

BOOK CLUB DISCUSSION GUIDE

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Atomic Habits by James Clear

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Kick off 2019 with upgraded habit-building skills to set yourself up for a year of creative productivity and living well.

QUOTE | “A habit is a routine or behavior that is performed regularly—and, in many cases, automatically.”

QUESTION | What habit are you the most proud of?

QUOTE | “Changes that seem small and unimportant at first will compound into remarkable results if you’re willing to stick with them for years.”

QUESTION | What habit have you stuck with for the longest? What results have you seen from it?

QUOTE | “When you fall in love with the process rather than the product, you don’t have to wait to give yourself permission to be happy.”

QUESTION | Can you think of a time when you delayed your happiness in pursuit of a goal?

QUOTE | “With outcome-based habits, the focus is on what you want to achieve. With identity-based habits, the focus is on who you wish to become.”

QUESTION | When it comes to your scrapbooking, who do you wish to become? For example, you can complete this sentence: “I am a scrapbooker who...”

QUOTE | “What you crave is not the habit itself but the change in state it delivers.”

QUESTION | What habit would you like to form this year?

QUOTE | “One of our greatest challenges in changing habits is maintaining awareness of what we are actually doing.”

QUESTION | Can you think of a time when you saw yourself falling into a old habit without even thinking?

QUOTE | “The Diderot Effect states that obtaining a new possession often creates a spiral of consumption that leads to additional purchases.”

QUESTION | Do this happen to you in relation to scrapbook supplies?

QUOTE | “Habit stacking is a special form of an implementation intention. Rather than pairing your new habit with a particular time and location, you pair it with a current habit.”

QUESTION | What is a current habit you could pair a new memory keeping habit with?

QUOTE | “We need to make our habits attractive because it is the expectation of a rewarding experience that motivates us to act in the first place.”

QUESTION | What feels more rewarding? Getting the time to scrapbook or completing a page or project?

QUOTE | “Nothing sustains motivation better than belonging to the tribe.”

QUESTION | How has the Simple Scrapper community helped your motivation?

QUOTE | “Motion makes you feel like you’re getting things done. But really, you’re just preparing to get something done. When preparation becomes a form of procrastination, you need to change something. You don’t want to merely be planning. You want to be practicing.”

QUESTION | Do you ever get stuck in planning mode?

QUOTE | “Conventional wisdom holds that motivation is the key to habit change. Maybe if you really wanted it, you’d actually do it. But the truth is, our real motivation is to be lazy and to do what is convenient.”

QUESTION | How does being “lazy” and doing what is “convenient” get in the way of your hobby?

QUOTE | “The idea behind make it easy is not to only do easy things. The idea is to make it as easy as possible in the moment to do things that payoff in the long run.”

QUESTION | What is one small “easy” habit you could add to your creative routine?

QUOTE | “Start by mastering the first two minutes of the smallest version of the behavior.”

QUESTION | How could you use this technique to find more momentum in your scrapbooking?

QUOTE | “Habit tracking is attractive. The most effective form of motivation is progress. When we get a signal that we are moving forward, we become more motivated to continue down that path.”

QUESTION | Do you currently track any habits? Why or why not?

QUOTE | “A habit contract is a verbal or written agreement in which you state your commitment to a particular habit and the punishment that will occur if you don’t follow through.”

QUESTION | Have you ever tried this form of accountability? Was it effective?

QUOTE | “The key is to direct your effort toward areas that both excite you and match your natural skills, to align your ambition with your ability.”

QUESTION | What aspect of scrapbooking is both fun and easy for you? How can you make the most of that?

QUOTE | “The only way to become excellent is to be endlessly fascinated by doing the same thing over and over. You have to fall in love with boredom.”

QUESTION | What aspect of scrapbooking is the most tedious to you? How could you make it more fun?

QUOTE | “Reflection and review enables the long-term improvement of all habits because it makes you aware of your mistakes and helps you consider possible paths for improvement.”

QUESTION | Have you tried to create a reflection and review process in the past? What were the barriers to maintaining that practice?

QUOTE | “The secret to getting results that last is to never stop making improvements.”

QUESTION | What is one small improvement you can make this week?

Want to chat about the book? Join us in the My Simple Scrapper community on January 31, 2019 at 8:30 p.m. CST for our discussion.

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