

Dec 28, 9:27 PM

Jennifer Wilson (Moderator): HELLO FRIENDS! WE'LL GET STARTED IN JUST A FEW MINUTES.

Dec 28, 9:28 PM

InaNecesito: Yay! Made it to the chat.

Dec 28, 9:30 PM

[Maggie Dameron Clark](#): Hello Everyone

Dec 28, 9:30 PM

InaNecesito: Hi Maggie

Dec 28, 9:31 PM

Cynthia362 (Guest): Good evening. I'm excited to be here. I joined in on the last book discussion as a guest and decided to join after that. Thanks for the warm welcome.

Dec 28, 9:31 PM

Jennifer Wilson (Moderator): HOW IS EVERYONE DOING TONIGHT? MY HUSBAND AND I MANAGED TO GET OUT OF THE HOUSE FOR DINNER AND A MOVIE!

Dec 28, 9:31 PM

Jennifer Wilson (Moderator): WELCOME BACK CYNTHIA!

Dec 28, 9:32 PM

[Melissa Hurst Kier](#): YAY for you!

Dec 28, 9:32 PM

[Melissa Hurst Kier](#): What movie?

Dec 28, 9:32 PM

[Melanie Ritchie](#): Hello from the coldest capital in the world! 🇨🇦

Dec 28, 9:32 PM

InaNecesito: Welcome back Cynthia!

Dec 28, 9:32 PM

InaNecesito: Where are you Melanie?

Dec 28, 9:32 PM

JudiPartlo: Glad you joined us, Cynthia!!

Dec 28, 9:32 PM

[Melanie Ritchie](#): Ottawa

Dec 28, 9:33 PM

Cynthia362 (Guest): I haven't had a chance to look around the site yet, but I will next week after I finish my year end paperwork this weekend.

Dec 28, 9:33 PM

Jennifer Wilson (Moderator): HOW COLD IS IT?

Dec 28, 9:33 PM

Cynthia362 (Guest): I'm in MT. We are under a severe winter weather warning.

Dec 28, 9:33 PM

KimEdsen: Cynthia - if you have any questions, don't hesitate to reach out via email or the Facebook group!

Dec 28, 9:34 PM

Jennifer Wilson (Moderator): WELCOME EVERYONE TO THIS MONTH'S SESSION OF THE SIMPLE SCRAPPER BOOK CLUB. TONIGHT WE'RE DISCUSSING THE POWER OF HABIT BY CHARLES DUHIGG.

Dec 28, 9:34 PM

Cynthia362 (Guest): Thanks, Kim. I will.

Dec 28, 9:34 PM

Jennifer Wilson (Moderator): I'M GOING TO BE SHARING DISCUSSION POINTS ALONG THE WAY. WHILE HAVING READ THE BOOK IS HELPFUL, THE DISCUSSION IS GEARED TOWARDS THE APPLICATION AND EVERYONE IS WELCOME!

Dec 28, 9:35 PM

ShannonMinner: Hello!

Dec 28, 9:35 PM

Jennifer Wilson (Moderator): THIS BOOK WASN'T ESPECIALLY QUOTABLE, SO WE'LL HAVE MORE DISCUSSION TONIGHT THAN QUOTE BY QUOTE REACTIONS.

Dec 28, 9:35 PM

Cynthia362 (Guest): I listened on audible and I'm not quite finished yet, but I enjoyed the selection.

Dec 28, 9:35 PM

Melanie Ritchie: It's warmed up a bit... it's -24C (windchill -33C)

Dec 28, 9:36 PM

KimEdsen: I liked the beginning, but by the end I was losing interest. The appendix was very helpful and I totally want to go buy Febreze now...

Dec 28, 9:36 PM

Jennifer Wilson (Moderator): IS THERE ANYONE HERE WHO IS JOINING US FOR THE FIRST TIME?

Dec 28, 9:36 PM

ShannonMinner: It's been awhile since I read it.

Dec 28, 9:36 PM

Guest8399 (Guest): Me...Kristin

Dec 28, 9:36 PM

ElisabethKnoche: I am here for the first time.

Dec 28, 9:36 PM

Guest6059 (Guest): Yes. I am joining for the first time.

Dec 28, 9:36 PM

JudiPartlo: I have to say I loved this book! I find it so fascinating how the brain works and how it impacts our life even when we don't realize it!

Dec 28, 9:37 PM

Guest8399 (Guest): I really enjoyed the book too.

Dec 28, 9:37 PM

Jennifer Wilson (Moderator): I FOUND THE BOOK VERY ENJOYABLE TO READ.

Dec 28, 9:37 PM

NatalieSchmidt: I'm joining book club for the first time (oh - and haven't read the book - *sigh*)

Dec 28, 9:37 PM

InaNecesito: I read the book a while back. I hope I still remember it enough.

Dec 28, 9:37 PM

ElisabethKnoche: Me too.

Dec 28, 9:37 PM

Melissa Hurst Kier: I downloaded the sample but haven't read it yet. Too busy this month, but I might have to read it all now since you all seemed to like it.

Dec 28, 9:38 PM

Jennifer Wilson (Moderator): WELCOME TO ALL THE NEWCOMERS!

Dec 28, 9:38 PM

KimEdsen: Judi, I agree!

Dec 28, 9:38 PM

Tiffany Mitchell: I also read it quite a while ago.

Dec 28, 9:38 PM

ShannonMinner: Welcome newbies!

Dec 28, 9:39 PM

Melissa Hurst Kier: My hubby bought me an Amazon Fire with 6 of next year's books loaded on it

Dec 28, 9:39 PM

Guest6059 (Guest): Thank you for the welcome

Dec 28, 9:39 PM

KimEdsen: Melissa - that is a very thoughtful gift!

Dec 28, 9:39 PM

JudiPartlo: What a sweet gift, Melissa!

Dec 28, 9:39 PM

ShannonMinner: He's a keeper Melissa!

Dec 28, 9:39 PM

Candace: Melissa, that's a great hubby!

Dec 28, 9:39 PM

NatalieSchmidt: What a thoughtful gift, Melissa!

Dec 28, 9:39 PM

Cindy March: I am sooty I didn't read the book. It seems like a lot of people enjoyed it.

Dec 28, 9:39 PM

Jennifer Wilson (Moderator): THAT'S AMAZING!

Dec 28, 9:40 PM

Jennifer Wilson (Moderator): LET'S JUMP RIGHT INTO MY QUESTIONS. I'M REALLY EXCITED TO MAKE CONNECTIONS TO OUR PERSONAL HABITS!

Dec 28, 9:40 PM

Jennifer Wilson (Moderator): QUESTION // Q1. Do you find it easy or difficult to form new habits?

Dec 28, 9:40 PM

Melissa Hurst Kier: difficult

Dec 28, 9:40 PM

ShannonMinner: Difficult

Dec 28, 9:40 PM

Guest8399 (Guest): Difficult

Dec 28, 9:40 PM

Guest6059 (Guest): Difficult

Dec 28, 9:40 PM

WendyKiely: Difficult

Dec 28, 9:40 PM

Maggie Dameron Clark: difficult

Dec 28, 9:40 PM

Candace: Difficult to get the routine going.

Dec 28, 9:41 PM

InaNecesito: Difficult.

Dec 28, 9:41 PM

Cindy March: Difficult: you know the old saying old dog new tricks...

Dec 28, 9:41 PM

KimEdsen: Candace, I can get the ball rolling, but if I lose interest then it goes to the wayside....

Dec 28, 9:41 PM

Tiffany Mitchell: Depends on the habit and the motivator for wanting to create it.

Dec 28, 9:41 PM

JudiPartlo: Some hard, some not so hard. But the consistency has varied...

Dec 28, 9:41 PM

DionneJack: I'm in the depends camp as well

Dec 28, 9:41 PM

ElisabethKnoche: Very difficult. I start out strong but seldom succeed.

Dec 28, 9:43 PM

Jennifer Wilson (Moderator): IT'S DEFINITELY HARD FOR ME AS WELL.

Dec 28, 9:43 PM

Jennifer Wilson (Moderator): QUESTION // Q2. For those who had a chance to read the book, what was your first reaction?

Dec 28, 9:44 PM

Guest8399 (Guest): So interesting

Dec 28, 9:44 PM

KimEdsen: Fascinating...like learning a secret key to how to change habits...

Dec 28, 9:44 PM

JudiPartlo: I was super drawn to it, maybe because it is part of my job to help people create healthy habits. I found a ton of insight and suggestions in it.

Dec 28, 9:44 PM

ElisabethKnoche: I don't read much non-fiction and expected it to be dry, but I loved it.

Dec 28, 9:44 PM

Cynthia362 (Guest): I agree it with whoever said it depends on the reward! I read the book which I think is called something like it 21 Days to a new habit. If I can force myself through a month then it's easier

Dec 28, 9:44 PM

JudiPartlo: And the stories were so fascinating!!

Dec 28, 9:45 PM

InaNecesito: I found it was interesting to read.

Dec 28, 9:45 PM

PatriciaMoore: agree with Kim

Dec 28, 9:45 PM

ElisabethKnoche: I have found myself retelling the stories to anyone who will listen

Dec 28, 9:45 PM

JudiPartlo:

Dec 28, 9:45 PM

Jennifer Wilson (Moderator): I WAS READING IT AT THE KITCHEN TABLE AND FOUND MYSELF WANTING TO SHARE AS WELL ELISABETH

Dec 28, 9:46 PM

KimEdsen: Elisabeth, I get that. I made my husband read sections of it!

Dec 28, 9:46 PM

Cynthia362 (Guest): I was drawn to the part where they discuss if something is a habit and you can basically go on auto pilot that it frees your brain up to concentrate on other things. So I plan to add to some of my already established routines.

Dec 28, 9:46 PM

WendyKiely: We was definitely fascinating. Also kept telling people sections of it

Dec 28, 9:47 PM

JudiPartlo: Yes, Cythia362 - I thought about that, too. Great strategy!

Dec 28, 9:47 PM

DionneJack: I'm half way through and enjoying it. Lots of interesting stories.

Dec 28, 9:47 PM

Guest8399 (Guest): I shared stories with hubby.

Dec 28, 9:48 PM

Jennifer Wilson (Moderator): NOTE // “In the book, the author describes the “habit loop”. This is a series of three steps. There is a cue, a trigger that tells your brain to go into automatic mode and which habit to use. There is the routine, which can be physical, mental, or emotional. And finally, there is a reward, which helps your brain figure out if this loop is worth remembering for the future.

Dec 28, 9:49 PM

Jennifer Wilson (Moderator): HERE'S A FLOWCHART THAT ILLUSTRATES HOW TO CREATE A HABIT: <http://charlesduhigg.com/wp-content/uploads/2014/04/Flowchart-How-to-Create-a-Habit.pdf>

Dec 28, 9:51 PM

Candace: Oh, gosh. I love a good flow chart!

Dec 28, 9:51 PM

Jennifer Wilson (Moderator): QUESTION // Q3. To begin exploring how this works, can you map any of your current habits to the habit loop?

Dec 28, 9:51 PM

Guest6059 (Guest): This is a great chart, thank you for sharing. Since this is my first time joining, I have not read the book.

Dec 28, 9:51 PM

JudiPartlo: Thanks, Jennifer! I love the visual!

Dec 28, 9:52 PM

WendyKiely: While reading the boom I was mapping some. Like the going for a snack at work when things got boring or hard and I needed to think

Dec 28, 9:53 PM

DionneJack: I was thinking about this loop while trying to get in the habit of writing morning pages again.

Dec 28, 9:53 PM

KimEdsen: Wake up & make coffee, do morning pages (used to be look online....) while sipping coffee....reward is quiet time and coffee drinking?

Dec 28, 9:53 PM

Jennifer Wilson (Moderator): HERE IS A SIMPLE EXAMPLE... THE CUE IS WAKING UP, THE ROUTINE IS CHECKING MY EMAIL, AND THE REWARD IS MENTAL STIMULATION/FEELING IMPORTANT ETC.

Dec 28, 9:53 PM

JudiPartlo: I am just starting to look at my own personal habits to break them down like this. I definitely have some good habits, that I'm not quite sure how they developed, and some bad ones that I can see definitely fit this pattern.

Dec 28, 9:54 PM

InaNecesito: Are your morning pages habit now Kim?

Dec 28, 9:54 PM

Jennifer Wilson (Moderator): IT'S VERY EASY TO SEE WHY WE HAVE AUTOMATIC HABITS TO CHECK OUR PHONES

Dec 28, 9:54 PM

JudiPartlo: Wake up, have coffee, do some quiet time reading - reward is a peaceful and positive start to the day

Dec 28, 9:54 PM

Cynthia362 (Guest): Before I suffered two injuries, I was in the habit of going to my personal trainer everyday and my reward afterwards was an iced coffee. (Not an exoensive one). Now, I've recovered enough that I can begin exercise again but it hasn't become a habit again yet and I wonder if it's partly because I don't have a daily "reward" established like I did before.

Dec 28, 9:54 PM

DionneJack: Cue: taking my son to the bus. Routine: writing morning pages. Reward: Usually a clearer mind.

Dec 28, 9:55 PM

JudiPartlo: Interesting, Cynthia362 - that makes sense!

Dec 28, 9:55 PM

InaNecesito: Cynthia - do you still have a personal trainer? is the reward the only thing that's different?

Dec 28, 9:55 PM

KimEdsen: Ina - pretty much, though I didn't do them while traveling for Christmas - guess I didn't have my location and regular cue.... We're away again this weekend, will try again.

Dec 28, 9:56 PM

Candace: Cynthia, that is a good observation.

Dec 28, 9:56 PM

JudiPartlo: Jennifer - I agree about the phones, a habit I would like to change! I've already taken notifications off, which was often the cue, but it still seems to be pretty automatic.

Dec 28, 9:56 PM

KimEdsen: I found it interesting that the author talked a lot about changing the routine....not the reward or the cue....which is different than I would have thought to approach habit change.

Dec 28, 9:57 PM

JudiPartlo: Yes, Kim

Dec 28, 9:57 PM

Jennifer Wilson (Moderator): AGREE, I FEEL LIKE THERE NEEDED TO BE MORE EXAMPLES. SO WE'RE GOING TO TRY TO CREATE SOME,

Dec 28, 9:57 PM

Guest8399 (Guest): Agree with Kim

Dec 28, 9:57 PM

ElisabethKnoche: i too had been doing the Morning Pages since the chat about The Artist's Way and then we traveled for Christmas and I didn't do it. The circumstances didn't lend themselves to allowing the time. But, I have made a commitment to continuing.

Dec 28, 9:58 PM

Jennifer Wilson (Moderator): I WANT TO FOCUS ON THE REWARD AND THE ASPECT OF CRAVING THE DRIVES HABIT FORMATION.

Dec 28, 9:58 PM

Jennifer Wilson (Moderator): QUOTE // "This is how new habits are created: by putting together a cue, a routine, and a reward, and then cultivating a craving that drives the loop."

Dec 28, 9:58 PM

Candace: The phone is tricky for me. When people need me urgently, I want to respond. So checking the phone is connected with that/. I did turn news notifications off.

Dec 28, 9:59 PM

Jennifer Wilson (Moderator): IF YOU LOOK AT THE FLOWCHART, IT MENTIONS HOW YOU NEED TO END UP CRAVING THE FEELING MORE THAN A TANGIBLE REWARD FOR IT BE A POWERFUL HABIT.

Dec 28, 9:59 PM

Jennifer Wilson (Moderator): QUESTION // Q4. To begin applying this to scrapbooking, what kind of cravings do you have (or could you have) related to your hobby?

Dec 28, 10:00 PM

JudiPartlo: Craving the satisfaction of finishing something. Craving the positive feedback from my family. Craving using fun products

Dec 28, 10:00 PM

NatalieSchmidt: Documenting the story in present time rather than looking for a future deeper story once 'I have the time to scrapbook it properly'.

Dec 28, 10:00 PM

Tiffany Mitchell: I crave purchasing products that I watch others use on YouTube....

Dec 28, 10:00 PM

Melissa Hurst Kier: LOL Tiffany

Dec 28, 10:00 PM

Guest6059 (Guest): I do too Tiffany. Lol

Dec 28, 10:00 PM

NatalieSchmidt: Agreed, Tiffany, I have many carvings especially on Fridays (new digi kit release day).

Dec 28, 10:01 PM

Jennifer Wilson (Moderator): I CAN SEE THAT DIGITAL SCRAPBOOKERS CAN USE FRIDAY SHOPPING AS A REWARD FOR CREATING

Dec 28, 10:01 PM

JudiPartlo: Craving having something to share for Friday check-ins

Dec 28, 10:01 PM

Jennifer Wilson (Moderator): GOOD ONE JUDI

Dec 28, 10:01 PM

KimEdsen: Craving time to reflect on relationships, life, etc. Sometimes I don't think I fully enjoy the satisfaction of finishing, as I'm already onto the next thing

Dec 28, 10:01 PM

InaNecesito: Oh I like that one Judi

Dec 28, 10:01 PM

Maggie Dameron Clark: good point Kim

Dec 28, 10:02 PM

Tiffany Mitchell: I crave the alone time and the creative outlet it brings too.

Dec 28, 10:02 PM

NatalieSchmidt: Yes, but I need to moderate those cravings this year, Jennifer. Perhaps once per month only I should shop. Otherwise, the positive feedback cycle of spending my crafting time organising my (new) kits/stash for it to be used efficiently, when really, it mostly never gets used at all.

Dec 28, 10:02 PM

PatriciaMoore: Kim that describes me

Dec 28, 10:02 PM

ElisabethKnoche: As I am back to scrapbooking after a long hiatus, I crave finishing a project.

Dec 28, 10:03 PM

Cynthia362 (Guest): Someone asked if anything else changed in my exercise other than the reward and the answer is no. The middle part (the actual habit) is entirely new. New gym, nontrainer but several coaches etc. and the cue is also different. I used to meet a friend at the other gym now I go on my own to the new gym

Dec 28, 10:03 PM

JudiPartlo: I like some of Gretchen Rubin's strategies for changing/creating habits - like pairing, where you pair the habit you want to develop with something you already do

Dec 28, 10:03 PM

NatalieSchmidt: I love that idea, Judi! That's definitely one I'd like to adopt myself.

Dec 28, 10:03 PM

Cynthia362 (Guest): So the whole process is out of sorts for me

Dec 28, 10:03 PM

DionneJack: The feelings I crave from scrapbooking are joy in creating, satisfaction and accomplishment, connection.

Dec 28, 10:03 PM

Jennifer Wilson (Moderator): QUESTION // Q4b. Taking this on a tangent, what if you used a non-scrapbooking reward to motivate your creativity? Would that work for you?

Dec 28, 10:04 PM

Melissa Hurst Kier: I like the pairing, that's what I did recently with coffee and an early morning quiet time

Dec 28, 10:04 PM

NatalieSchmidt: Craving the feeling I got when I was able to send an order of 100 12x12s for printing and receiving them and putting them each in a scrapbook for everyone to enjoy rather than the LOs simply existing on my screen.

Dec 28, 10:04 PM

ShannonMinner: It would depend on what the reward is.

Dec 28, 10:04 PM

KimEdsen: What about something like painting your nails? Then you get to enjoy them being nice when you ARE scrapbooking!

Dec 28, 10:04 PM

Candace: I agree Dionne. I feel that way about crafting, scrapping and painting.

Dec 28, 10:05 PM

Cynthia362 (Guest): I do crave the feeling that one experiences after a good workout, but that's just not happening yet at the new gym to the extent it was with my previous trainer.

Dec 28, 10:05 PM

NatalieSchmidt: Great thinking, Kim! Since I've (finally) broken my nail biting habit (after 35 or so years!), that'd be an awesome reward for me.

Dec 28, 10:05 PM

Tiffany Mitchell: I think creating is its own reward most of the time. Usually my crafty time is a reward for doing all of my undesired tasks, like cleaning bathrooms.

Dec 28, 10:05 PM

JudiPartlo: It might work, Jennifer - I would have to think of some possibilities

Dec 28, 10:05 PM

Jennifer Wilson (Moderator): GREAT WAY OF CHANGING UP THE THINKING TIFFANY!

Dec 28, 10:05 PM

NatalieSchmidt: Me, too, Tiffany. That's usually how I work.

Dec 28, 10:05 PM

KimEdsen: Tiffany, I try to think that way, but the cleaning never ends and I just end up too tired to scrap!

Dec 28, 10:05 PM

Candace: I usually scrap after I finish the ice. Then days like today I worked for 12 hours on paperwork and did 0 crafting.

Dec 28, 10:05 PM

Melissa Hurst Kier: Great job Natalie!

Dec 28, 10:06 PM

InaNecesito: Sometimes I tell myself I'll fold clothes for 15 minutes, then I have permission to stop and do some crafting afterwards even if I didn't fold everything yet.

Dec 28, 10:06 PM

Candace: *ick!

Dec 28, 10:06 PM

KimEdsen: I also enjoy lighting a scented candle when I'm crafting or trying to concentrate. Not sure why, but it's cozy and smells good and that is a reward for sure.

Dec 28, 10:06 PM

ShannonMinner: I have been listening to Podcasts while I do chores. It helps a lot and I'm learning things.

Dec 28, 10:06 PM

NatalieSchmidt: Thanks, Melissa! LOs created during some 2017 LOADs.

Dec 28, 10:07 PM

Jennifer Wilson (Moderator): I CAN SEE LIGHTING A CANDLE AS A CUE TOO

Dec 28, 10:07 PM

Melissa Hurst Kier: I used to light a candle in my scrapbook room, maybe I should go back to that

Dec 28, 10:07 PM

JudiPartlo: Setting a timer feels like both a cue and a reward to me - I just like timers!

Dec 28, 10:07 PM

NatalieSchmidt: Or turning on a SAD lamp during these darker winter months in the Northern hemisphere?

Dec 28, 10:08 PM

NatalieSchmidt: I bring my own sunshine!

Dec 28, 10:08 PM

WendyKiely: I would say pairing in Gretchen rubins terms is creating a cue in the habit cycle, that thing that exists already becomes your new cue

Dec 28, 10:08 PM

JudiPartlo:

Dec 28, 10:08 PM

KimEdsen: Natalie - I have one of those! I turn it on when I'm doing morning pages....figure it can't hurt!

Dec 28, 10:08 PM

KimEdsen: Well said, Wendy!

Dec 28, 10:08 PM

NatalieSchmidt: Me, too! A mug of something warm and my SAD lamp. Great cues for settling in for some productivity.

Dec 28, 10:09 PM

Jennifer Wilson (Moderator): SO WHAT I'D LIKE TO DO IS WORK THROUGH TWO SCENARIOS. WE'RE GOING TO FOCUS ON CHANGING A HABIT INSTEAD OF CREATING ONE, BECAUSE TYPICALLY OUR DAYS ARE ALREADY FULL OF SOMETHING.

Dec 28, 10:09 PM

Cynthia362 (Guest): I think I first need to get into the habit of setting a certain time of the day to sort digital photos so it becomes something my brain begins on auto pilot! And, if I can do it everyday even for just 15 minutes then I won't have the problem of not remembering where I left off!

Dec 28, 10:09 PM

ShannonMinner: Okay, what is a SAD lamp?

Dec 28, 10:09 PM

Jennifer Wilson (Moderator): HERE'S THE FLOWCHART FOR CHANGING A

HABIT:<http://charlesduhigg.com/wp-content/uploads/2012/04/How-to-Change-a-Habit.jpg>



charlesduhigg.com/wp-content/uploads/2012/04/How-to-Change-a-Habit.jpg

Dec 28, 10:09 PM

NatalieSchmidt: Seasonal Affective Disorder: when we sometimes don't get enough Vitamin D and feel blue/down/depressed.

Dec 28, 10:09 PM

Guest8399 (Guest): Me too Shannon

Dec 28, 10:09 PM

Jennifer Wilson (Moderator): QUOTE // “If you use the same cue, and provide the same reward, you can shift the routine and change the habit. Almost any behavior can be transformed if the cue and reward stay the same?”

Dec 28, 10:10 PM

KimEdsen: Shannon - something like this: https://smile.amazon.com/Verilux-HappyLight-Liberty-Therapy-Energy/dp/B0094HBU6I/ref=sr_1_5_a_it?ie=UTF8&qid=1514516996&sr=8-5&keywords=SAD+light

Dec 28, 10:10 PM

NatalieSchmidt: Or this could be helpful, too, Sahnnon: <https://verilux.com/light-therapy-lamp-benefits>



[Light Therapy Lamp Benefits | Light Box Therapy | Verilux](https://verilux.com/light-therapy-lamp-benefits)

Dec 28, 10:10 PM

KimEdsen: Very bright light. One of my former customers (I was a pharmacist) swore by hers! I wasn't very good about using it until I paired it with morning pages and coffee

Dec 28, 10:11 PM

ShannonMinner: Cool. Thanks Kim and Natalie.

Dec 28, 10:11 PM

NatalieSchmidt: You're very welcome.

Dec 28, 10:11 PM

Jennifer Wilson (Moderator): DO YOU FIND IT HELPS YOU WAKE UP KIM?

Dec 28, 10:12 PM

KimEdsen: I do feel like it does help give me a bit more pep

Dec 28, 10:12 PM

KimEdsen: especially in the winter when I don't get outside as much

Dec 28, 10:12 PM

Cynthia362 (Guest): Jennifer; right! That's what I'm thinking. My cue could remain my morning coffee and my reward is something accomplished at the end of the cup which right now is reading my emails. I would like the new habit to be sorting through x number of photos instead of reading and replying to my 3 email accounts.

Dec 28, 10:13 PM

Candace: So when will you do the emails?

Dec 28, 10:13 PM

Jennifer Wilson (Moderator): QUESTION // Q5. What would be your cue and your reward for a habit of morning pages? What habit is this replacing?

Dec 28, 10:14 PM

Melissa Hurst Kier: this is only my second time here, what are morning pages? Are you actually scrapbooking in the morning?

Dec 28, 10:14 PM

InaNecesito: I was just thinking that I need some sort of reward to establish the morning pages routine

Dec 28, 10:14 PM

Cynthia362 (Guest): I'll make that part of my work day. Because I'm also trying to have some "me" time instead of always working and then there is no energy left for anything I really want to do like scrapbook or read.

Dec 28, 10:14 PM

KimEdsen: Cynthia - do you check email and handle photos on the same device? That was my problem before, any time I sat at the computer my habit was email, not whatever other habit I was trying to form....the morning pages are working for me, I think, because I'm not on the computer

Dec 28, 10:14 PM

Candace: The cue could be getting coffee and moving to a comfy chair...?

Dec 28, 10:14 PM

Jennifer Wilson (Moderator): SORRY MELISSA... MANY OF OUR SIMPLE SCRAPPER MEMBERS ARE PARTICIPATING IN A STUDY GROUP FOR THE ARTIST'S WAY BY JULIA CAMERON, WHERE SHE RECOMMENDS 3 PAGES OF JOURNALING IN THE AM.

Dec 28, 10:14 PM

PatriciaMoore: I went to bullet journaling during the day & replaced longer journaling with morning pages

Dec 28, 10:15 PM

JudiPartlo: My cue would be my morning coffee and sitting in front of the window. I would pair it with my morning reading. The reward would continue to be a peaceful and positive start to the day plus bringing in some productivity.

Dec 28, 10:15 PM

InaNecesito: Melissa, they are 3 pages of stream of consciousness journaling in the morning

Dec 28, 10:15 PM

Candace: That makes sense Cynthia.

Dec 28, 10:15 PM

NatalieSchmidt: Thanks for asking, Melissa. I was wondering, too. I've got The Artist's Way on audio from the library and will be starting it soon.

Dec 28, 10:15 PM

ShannonMinner: Don't feel bad if you can't get 3 pages done to start with Melissa. I have yet to do one page.

Dec 28, 10:15 PM

Melissa Hurst Kier: thanks!

Dec 28, 10:15 PM

KimEdsen: Candace - good point, even if the tool (laptop, phone, etc.) is the same, the location could be different as the cue

Dec 28, 10:15 PM

Jennifer Wilson (Moderator): I'M STRUGGLING WITH THIS ONE. I USUALLY MAKE MY COFFEE ON THE WAY OUT THE DOOR. I THINK I NEED A NEW CUE, OR NEED TO USE WAKING UP AS THE CUE.

Dec 28, 10:16 PM

NatalieSchmidt: Hearing the sounding of your alarm sound as your cue?

Dec 28, 10:16 PM

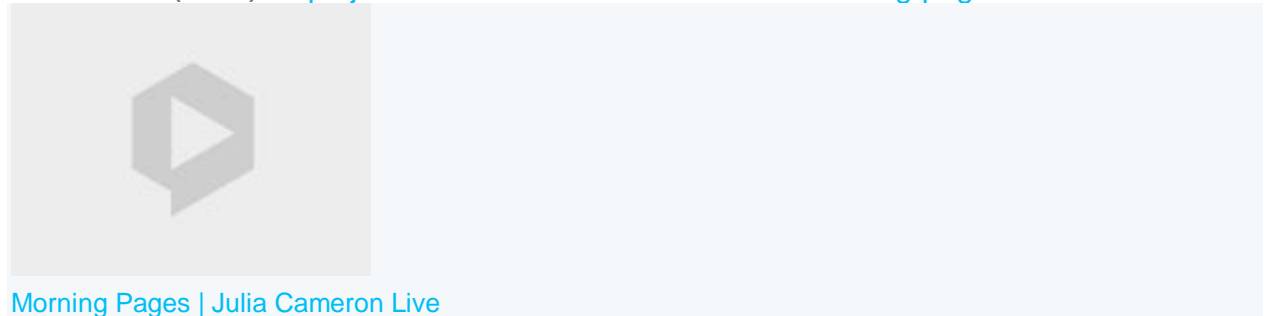
JudiPartlo: What else do you do before you leave, Jennifer?

Dec 28, 10:16 PM

NatalieSchmidt: Brushing your teeth?

Dec 28, 10:16 PM

Guest6059 (Guest): <http://juliacameronlive.com/basic-tools/morning-pages>



[Morning Pages | Julia Cameron Live](http://juliacameronlive.com/basic-tools/morning-pages)

Dec 28, 10:16 PM

KimEdsen: Can you use some other habit as a cue..like brushing teeth or eating breakfast?

Dec 28, 10:16 PM

Melissa Hurst Kier: I just started getting up earlier in the morning (cue) to have coffee at home and a morning quiet time to ready my bible/devotional

Dec 28, 10:17 PM

Cynthia362 (Guest): Yes. Same device. My computer. But i have 3 monitors and I'm pretty good at sticking to the task at hand. So I just need to figure out where to start with the photos and then do that while enjoying my coffee instead of digging right into my workb

Dec 28, 10:17 PM

Jennifer Wilson (Moderator): I USUALLY GET DRESSED, GET EMILY DRESSED, THEN GO DOWNSTAIRS TO MAKE HER LUNCH, STEVE TYPICALLY TAKES HER TO SCHOOL, THEN I MAKE MY BREAKFAST/LUNCH/COFFEE AND LEAVE. SOMETIMES IF I SLEEP TOO LATE IT STARTS WITH GETTING EMILY DRESSED.

Dec 28, 10:17 PM

Cynthia362 (Guest): Then I also gave the benefit of actually enjoying the coffee

Dec 28, 10:17 PM

Melissa Hurst Kier: my reward is a peaceful and quiet start to the day, not sure if I can incorporate anything related to scrapping

Dec 28, 10:18 PM

PatriciaMoore: Melissa that is what I do along with Morning pages

Dec 28, 10:18 PM

ShannonMinner: I have started getting up earlier to. I stopped drinking coffee, not that I made it at home. For me writing is a reward. I love to do it but just struggle to find the time.

Dec 28, 10:18 PM

ShannonMinner: Time

Dec 28, 10:18 PM

KimEdsen: Jennifer...can you fit in time after Steve takes Emily to school? That would be a good cue...a sign to take a deep breath before tackling the day

Dec 28, 10:18 PM

Cynthia362 (Guest): We run our business out of our home and we Homeschool so if I want to do anything like scrapbook or read it has to happen early in the day or late in the evening

Dec 28, 10:19 PM

Jennifer Wilson (Moderator): LET'S LIST MORE OF THE REWARDS...

Dec 28, 10:20 PM

Guest6059 (Guest): Feeling better about yourself for getting something accomplished.

Dec 28, 10:20 PM

NatalieSchmidt: Witnessing the small steps that eventually add to create amazing progress/achievement.

Dec 28, 10:20 PM

Jennifer Wilson (Moderator): FOR ME I KNOW IT'S EMPTYING MY BRAIN, DECREASING THE POWER OF MY NEGATIVE THOUGHTS, CREATING SPACE FOR HAVING A GOOD DAY

Dec 28, 10:20 PM

KimEdsen: I struggle with rewards. Gretchen Rubin talks about finding non-food and non-shopping rewards, which are, of course, the first things my mind goes to!

Dec 28, 10:20 PM

DionneJack: I find it easier to focus without my monkey brain running in the background

Dec 28, 10:20 PM

JudiPartlo: Allowing myself the treat of a special coffee or tea could be a reward. Maybe planning a time to use a gift card I have been given.

Dec 28, 10:20 PM

InaNecesito: Me too Kim!

Dec 28, 10:21 PM

NatalieSchmidt: So, Dionne, once you've written Morning Pages, there's no more monkey brain? Then perhaps they *are* something I need to try.

Dec 28, 10:21 PM

ShannonMinner: Darn that Gretchen Rubin! No shopping reward...

Dec 28, 10:21 PM

Jennifer Wilson (Moderator): HERE'S THE FLIP SIDE OF THE DAY

QUESTION: QUESTION // Q5b. What would be your cue and your reward for a habit of scrapbooking in the evening? What habit is this replacing?

Dec 28, 10:21 PM

NatalieSchmidt: Except for her books.

Dec 28, 10:21 PM

Candace: I usually pick a time at night that is my time to be done. A reward for getting things done. Tonight it is bookclub!

Dec 28, 10:21 PM

WendyKiely: It replaces just watching TV

Dec 28, 10:21 PM

KimEdsen: I think with morning pages the reward is having a smoother start to the day. More than once I find myself solving 'problems' or realizing I'll need to take something off my plate for the day. If I never stopped to think/write about it, I'd just try to push myself and get overwhelmed/frustrated.

Dec 28, 10:21 PM

ElisabethKnoche: It is the feeling that whatever else happens to send the day into chaos, I have accomplished one thing.

Dec 28, 10:22 PM

DionneJack: I wouldn't say that there's "no more" but it's definitely much better.

Dec 28, 10:22 PM

JudiPartlo: I don't think scrapping in the evening will ever work for me but if it did, it would replace time online.

Dec 28, 10:22 PM

Tiffany Mitchell: I struggle with this because I find the evenings are my time to spend with my husband....

Dec 28, 10:22 PM

NatalieSchmidt: When DH is travelling for business, I don't mind creative time being in the evening as my reward, but for the 50% of the time when he is home, the only time he and I get together is that time once our Sons are in bed...so I wouldn't be willing to create then.

Dec 28, 10:23 PM

Cynthia362 (Guest): I work right up until I crash at night. For me, it needs to be fit into the morning and I enjoy the sun shining in my window. We have such a long winter here that It's just not enjoyable for me to work on photos in a dark somewhat cold room

Dec 28, 10:23 PM

Jennifer Wilson (Moderator): ON THAT END OF THE DAY I CAN SEE THE HABIT CHANGE A LITTLE BETTER.. MY CURRENT CRAVING IS DECOMPRESSION AND MY HABIT TENDS TO BE CONSUMING SOME "JUNK" ENTERTAINMENT OR SCROLLING OR SOMETIMES READING.. THE CUE IS PUTTING MY DAUGHTER TO BED.

Dec 28, 10:23 PM

InaNecesito: That would be great to create that habit of being creative in the evening. Need to think about that some more.

Dec 28, 10:23 PM

DionneJack: Evening scrapbooking: replacing the habit of either surfing the internet or watching TV depending on the evening. My cue could be putting my son to bed. The reward could be a feeling of joy, accomplishment or connection.

Dec 28, 10:23 PM

Jennifer Wilson (Moderator): IN THEORY, DOING REWARDING ACTIVITIES SHOULD PROVIDE THE SAME KIND OF DECOMPRESSION AS THE INHERENTLY UNREWARDING

Dec 28, 10:24 PM

Melissa Hurst Kier: yes Jennifer!

Dec 28, 10:24 PM

KimEdsen: It'd be replacing online time or TV time most likely...my husband often watches sporting events I'm not interested in, so on nights he is watching something, my cue could be bedtime for my girls...but by then I'm usually tired...maybe I should list things that I can do even if tired, like 5 minutes of sorting photos that might get the ball rolling and if not I did 5 minutes

Dec 28, 10:25 PM

JudiPartlo: What I could do is sit with my husband while he watches TV and work on editing/deleting photos

Dec 28, 10:25 PM

Melissa Hurst Kier: I think getting my son in bed would be my evening cue too and it would replace time wasted on Facebook or mindlessly watching HGTV

Dec 28, 10:25 PM

NatalieSchmidt: Replacing the mindless evening downtime, but I'm not certain that creating, which I find stimulating and rewarding, but also intensive and gets my blood pumping, is the right thing to also prepare my mind for sleep...

Dec 28, 10:25 PM

KimEdsen: I think the issue with late night creativity might not be the reward part of it but the mental energy I find it takes....if my mind isn't clear it seems drastically more difficult to make decisions

Dec 28, 10:25 PM

Jennifer Wilson (Moderator): I NEED TO DO MORE OF THAT JUDI.. I SHOULD BE USING THE IPAD AND MY PHONE MORE FOR THAT.. BUT MAKE IT SO I CAN'T CHECK OTHER STUFF!

Dec 28, 10:25 PM

JudiPartlo: Cue would be my hubby sitting down to watch TV, reward would be better organized photos

Dec 28, 10:26 PM

NatalieSchmidt: Love it, Judi!

Dec 28, 10:26 PM

JudiPartlo: Yes, Jennifer!!

Dec 28, 10:26 PM

KimEdsen: Yes, Natalie. Sometimes if I scrap late then when I go to bed my mind is racing.

Dec 28, 10:26 PM

Melissa Hurst Kier: I agree with Natalie, it's too stimulating for me as well

Dec 28, 10:26 PM

Jennifer Wilson (Moderator): MINE TOO!

Dec 28, 10:26 PM

Melissa Hurst Kier: especially all the blue light from the laptop

Dec 28, 10:27 PM

InaNecesito: Jennifer I use the Freedom app to block certain websites at a certain time

Dec 28, 10:27 PM

InaNecesito: Not sure if that would work for you though

Dec 28, 10:27 PM

JudiPartlo: Haven't heard of that, Ina - will check it out!

Dec 28, 10:28 PM

InaNecesito: I have a Facebook curfew lol

Dec 28, 10:28 PM

Melissa Hurst Kier: Yes, great suggestion Ina

Dec 28, 10:28 PM

KimEdsen: What about using evening time to sketch out layouts or draft journaling ideas? Jennifer often tells us to find the memory, feeling, and fact...that is something you can do without a computer, or with minimal computer usage to just look at the photo for inspiration

Dec 28, 10:28 PM

InaNecesito: Ooh I like that idea Kim

Dec 28, 10:28 PM

NatalieSchmidt: Lovely chatting, Ladies, but I'm off to bed. I bid you all a great night, and I look forward to checking out the remainder of the transcript in the AM. Cheers!

Dec 28, 10:28 PM

Jennifer Wilson (Moderator): I USED THIS APP FOR ALMOST THE FIRST HALF OF THE YEAR.. AND I DON'T REMEMBER EXACTLY WHAT HAPPENED THAT I GOT OUT OF THE HABIT: <https://thefabulous.co/>



[The Fabulous](https://thefabulous.co/)

Dec 28, 10:28 PM

InaNecesito: And I can put it in my Creative Hub

Dec 28, 10:28 PM

JudiPartlo: Goodnight, Natalie!

Dec 28, 10:29 PM

Jennifer Wilson (Moderator): IT IS AVAILABLE FOR BOTH APPLE AND ANDROID NOW

Dec 28, 10:29 PM

JudiPartlo: Ooh - looks cool!!

Dec 28, 10:29 PM

DionneJack: I like doing those sorts of smaller, less intense tasks in the evening too Kim.

Dec 28, 10:29 PM

Melissa Hurst Kier: oh that looks fabulous LOL thanks for sharing

Dec 28, 10:29 PM

DionneJack: Good night Natalie

Dec 28, 10:30 PM

JudiPartlo: Checking or updating my Creative Hub is another thing I could do at night!

Dec 28, 10:30 PM

Cynthia362 (Guest): Kim, I agree. I have no acuity for anything by evening time

Dec 28, 10:31 PM

KimEdsen: So, maybe evening time is less about creating and more about setting yourself UP for creating...so when you have time AND energy you can jump right in

Dec 28, 10:31 PM

KimEdsen: unless you're a night owl....then craft and create to the wee morning hours....I'll be in bed

Dec 28, 10:31 PM

Candace: Yes, Kim!!

Dec 28, 10:31 PM

DionneJack: Exactly Kim.

Dec 28, 10:32 PM

JudiPartlo: Exactly, Kim!

Dec 28, 10:32 PM

ElisabethKnoche: I am definitely a morning person. I like Kim's idea about preparing for scrapping.

Dec 28, 10:32 PM

Jennifer Wilson (Moderator): HEHE KIM

Dec 28, 10:33 PM

ShannonMinner: I am a morning person and a night person. I'll get up when my alarm goes off but don't mind staying up late.

Dec 28, 10:33 PM

Jennifer Wilson (Moderator): TO CONCLUDE OUR DISCUSSION I WANT TO SHARE A COUPLE OF ADDITIONAL RESOURCES.

Dec 28, 10:33 PM

Maggie Dameron Clark: I'm a night owl trying to become a morning person. Hence, so far, morning pages are not working well for me.

Dec 28, 10:33 PM

Guest8399 (Guest): I have become both too!

Dec 28, 10:34 PM

Jennifer Wilson (Moderator): THIS CONVERSATION NATURALLY GRAVITATED TOWARDS HOW THESE HABITS FIT INTO OUR DAYS. HERE ARE A COUPLE OF DIFFERENT APPROACHES TO LOOKING AT AN IDEAL DAY OR WEEK:

Dec 28, 10:34 PM

Guest6059 (Guest): Maggie. I feel the same. But this year I'm really going to try the morning pages.

Dec 28, 10:34 PM

Jennifer Wilson (Moderator): <https://michaelhyatt.com/ideal-week/>



[How to Better Control Your Time by Designing Your Ideal Week](#)

Dec 28, 10:34 PM

Jennifer Wilson (Moderator): <http://annvoskamp.com/2014/01/how-to-draft-an-ideal-day-get-new-habits-down-free-daily-planner/>



[How to Draft an Ideal Day & Get New Habits Down {Free Daily Planner}](#)

Dec 28, 10:34 PM

Jennifer

Wilson (Moderator): http://www.braidcreative.com/img/newsletter/BRAIDCREATIVE_IDEALDAY.pdf

Dec 28, 10:34 PM

Cynthia362 (Guest): As soon as this week is over; I'll be drastically switching up my routines in jan. They should be set by feb and ruined come march. (I'll be gone the whole month visiting my daughter in Africa).Hopefully, they will be established enough to pick up again when I return in April.

Dec 28, 10:35 PM

Jennifer Wilson (Moderator): HOPEFULLY SOMETHING FOR EVERYONE IN THERE!

Dec 28, 10:35 PM

PatriciaMoore: Hang in there Maggie. I am working change to morning & made some progress in last year & so will you

Dec 28, 10:35 PM

JudiPartlo: Thank you very much, Jennifer!! Looks like some great resources.

Dec 28, 10:35 PM

ElisabethKnoche: I just read a short article about a calendar being more effective than a ToDo list.

Dec 28, 10:36 PM

Guest6059 (Guest): Thanks Jennifer. A quick look at these appear to be great resources.

Dec 28, 10:36 PM

KimEdsen: Oooh, can't wait to check out these links! Thank you!

Dec 28, 10:36 PM

Cynthia362 (Guest): I calendar everything.

Dec 28, 10:36 PM

Melissa Hurst Kier: Yes, thanks Jennifer. I'm a bit of a night owl turned early bird

Dec 28, 10:36 PM

DionneJack: Thanks for the chat ladies and for the resources Jennifer.

Dec 28, 10:36 PM

Cynthia362 (Guest): Will we be able to find these links after tonight?

Dec 28, 10:36 PM

Jennifer Wilson (Moderator): I LOVE THESE CONVERSATIONS AND LOOK FORWARD TO NEXT MONTH!

Dec 28, 10:36 PM

Jennifer Wilson (Moderator): THERE WILL BE A TRANSCRIPT POSTED ON THIS PAGE.

Dec 28, 10:36 PM

Candace: Great links!! I am looking forward to redesigning January.

Dec 28, 10:36 PM

JudiPartlo: Me too!! Thanks, everyone!

Dec 28, 10:36 PM

Melissa Hurst Kier: I find a to do list and a calendar work well together

Dec 28, 10:37 PM

Guest6059 (Guest): Thank you everyone. Good night and sweet dreams.

Dec 28, 10:37 PM

Melissa Hurst Kier: thank you all, this has been helpful. Good night!

Dec 28, 10:37 PM

Guest8399 (Guest): Thank you!

Dec 28, 10:37 PM

InaNecesito: Thanks everyone. Looking forward to the next event.

Dec 28, 10:37 PM

Guest8399 (Guest): Put it all on the calendar...

Dec 28, 10:37 PM

Candace: Good night, all. Thanks Jennifer!

Dec 28, 10:38 PM

KimEdsen: Cynthia362 - the links should be in the transcript when it is posted!

Dec 28, 10:38 PM

KimEdsen: Fun chat! Thanks, all!

Dec 28, 10:38 PM

Jennifer Wilson (Moderator): NEXT MONTH WE'LL BE DISCUSSING "READING PEOPLE" BY ANNE BOGEL: <http://amzn.to/2zMZQ5c>

Dec 28, 10:38 PM

InaNecesito: Speaking of calendar, what's on the calendar for next month?

Dec 28, 10:38 PM

Cynthia362 (Guest): Thanks!

Dec 28, 10:38 PM

Jennifer Wilson (Moderator): INA, JANUARY IS SUPER FULL! HERE'S THE LIST:

Dec 28, 10:39 PM

ShannonMinner: I can't find my copy of Reading People. I went looking for it last night so I can take it to read on our road trip.

Dec 28, 10:39 PM

KimEdsen: Spoiler alert, Jennifer...I listened to 'Reading People' a few weeks ago....and am questioning my INTJ results....will need to dig a bit deeper....

Dec 28, 10:39 PM

Jennifer Wilson (Moderator): 1/5 - MEMBER CROP @ 8:30 PM

Dec 28, 10:39 PM

InaNecesito: Oh yay I'll be able to make that one since I'm not back to work yet!

Dec 28, 10:40 PM

InaNecesito: (feeling excited already)

Dec 28, 10:40 PM

Jennifer Wilson (Moderator): SHOOT.. I DON'T HAVE THE REST OF MY LIST HERE INA AND AMY HASN'T ADDED THESE TO THE GOOGLE CALENDAR YET! SORRY ABOUT THAT. IT WILL BE IN THE JAN 1 EMAIL.

Dec 28, 10:40 PM

Jennifer Wilson (Moderator): I KNOW FOR SURE WE HAVE REFRESH JAN 18-24!

Dec 28, 10:40 PM

InaNecesito: Ha, no worries. At least I already have something to look forward to.

Dec 28, 10:41 PM

KimEdsen: I added them to my calendar today...let me look....

Dec 28, 10:41 PM

InaNecesito: I just wanted to know what the next one was, I can wait until you put the rest onto the calendar

Dec 28, 10:42 PM

Jennifer Wilson (Moderator):

Dec 28, 10:42 PM

Jennifer Wilson (Moderator): HAVE A GREAT NIGHT EVERYONE! I AM EAGER TO BUILD SOME NEW HABITS IN 2018.

Dec 28, 10:42 PM

KimEdsen: Well, FYI: Tuesday, January 9th at 8:30pm = focus circle, Monday, January 15th at 8:30pm is The Artist's Way

Dec 28, 10:43 PM

ShannonMinner: Thanks Jennifer

Dec 28, 10:43 PM

Jennifer Wilson (Moderator): THANKS KIM! MY PLANNER IS DOWNSTAIRS.

Dec 28, 10:43 PM

KimEdsen: Refresh crops are Thursday the 18th at 8:30pm, Saturday the 20th at 9am, Monday the 22nd at 8:30pm, and Wednesday the 24th at 1 pm

Dec 28, 10:44 PM

KimEdsen: Next member crop is Wednesday, January 24th at 1pm, and book club is Thursday, January 25th at 8:30pm!

Dec 28, 10:44 PM

Jennifer Wilson (Moderator): <3

Dec 28, 10:44 PM

KimEdsen: Busy, busy

Dec 28, 10:44 PM

Jennifer Wilson (Moderator): THE JAN 24TH DATE IS PART OF REFRESH

Dec 28, 10:44 PM

Candace: A great creative month!

Dec 28, 10:45 PM

KimEdsen: oops, yes, I see that now...first crop is Friday the 5th....I repeated myself up there

Dec 28, 10:45 PM

KimEdsen: Must be time to sign off! Until, next year!

Dec 28, 10:45 PM

InaNecesito: Happy New Year everyone!

Dec 28, 10:45 PM

Jennifer Wilson (Moderator): NIGHT ALL!