters

Nov 30, 9:39 PM

Jennifer Wilson (Moderator): Protecting what matters - (7) Establish boundaries, (8) Leave a legacy, (9) Share someone's story

Nov 30, 9:39 PM

CarrieAnderson: edith...its like an oreo that has crunchy bits of candy cane....they are from trader joes

Nov 30, 9:40 PM

Guest3723 (Guest): I should preface my comment with a note that I have not read the book since I've only recently looked into joining this group. But, I organized a "Dying Well" workshop once years ago for our church and once a month or so I work on my "legacy list" so I'm curious what #8 discussed in this book

Nov 30, 9:40 PM

Melissa Hurst Kier: I loved the book

Nov 30, 9:40 PM

WendyKiely: I wanted helpful and realistic manageable tips

Nov 30, 9:40 PM

Jennifer Wilson (Moderator): FOR THOSE WHO ARE NEW TO THE BOOK CLUB, I'LL BE SHARING SOME QUOTES FROM THE BOOK FOLLOWED BY DISCUSSION PROMPTS. BUT FIRST, WHAT ARE YOUR IMPRESSIONS BASED ON WHAT YOU'VE READ

Nov 30, 9:41 PM

BettyLouKoffel: I read this book a few months ago...and just finished a copy of Hands Free Mama that I found in my stash. It was a good incentive to finish it.

Nov 30, 9:41 PM

Cindy March: That taking time to slow is a constant process.

Nov 30, 9:41 PM

Rhonda Hestir: Still trying to get my hands on a copy. But she had me at "overcoming distraction".

Nov 30, 9:42 PM

WendyKiely: I enjoyed the first part but then it just got repetitive.

Nov 30, 9:42 PM

Melissa Hurst Kier: Settling for good enough.....I applied to scrapbooking....

Nov 30, 9:42 PM

BettyLouKoffel: I listened to it and wish I had gotten a copy of the book, it wasn't an easy listen. I got much more out of the Mama book that I just read

Nov 30, 9:42 PM

Guest3723 (Guest): My word this year was "enough."

Nov 30, 9:42 PM

BettyLouKoffel: Wendy, maybe that's why it annoyed me as an audio book

Nov 30, 9:43 PM

ShannonMinner: I started in on it but it was hitting to close to home and I ended up crying a bunch so I had to put it down. I've been emotional recently so that doesn't help.

Nov 30, 9:43 PM

KimEdsen: Wendy, I agree...by the end I was skimming

Nov 30, 9:43 PM

Melissa Hurst Kier: Enough is a great word

Nov 30, 9:43 PM

Jennifer Wilson (Moderator): THERE WERE LOTS OF GOOD CONNECTIONS TO SCRAPBOOKING HERE,BUT I WAS A LITTLE DISAPPOINTED THIS WAS STILL SO FAMILY FOCUSED. I WAS HOPING FOR SOME MORE PRACTICAL TIPS VS. JUST MINDSET.

Nov 30, 9:43 PM

Marsha Fowlkes: I listened to it too.

Nov 30, 9:43 PM

Melissa Hurst Kier: I cried too

Nov 30, 9:43 PM

Jennifer Wilson (Moderator): BUT OVERALL I ENJOYING THE TOPIC AND IT FELT RELEVANT TO MY LIFE

Nov 30, 9:43 PM

Cindy March: It was a great book if you had kids.

Nov 30, 9:43 PM

Melissa Hurst Kier: Did she write the Mama book first or this one?

Nov 30, 9:44 PM

BonnieBloch: I had an interesting experience with this book. I was listening to it on a recording (book on tape) and had to stop listening to it. I hated everything I heard. But I realized that the reader's voice was excruciatingly irritating me. I gave it a couple of days then I read the book. I

Nov 30, 9:44 PM

Guest3723 (Guest): Melissa, Funny thing about my "word" of the year is I'm always wanting just the right thing (no matter what it is) and I procrastinated so long trying to pick the perfect word that finally one of my dear friends picked it for me!

Nov 30, 9:44 PM

Marsha Fowlkes: Yeah I'm single, empty nest, and didn't really relate on a certain level.

Nov 30, 9:44 PM

Rhonda Hestir: So, upon reflection, for those of us who haven't read either "Mama" or "Life", which one would you get?

Nov 30, 9:44 PM

BettyLouKoffel: Cindy, curious that you said that. I found the mama book (first) more interesting.

Nov 30, 9:44 PM

DionneJack: She wrote Hands Free Mama first then this handbook.

Nov 30, 9:44 PM

KimEdsen: Melissa, I may have choked up a time or two...

Nov 30, 9:44 PM

WendyKiely: It read a lot like she had taken her blog posts and put them in an order to match the topics she had chosen

Nov 30, 9:44 PM

Melissa Hurst Kier: Awesome, she had enough of your procrastination

Nov 30, 9:45 PM

BettyLouKoffel: I found Mama more easier to relate to relationships other than children: friends/husband

Nov 30, 9:45 PM

BonnieBloch: I thought the author 's approach was stop personal, too much details on how she did these techniques. I wanted something more philosophical.

Nov 30, 9:45 PM

Guest3723 (Guest): LOL! That's hilarious! Yes, I'll have to tell her that.. Melissa...

Nov 30, 9:45 PM

Melissa Hurst Kier:

Nov 30, 9:46 PM

Jennifer Wilson (Moderator): BONNIE, I FIND VOICE DOES MATTER AS WELL.

Nov 30, 9:47 PM

Jennifer Wilson (Moderator): LET'S DIVE IN WITH SOME REALLY GOOD QUOTES....

Nov 30, 9:47 PM

CarrieAnderson: i got this one instead of the mama one since im NOT a mamaso its disappointing that it was still mama-centric

Nov 30, 9:47 PM

Jennifer Wilson (Moderator): YEAH, I FELT FOR YOU CARRIE. IT HAD BEEN RECOMMENDED TO TRY THIS ONE INSTEAD.

Nov 30, 9:47 PM

Jennifer Wilson (Moderator): QUOTE // p. 12 - "Keeping track of life is knowing you're on your true path to fulfillment. It's being at peace with who you are and how you are living."

Nov 30, 9:47 PM

Jennifer Wilson (Moderator): QUESTION // Q1. Beyond the obvious connection to documentation, how does scrapbooking help you 'keep track of life'?

Nov 30, 9:48 PM

BettyLouKoffel: I see life differently than I did before I was a scrapbooker. I pay attention to details I missed before.

Nov 30, 9:48 PM

Melissa Hurst Kier: It helps me remember my blessings in this life....

Nov 30, 9:48 PM

ShannonMinner: It has made me more aware of the events I capture with photographs. It has made me choose stories to tell.

Nov 30, 9:49 PM

JudiPartlo: It helps me stay focused on what my priorities are and what I want to experience in my life. Also makes me grateful for everything I do get to have/experience.

Nov 30, 9:49 PM

CarrieAnderson: it kind of helps me keep track of moods and emotions....like I know when I'm scrapping a lot my life is better balanced I'm feeling positive....if I'm not it's because I'm overwhelmed or feeling down

Nov 30, 9:49 PM

BonnieBloch: Air depends. If you are too obsessed with scrapbooking you may lose track of life. There needs to be a healthy balance. Too much time documentation could mean less time living and enjoying

Nov 30, 9:49 PM

Cindy March: A scrapbook is a tangible object to see the good in your life.

Nov 30, 9:49 PM

Tiffany Mitchell: I take note of the little things. Take the month of December....if I didn't do December Daily, I don't know that I would document some of the little traditions we do every year, or see how things change from year to year.

Nov 30, 9:49 PM

EdithBanks: It reminds me of how "not" boring my life is

Nov 30, 9:49 PM

BettyLouKoffel: I'm not sure that keeping track of life means you know you are on the right path. I think keeping track allows you to know you are or aren't and then you can course correct.

Nov 30, 9:50 PM

CarrieAnderson: betty....I feel like it helps me know ME...not necessarily my path...

Nov 30, 9:50 PM

Melissa Hurst Kier: I agree, think healthy balance is important

Nov 30, 9:50 PM

KimEdsen: It helps me see and celebrate connections among the people in my life

Nov 30, 9:50 PM

DionneJack: Scrapbooking helps me keep track of life by giving me the opportunity to reflect as I record and document our stories, make connections to things in the past and evaluate how things are going.

Nov 30, 9:51 PM

CarrieAnderson: dionne....yes...the connections definitely!!

Nov 30, 9:51 PM

Jennifer Wilson (Moderator): QUOTE // p. 29 - "I know I can't possibly cherish every moment. I know it's not realistic to neglect my life responsibilities to soak up every word and every expression of my family members and friends."

Nov 30, 9:51 PM

Jennifer Wilson (Moderator): QUESTION // Q2. How does scrapbooking help bridge the gap between life's responsibilities and the moments that really matter? In other words, how does it help you cherish more when there's limited time?

Nov 30, 9:51 PM

CarrieAnderson: isnt this something scrapbookers struggle MORE with....lol

Nov 30, 9:51 PM

BettyLouKoffel: Because we do have tangible evidence of

Nov 30, 9:51 PM

CarrieAnderson: always feeling like we arent recording or capturing ENOUGH

Nov 30, 9:51 PM

BettyLouKoffel: moments that really matter

Nov 30, 9:51 PM

DionneJack: I don't know that it helps me cherish the moments more but it certainly helps me notice and appreciate them.

Nov 30, 9:52 PM

Melissa Hurst Kier: I have realized it is not possible to scrapbook everything

Nov 30, 9:52 PM

BettyLouKoffel: carrie, you are right we struggle but that struggle generally means we get something documented and there it is to look at later

Nov 30, 9:52 PM

Melissa Hurst Kier: The struggle is real

Nov 30, 9:52 PM

Guest3723 (Guest): It's "enough" to just record something!

Nov 30, 9:52 PM

Cindy March: It helps you appreciate the smaller moments.

Nov 30, 9:52 PM

Jennifer Wilson (Moderator): FOR ME IT HELPS ME CHERISH MORE, TO FREEZE TIME IN A LASTING WAY WAY THAT MY MEMORY CANNOT

Nov 30, 9:53 PM

ShannonMinner: That's good Jennifer.

Nov 30, 9:53 PM

Melissa Hurst Kier: Agree with that Jennifer for sure

Nov 30, 9:53 PM

Guest3723 (Guest): I have a hard time actually putting things in an album, but I try to at least post something on my blog which is mostly just read by our family and friends.. I started recording things there more earnestly when my oldest daughter moved out and was missing all the fun everyday things we were doing here at home.

Nov 30, 9:53 PM

DionneJack: I don't want to scrapbook everything as I want to have time to live life and make memories. I see the stories I record and document as representative of our life and for sure I record the details more than I would otherwise.

Nov 30, 9:53 PM

BettyLouKoffel: Precisely, Jennifer. I'm finding that i am freezing small moments from a larger story and that's delightful

Nov 30, 9:53 PM

Melissa Hurst Kier: Our human memory is so finite

Nov 30, 9:53 PM

KimEdsen: I think it can also help you see how special 'life's responsibilities' can actually be...kind of reframing

Nov 30, 9:54 PM

ShannonMinner: I think it helps the viewer, like my kids, remember and relive events. It's always fun to watch my boys look back at the pages I completed.

Nov 30, 9:54 PM

CarrieAnderson: kim....agreed

Nov 30, 9:54 PM

KimEdsen: Guest 3723 - that is such a sweet way to keep in touch with your daughter

Nov 30, 9:55 PM

CarrieAnderson: especially for me...not your typical scrapper...who has to FIND things to document

Nov 30, 9:55 PM

Jennifer Wilson (Moderator): GREAT TRANSITION CARRIE...

Nov 30, 9:55 PM

Jennifer Wilson (Moderator): QUOTE // p. 33 - "Just how long had I not noticed what I was losing as my hands, heart, and mind were consumed by the fleeting, superficial, and meaningless distractions of my life?"

Nov 30, 9:55 PM

Jennifer Wilson (Moderator): QUESTION // Q3. How and what does scrapbooking help you notice?

Nov 30, 9:55 PM

Guest3723 (Guest): Yes, that started when the oldest of our four moved out. Now there is only one left at home.. and one of our daughters is in Africa now so it helps all of the kids

have a place to go to find my recipes and things about home... but the problem with blogging those stories is now I have nothing recently in albums...

Nov 30, 9:55 PM

WendyKiely: Helps me remember the changes in life, the ups and downs

Nov 30, 9:56 PM

WendyKiely: That after the downs there are joys

Nov 30, 9:56 PM

JudiPartlo: Project Life keeps me noticing every month the connections I have, the experiences, of what I truly value.

Nov 30, 9:56 PM

BettyLouKoffel: scrapbooking reminds me of the pleasures of printed photos and/or a way to look at photos

Nov 30, 9:57 PM

EdithBanks: It helps me notice patterns - activities I do in different seasons

Nov 30, 9:57 PM

Tiffany Mitchell: I do a yearly favorites page for each of my kids. It is fun to interview them for it and see what changes from year to year as they get older.

Nov 30, 9:57 PM

Marsha Fowlkes: Helps me treasure people and moments in my life.

Nov 30, 9:58 PM

KimEdsen: Well said, Edith...I couldn't think of how to put that into words!

Nov 30, 9:58 PM

ShannonMinner: I notice that I don't scrapbook the fleeting, superficial, and meaningless things in my life. The things I choose to photograph and scrapbook are most important to me.

Nov 30, 9:58 PM

DionneJack: Scrapbooking helps me notice the details of everyday life as well as the bigger events. It helps me notice the connections between people and connections to the past. Scrapbooking helps me notice perspective and what I value.

Nov 30, 9:58 PM

JudiPartlo: Yes, Edith!

Nov 30, 9:58 PM

Jennifer Wilson (Moderator): QUOTE // p. 45 - "My need for control was holding us all back from fulfilling life experiences, meaningful connection, and transformational growth?"

Nov 30, 9:58 PM

Melissa Hurst Kier: Yes Marsha

Nov 30, 9:58 PM

Jennifer Wilson (Moderator): QUOTE // p. 56 - "Today I will open myself up to greater possibilities by abandoning the way I think it should be and just let it be."

Nov 30, 9:58 PM

Jennifer Wilson (Moderator): QUESTION // Q4. How might a need for control be impacting your scrapbooking practice?

Nov 30, 9:58 PM

BettyLouKoffel: I sense a layout in idea form. When I was a child, my dad took only slides. I was somewhat jealous of my friends whose families had prints. We'd look at slides about once a month and tell stories about the people and events. Now I have slides that have beautiful colors and I can and use digitally. My friends have nothing that they can make sense of....

Nov 30, 9:59 PM

CarrieAnderson: shannon....and each of us get to pick what is important to us

Nov 30, 9:59 PM

Marsha Fowlkes: I agree shannon

Nov 30, 10:00 PM

Melissa Hurst Kier: Need to control sometimes turns into perfectionism....

Nov 30, 10:00 PM

Cindy March: I don't need the perfect paper, and it's ok if my picture isn't perfect.

Nov 30, 10:00 PM

KimEdsen: I think control can detract from the enjoyment of the hobby...limiting myself to certain approaches or styles or expectations

Nov 30, 10:00 PM

BettyLouKoffel: unfinished projects that aren't perfect, just like Melissa said

Nov 30, 10:00 PM

JudiPartlo: Oh, such a tough question for me! Change is hard for me and I do like to feel in control of what I do. It might impact my scrapbooking by bringing out my inner perfectionist, or my unwillingness to let go of something that isn't working for me.

Nov 30, 10:01 PM

BettyLouKoffel: Ah, teaching scrapbooking and memory keeping to my grandchildren. I had to buy them their own supplies and let them go!

Nov 30, 10:01 PM

WendyKiely: The need for control over the stuff means sometimes pages don't get made as I organise instead, but not necessarily enough to not have it happen again

Nov 30, 10:01 PM

Guest3723 (Guest): I like to have a clear plan/path before I start so consequently I don't have very many albums done...

Nov 30, 10:02 PM

EdithBanks: That everything- chores, dinner, whatever has to be done before I can scrapbook-. Instead of wanting to do something creative and going with the flow

Nov 30, 10:02 PM

BettyLouKoffel: Edith, oh yes

Nov 30, 10:02 PM

Melissa Hurst Kier: I have been working on letting go of perfectionism and do what preserves the memory & gives me joy when I look at it later

Nov 30, 10:03 PM

CarrieAnderson: edith.....we havent broken you of that habit yet

Nov 30, 10:03 PM

Guest3723 (Guest): Edith, same here! We own our own business and our office is in our home. I feel guilty doing something fun/creative such as scrapbooking when I have work to do, but the problem of a home office is the work is always here staring at me.

Nov 30, 10:03 PM

BettyLouKoffel: The only way I get away from that is to assign myself 15 minutes of time to create each day. You'd think I'd learn that I'm more productive when I do that but not yet....

Nov 30, 10:03 PM

Melissa Hurst Kier: Edith I understand

Nov 30, 10:03 PM

EdithBanks: Carrie- actually I'm much better

Nov 30, 10:04 PM

Jennifer Wilson (Moderator): OOH, I'VE GOT A DISCUSSION POINT TO EXTEND THIS...

Nov 30, 10:04 PM

Jennifer Wilson (Moderator): QUOTE // p. 81 - "Today I will resist the urge to get one more thing accomplished - instead I will engage in one activity that brings me peace and renewal. Today I will act on the callings of my heart and not feel guilty about it."

Nov 30, 10:04 PM

Jennifer Wilson (Moderator): QUOTE // p. 120 - "Today I will view the messy trails in my home as sacred evidence that living, loving, creating, and growing are going on here."

Nov 30, 10:04 PM

Jennifer Wilson (Moderator): QUESTION // Q7. Do you feel guilty when you take time to scrapbook?

Nov 30, 10:04 PM

CarrieAnderson: i was just teasin edith...but i am glad youre giving yourself permission to create

Nov 30, 10:04 PM

Jennifer Wilson (Moderator): (WE'RE GOING A LITTLE OUT OF ORDER, BUT I'LL SKIP BACK)

Nov 30, 10:05 PM

EdithBanks: Carrie - I miss humor in text!

Nov 30, 10:05 PM

Melissa Hurst Kier: Guilty sometimes that is why it is usually limited to one or two weekends a year

Nov 30, 10:05 PM

BettyLouKoffel: Yes is the short answer

Nov 30, 10:05 PM

Guest3723 (Guest): Yes, I feel guilty when I take time to scrapbook or do anything in the form of a hobby or fun if I have work to do... but I ALWAYS have work to do... And, so it helps me to keep my "legacy list" in front of me and to take time each month or so to do something on that list.

Nov 30, 10:05 PM

BettyLouKoffel: Not as much as I used to is the longer answer

Nov 30, 10:05 PM

CarrieAnderson: yes sort of

Nov 30, 10:05 PM

KimEdsen: I don't feel guilty usually, maybe only if I have completely abandoned my day to day chores for an extended period, but that'd be pretty unusual

Nov 30, 10:05 PM

Cindy March: I don't want to open a can of worms, but I feel more guilt about spending money on Scrapbooking supplies.

Nov 30, 10:06 PM

WendyKiely: Sometimes

Nov 30, 10:06 PM

BettyLouKoffel: seriously giving myself a 15 minute assignment has really helped me get rid of the guilt

Nov 30, 10:06 PM

InaNecesito: Yes especially if there is something important left undone

Nov 30, 10:06 PM

Tiffany Mitchell: That is where I am too, Kim.

Nov 30, 10:06 PM

DionneJack: I may be the exception here but I don't mind if some of the chores don't get done. I've finally realized that there will ALWAYS be something else that needs to be done and that I need to schedule in 15 minutes to create or whatever amount of time I have that day.

Nov 30, 10:07 PM

CarrieAnderson: im with you dionne....

Nov 30, 10:07 PM

BettyLouKoffel: I go to bed every night with laundry unfolded, at times that seems important but I've moved scrapbooking above the folding of laundry!

Nov 30, 10:07 PM

InaNecesito: I do better if I get the specific chore over with, then reward myself with scrapbooking time. And not worry about everything else I need to get done, because at least I've eaten my "frog"

Nov 30, 10:07 PM

KimEdsen: Cindy, I'm ok with spending on supplies if I'm using them...it's when I get things that sit unused that I feel bad about it. It also means I tend to overthink my scrappy purchases - it takes a lot of the fun out of it, but then I'm not overrun with supplies....a bit of a mixed bag

Nov 30, 10:07 PM

Melissa Hurst Kier: My house is not spotless but it is clean enough...

Nov 30, 10:07 PM

Jennifer Wilson (Moderator): I TEND TO CONSISTENTLY CHOOSE THE LEISURE TIME OVER THE CHORES, BUT THEN GET FRUSTRATED LATER THAN I CAN NEVER SEEM TO GET CAUGHT UP ON THE CHORES

Nov 30, 10:08 PM

EdithBanks: So true Kim

Nov 30, 10:08 PM

CarrieAnderson: my thing is when i get leisure time and i DONT use it for scrapping....that makes me get mad at myself

Nov 30, 10:08 PM

BettyLouKoffel: The chores will always be there

Nov 30, 10:08 PM

Jennifer Wilson (Moderator): YES KIM, I CAN TALK MYSELF OUT OF BUYING ANYTHING... OR EVEN ASKING FOR THINGS FOR A GIFT.. THAT I REALLY DON'T "NEED" IT

Nov 30, 10:08 PM

Guest3723 (Guest): My personality type doesn't work well with the 15 minutes scenario.

Nov 30, 10:08 PM

BettyLouKoffel: Supplies? Another place where this group has helped me break some bad habits

Nov 30, 10:08 PM

Jennifer Wilson (Moderator): DO YOU NEED A LONGER PERIOD OF FOCUS GUEST3723?

Nov 30, 10:09 PM

Guest3723 (Guest): Yes, I need to set aside an entire day...

Nov 30, 10:09 PM

Melissa Hurst Kier: Carrie I agree

Nov 30, 10:09 PM

Guest3723 (Guest): And, I don't do well with visual clutter so my house needs to be in order before I can sit down to create...

Nov 30, 10:09 PM

Melissa Hurst Kier: 15 minutes does not work for me either

Nov 30, 10:09 PM

Cindy March: 15 minutes is a tease.

Nov 30, 10:10 PM

Melissa Hurst Kier: Guest3723 me too!

Nov 30, 10:10 PM

Melissa Hurst Kier: So true Cindy

Nov 30, 10:10 PM

Jennifer Wilson (Moderator): I USE 15 MINUTES AS A WAY TO GET STARTED.. THEN IF I AM NOT IN FLOW I HAVE PERMISSION TO STOP AND DO SOMETHING ELSE

Nov 30, 10:10 PM

InaNecesito: I think for me the 15 minutes is more just to get started. Then once I have the momentum I can keep going.

Nov 30, 10:10 PM

BettyLouKoffel: I don't always stop at 15 minutes but it truly allows me to start.

Nov 30, 10:10 PM

ShannonMinner: I don't think 15 is enough for me either.

Nov 30, 10:10 PM

Jennifer Wilson (Moderator): I CAN FIND FLOW WITH SCRAPBOOKING AND CLEANING... BUT THE 15 MINUTES GIVES ME A CHANCE TO FOCUS ENOUGH TO MAKE THAT POSSIBLE.

Nov 30, 10:11 PM

Melissa Hurst Kier: I set a laundry timer and can not get flowing before it is time to put the wet clothes in the dryer

Nov 30, 10:11 PM

ShannonMinner: I do feel guilty when I try to scrapbook. I tend to get my chores done first and that might be why I haven't scrapbooked much recently.

Nov 30, 10:11 PM

EdithBanks: 15 minutes gets me in my craftroom

Nov 30, 10:11 PM

BettyLouKoffel: The daily 15 reminds me that creative time is a necessary part of my daily life. Then I set aside longer periods of time

Nov 30, 10:11 PM

KimEdsen: So true, Jennifer - I'm fine once I get going, it's the starting that is hard

Nov 30, 10:11 PM

ShannonMinner: My laundry buzzer always gets me on the weekends too.

Nov 30, 10:11 PM

Guest3723 (Guest): I have to literally pencil time in my calendar and have a clear idea what the project is I want to do...

Nov 30, 10:11 PM

Jennifer Wilson (Moderator): I'VE GOT QUITE A FEW MORE QUOTES.. LET'S JUMP BACK A BIT.

Nov 30, 10:11 PM

Jennifer Wilson (Moderator): QUOTE // p. 72 - "These tangible messages would come to me at the precise moment I needed to slow down and notice the blessings in front of my face."

Nov 30, 10:12 PM

Jennifer Wilson (Moderator): QUESTION // Q5. Does looking through your photos or your completed pages help deepen your inner gratitude?

Nov 30, 10:12 PM

Guest3723 (Guest): That being said, I can work on deleting digital photos and things like that for 15 minutes at a time here and there, but to actually "scrapbook" I need to set aside a chunk of time.

Nov 30, 10:12 PM

Marsha Fowlkes: I do the same thing! guest3723

Nov 30, 10:12 PM

DionneJack: Yes I think it does Jennifer.

Nov 30, 10:12 PM

CarrieAnderson: it helps me remember how much i love scrapbooking....and it reminds me about the great people in my life

Nov 30, 10:12 PM

InaNecesito: Yes! Definitely.

Nov 30, 10:12 PM

Melissa Hurst Kier: For sure it deepens my gratitude!

Nov 30, 10:12 PM

Cindy March: They make me smile.

Nov 30, 10:13 PM

KimEdsen: yes!

Nov 30, 10:13 PM

CarrieAnderson: i need to put that on my priorities list to go look at my pages more often!

Nov 30, 10:13 PM

Melissa Hurst Kier: 3 years post breast cancer diagnosis for my sister loved scrapping some of that journey.Blessed to have her

Nov 30, 10:14 PM

Jennifer Wilson (Moderator): I'VE SAID A NUMBER OF TIMES IN RECENT VIDEOS THAT THE GENERATION OF GRATITUDE FROM SCRAPBOOKING IS THE MOST IMMEDIATE, TANGIBLE BENEFIT.. REGARDLESS OF WHETHER YOU FINISH ANYTHING

Nov 30, 10:14 PM

BettyLouKoffel: Photos? Absolutely. Layouts? I think I forget to look at them often enough. I've got to put it on my calendar (like Carrie)

Nov 30, 10:14 PM

KimEdsen: I do not do it enough, Carrie

Nov 30, 10:14 PM

InaNecesito: That's true. But it feels better when you do finish something. 🙏

Nov 30, 10:15 PM

Melissa Hurst Kier: I have looked back a lot at my digital books. I barley look at the paper ones anymore. I need to do that

Nov 30, 10:15 PM

Jennifer Wilson (Moderator): QUOTE // p. 76 - "What I believed in and how I loved can be evidenced in my handwriting long after I am gone. Today I will not assume they know how I feel."

Nov 30, 10:15 PM

CarrieAnderson: ina....that satisfied feeling is pretty great

Nov 30, 10:15 PM

Jennifer Wilson (Moderator): QUESTION // Q6. Do you incorporate your personal thoughts and feelings into your scrapbook pages and projects?

Nov 30, 10:16 PM

Melissa Hurst Kier: Personal thoughts & feelings, yes, but not often enough

Nov 30, 10:16 PM

Marsha Fowlkes: Oh definitely!

Nov 30, 10:16 PM

Tiffany Mitchell: I find that I tend to write a lot on my pages. I wonder if you can share too much.....

Nov 30, 10:16 PM

BettyLouKoffel: Yes. This year's 30 days of Thankful has about 10 photos/journaling that were too personal to share publicly

Nov 30, 10:16 PM

Cindy March: Oh yes. That's why it takes me so long to finish a page. I feel I have to write something epic for each page.

Nov 30, 10:16 PM

EdithBanks: I do I'm my PL although not as much in layouts

Nov 30, 10:17 PM

KimEdsen: Cindy, I'm with you

Nov 30, 10:17 PM

DionneJack: I do regularly

Nov 30, 10:17 PM

CarrieAnderson: tiffany....omg....me too

Nov 30, 10:17 PM

Marsha Fowlkes: Me too, Cindy.

Nov 30, 10:17 PM

JudiPartlo: Yes, I do

Nov 30, 10:17 PM

BettyLouKoffel: My favorite pages have really meaningful thoughts and feelings

Nov 30, 10:17 PM

Melissa Hurst Kier: There are no ruled, write as much or as little as you want though

Nov 30, 10:18 PM

Marsha Fowlkes: The journaling can turn me off sometimes.

Nov 30, 10:18 PM

CarrieAnderson: melissa...i dont feel like its a rule...i just have lots to say usually....haahahaaaa

Nov 30, 10:18 PM

InaNecesito: The journaling is the hardest part.

Nov 30, 10:18 PM

Tiffany Mitchell: Lately I have been journaling first and then selecting photos and making the page. I find I am making more meaningful layouts this way.

Nov 30, 10:18 PM

ShannonMinner: I think my journaling seems to be more generic. I use "we" a lot and keep most of the layouts pretty surface level.

Nov 30, 10:19 PM

CarrieAnderson: when i journal on the page it starts out nice and big and legible and by the end im writing tiny and cramped to get it all in hahahaa

Nov 30, 10:19 PM

InaNecesito: Oh that's a good idea Tiffany.

Nov 30, 10:19 PM

Marsha Fowlkes: That's how I scrap, Tiffany.

Nov 30, 10:19 PM

Melissa Hurst Kier: The journaling can turn me off too sometimes. I go back to it or leave it off sometimes

Nov 30, 10:19 PM

Jennifer Wilson (Moderator): LOVE THAT IDEA TIFFANY!

Nov 30, 10:19 PM

DionneJack: That's a great approach Tiffany. I'll have to try that once in a while.

Nov 30, 10:20 PM

BettyLouKoffel: Tiffany, I used my first story starter during our last Refresh.

Nov 30, 10:20 PM

Marsha Fowlkes: It still gets me stuck because I need the story before I do the layout.

Nov 30, 10:20 PM

BettyLouKoffel: I've yet to find photo(s) and finish the journaling though.

Nov 30, 10:20 PM

KimEdsen: Betty Lou, what did you think of the process? the result?

Nov 30, 10:20 PM

Tiffany Mitchell: There are many places to find story starters, the membership here, Ali's Story kits/stamps and classes like 31 Things. It has changed how I have scrapbooked.

Nov 30, 10:20 PM

BettyLouKoffel: Kim,

Nov 30, 10:21 PM

InaNecesito: Where do you find the story starters here?

Nov 30, 10:21 PM

CarrieAnderson: every month in Spark ...ina

Nov 30, 10:22 PM

InaNecesito: Ohh in Spark. Thanks.

Nov 30, 10:22 PM

BettyLouKoffel: Kim, I loved it and am excited about the layout. Problem is that I was traveling and didn't have access to the photos I wanted and then when I got home I had to unpack, etc and it fell off my list

Nov 30, 10:22 PM

BettyLouKoffel: and the chores needed to be done first...

Nov 30, 10:22 PM

InaNecesito: I've been a member for a year now and there's still so much to get into. In a good way. ☺

Nov 30, 10:22 PM

Jennifer Wilson (Moderator): BETTYLOU - DO YOU HAVE A "TO FINISH" LIST?

Nov 30, 10:22 PM

CarrieAnderson: lol bettylou

Nov 30, 10:22 PM

Tiffany Mitchell: I store my journaling on a private blog and it takes me a while to go back and create the pages.....

Nov 30, 10:23 PM

KimEdsen: Ina - you can find them in the resource library at the top of the website as well....just select from the drop down menu

Nov 30, 10:23 PM

CarrieAnderson: Ina....im going on my 3rd year and i still feel that way

Nov 30, 10:23 PM

InaNecesito: Thanks Kim.

Nov 30, 10:23 PM

BettyLouKoffel: I do have a to finish list but this was at the end of October and then with November my 30 days of Thankful project took priority over the to finish list

Nov 30, 10:23 PM

Jennifer Wilson (Moderator): WHAT CAN I SAY, WE'RE GOOD AT CREATING A TRAIL OF TREASURES

Nov 30, 10:24 PM

BettyLouKoffel: It's still on the list!

Nov 30, 10:24 PM

Jennifer Wilson (Moderator): I'VE GOT TWO MORE QUESTIONS TO WRAP UP OUR DISCUSSION TONIGHT.

Nov 30, 10:24 PM

CarrieAnderson: definitely jennifer :* :*

Nov 30, 10:24 PM

Jennifer Wilson (Moderator): QUOTE // p. 140 - "Today I will make plans to gift an experience, a moment, or a memory to someone I love instead of a material item."

Nov 30, 10:24 PM

Jennifer Wilson (Moderator): QUESTION // Q8. Do you create scrapbooks or memory items to give as gifts?

Nov 30, 10:24 PM

JudiPartlo: Tiffany - I like your idea of doing your journaling in a private blog! Which platform do you use?Do you copy and paste it then or write it out?

Nov 30, 10:24 PM

CarrieAnderson: i have in the past....not really anymore....nobody loves them like i do...hahaahaaa

Nov 30, 10:25 PM

EdithBanks: I have made scrapbooks for family members

Nov 30, 10:25 PM

InaNecesito: Sometimes. Like for my husband. Not really for anyone else.

Nov 30, 10:25 PM

Cindy March: I've only given a scrapbook as a gift once. The rest are for me.

Nov 30, 10:25 PM

KimEdsen: I agree Carrie, I don't know that people appreciate them in the same way

Nov 30, 10:25 PM

Melissa Hurst Kier: I did twice. 2 digital photobooks that were LOVED by the recipients

Nov 30, 10:25 PM

Tiffany Mitchell: I use blogspot and I usually copy and paste because I tend to write a lot. Fits better on my pages printed.

Nov 30, 10:25 PM

Guest3723 (Guest): I have given some scrapbooks as gifts mostly for vacations...

Nov 30, 10:25 PM

Jennifer Wilson (Moderator): I REGULARLY MAKE PHOTO BOOKS AS GIFTS

Nov 30, 10:25 PM

WendyKiely: I creat photobook versions for the grandparents (a bit behind)

Nov 30, 10:25 PM

DionneJack: I have a few times.

Nov 30, 10:25 PM

BettyLouKoffel: My husband & my group of high school friends and a photobook I just gave as an appreciation gift

Nov 30, 10:26 PM

JudiPartlo: That is one of the main ways I used to scrapbook - I'm doing more just for me now but still want to do gift albums/photobooks.

Nov 30, 10:26 PM

BettyLouKoffel: Carrie, I worry about that too.

Nov 30, 10:26 PM

Tiffany Mitchell: I would rather make cards than scrapbook pages for gifts....

Nov 30, 10:26 PM

JudiPartlo: Cool, Tiffany! Sounds like it works well for you.

Nov 30, 10:26 PM

Marsha Fowlkes: I hope my sons and grandchildren will read my stories after I'm gone. But I don't soecifically make them for gifts.

Nov 30, 10:26 PM

Melissa Hurst Kier: The photobook made my mom & sister cry & laugh

Nov 30, 10:26 PM

Guest3723 (Guest): I just switched my blog from blogspot to a blog within our business website, but not part of the business website if that make sense. Since I already pay for the business domain, I just added the blog but business people wouldn't automatically find it. I do find that I LOVE blogging for the initial ideas for scrapbooking later. It's a quick and easy way for me to record thoughts on the go and right from my phone.

Nov 30, 10:26 PM

BettyLouKoffel: I print 8x8 of my 12x12 digital pages about my grandchildren for their own books

Nov 30, 10:27 PM

Jennifer Wilson (Moderator): I WANT TO DO MORE PHOTO GIFTS AND ALSO PRINT MORE PHOTOS TO DISPLAY IN MY HOME... I'M A PHOTO HOARDER SOMETIMES

Nov 30, 10:28 PM

[Melissa Hurst Kier](#): Me too Jennifer

Nov 30, 10:28 PM

JudiPartlo: Guest3723 - it sounds like it is a landing place for your ideas, then?

Nov 30, 10:28 PM

InaNecesito: I do photo gifts more than scrapbook gifts

Nov 30, 10:28 PM

[Tiffany Mitchell](#): I have a lot of photos displayed, none of them are really current though.....

Nov 30, 10:28 PM

InaNecesito: Like a photo collage. Or a fancy framed photo from a wedding.

Nov 30, 10:28 PM

JudiPartlo: Yeah, I need to update my photos that are displayed, too.

Nov 30, 10:29 PM

[Cindy March](#): I make enlargements of my photos, frame them and give as gifts.

Nov 30, 10:29 PM

Guest3723 (Guest): Two years ago, I made a conscious effort to put more photos around our home and I LOVE IT! One of the projects I wanted to do was enlarge a photo of each of our four kids when they were each about the same age as well as 2 photos of my husband and I... I Put these above our dresser in the bedroom. It took me a good year to do that project because it took me awhile to find the 6 photos I wanted to use then it took me a couple of months to find just the right frames... etc.. anyway, now it's done and I'm t

Nov 30, 10:29 PM

Jennifer Wilson (Moderator): AWESOME PROJECT!

Nov 30, 10:29 PM

Jennifer Wilson (Moderator): OK, ONE FINAL QUESTION FOR TONIGHT...

Nov 30, 10:29 PM

Jennifer Wilson (Moderator): QUOTE // p. 183 - "Now more than ever, we must speak of the remarkable things that make our heart sing... that fill our eyes with tears... that bring beauty, comfort, and joy to our ordinary, mundane lives."

Nov 30, 10:30 PM

Jennifer Wilson (Moderator): QUESTION // Q9. What is one small step you can take to elevate an ordinary moment in your life?

Nov 30, 10:30 PM

BettyLouKoffel: Dinner time here on the west coast, my husband has been cooking. Yay! See you later

Nov 30, 10:30 PM

InaNecesito: Document it. That was the first thing that popped into my mind.

Nov 30, 10:31 PM

EdithBanks: Record it

Nov 30, 10:31 PM

CarrieAnderson: journal it

Nov 30, 10:31 PM

[Cindy March](#): Be a part of it.

Nov 30, 10:31 PM

DionneJack: One small step is to really be present and connected to the moment and people.

Nov 30, 10:31 PM

[Marsha Fowlkes](#): For my 2018 goals I'm trying to be more engaged with loved ones

Nov 30, 10:31 PM

[Melissa Hurst Kier](#): Scrap it! One of our yearbooks I titled with the extraordinary & ordinary moments of our lives

Nov 30, 10:31 PM

Jennifer Wilson (Moderator): ME TOO MARSHA!

Nov 30, 10:31 PM

InaNecesito: Ooh I like that one Cindy.

Nov 30, 10:31 PM

JudiPartlo: Yes, what Dionne said - notice/be in the moment

Nov 30, 10:31 PM

[Marsha Fowlkes](#): Wow Jennifer!!

Nov 30, 10:31 PM

Jennifer Wilson (Moderator): BE PRESENT, THAT DOCUMENT IT

Nov 30, 10:32 PM

Jennifer Wilson (Moderator): BE PRESENT, *THEN* DOCUMENT IT

Nov 30, 10:32 PM

InaNecesito: Whoops dinner time for me too. This has been fun. It's been a while since I've been able to make a chat.

Nov 30, 10:33 PM

CarrieAnderson: me too Ina....nice seeing you

Nov 30, 10:33 PM

Guest3723 (Guest): I've been picking a photo or event or something and asking each of the kids what they remember about it.. it's a great way for us to have something fun to think about as we go about our daily lives... now that we all live in different homes (other than my youngest who still lives at home).

Nov 30, 10:33 PM

InaNecesito: Thanks Carrie. You too!

Nov 30, 10:33 PM

KimEdsen: Being really mindful of the moment and soaking it in

Nov 30, 10:33 PM

[Melissa Hurst Kier](#): Love that guest 3723!

Nov 30, 10:33 PM

Jennifer Wilson (Moderator): MEMORIES ARE CONNECTORS

Nov 30, 10:34 PM

[Melissa Hurst Kier](#): It is bed time for this east coaster

Nov 30, 10:34 PM

Jennifer Wilson (Moderator): ALRIGHT FRIENDS, THANK YOU SO MUCH!

Nov 30, 10:34 PM

KimEdsen: Guest 3723 - plus how interesting to see what everyone remembers...I imagine at times it is quite varied!

Nov 30, 10:34 PM

Melissa Hurst Kier: It has been fun. Nice to meet you!

Nov 30 10:34 PM

KimEdsen: Night, all!

Nov 30, 10:34 PM

Jennifer Wilson (Moderator): NEXT MONTH WE'LL BE DISCUSSING THE POWER OF HABIT:https://www.amazon.com/dp/B0055PGUYU/ref=as_li_ss_tl?encoding=UTF8&colid=1DLESZSPNWWV1C&coliid=I64BZAASQAQBAV&linkCode=ll1&tag=simplscrap06-20&linkId=ea827b87f6afac87f782a9daa99ba996

Nov 30, 10:34 PM

ShannonMinner: Thank YOU Jennifer.

Nov 30, 10:35 PM

EdithBanks: Goodnight everyone

Nov 30, 10:35 PM

CarrieAnderson: whats the date jenifer?

Nov 30, 10:35 PM

DionneJack: Good night everyone. Thanks ladies and Jennifer.

Nov 30, 10:35 PM

Marsha Fowlkes: Oh I love that book!

Nov 30, 10:35 PM

ShannonMinner: I am off to order my Christmas cards.

Nov 30, 10:35 PM

JudiPartlo: Goodnight, everyone! Sounds like a good one for next month~

Nov 30, 10:35 PM

Cindy March: Thanks ladies. Always a pleasure.

Nov 30, 10:35 PM

Guest3723 (Guest): My Christmas cards are done and ready to mail tomorrow on the 1st

Nov 30, 10:35 PM

Marsha Fowlkes: Good night

Nov 30, 10:35 PM

ShannonMinner: I think I have already read it so that will be nice going into the chat.

Nov 30, 10:35 PM

Jennifer Wilson (Moderator): DECEMBER 28

Nov 30, 10:35 PM

Guest3723 (Guest): Thanks for the warm welcome.

Nov 30, 10:35 PM

ShannonMinner: Jealous of Guest3723

Nov 30, 10:35 PM

CarrieAnderson: great...thank you

Nov 30, 10:36 PM

Jennifer Wilson (Moderator): GOOD NIGHT ALL <3