

## **Better Than Before**

### **Gretchen Rubin**

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 5 - Habits make change possible by freeing us from decision making and from using self-control.

QUOTE // p. 11 - "Are you kidding? I love my habits," I said. "No willpower. No agonizing. Like brushing my teeth." "Not me," my friend said. "Habits make me feel trapped."

QUESTION // Q1. Do habits feel like freedom or confinement to you?

QUIZ // <https://www.surveygizmo.com/s3/1950137/Four-Tendencies-January-2015>

QUESTION // Q2. Are you an upholder, obliger, questioner, or rebel?

QUOTE // p. 9 - A "routine" is a string of habits, and a "ritual" is a habit charged with transcendent meaning.

QUESTION // Q3. Do you have any routines or rituals in your memory keeping?

QUOTE // p. 35 - At one of our meetings, a friend remarked, "I always want to feel empty," and another responded, "I always want to feel full."

QUESTION // Q4. Which statement resonates more with you?

QUOTE // p. 37 - Because Finishers focus on their ability to complete, they may be overly cautious about trying to form new habits; Openers may be overly optimistic about their ability to take on additional habits.

QUESTION // Q5. Are you a finisher or an opener?

QUOTE // p. 57 - I should monitor whatever is essential to me. In that way, I ensure that my life reflects my values.

QUESTION // Q6. What aspects of your hobby do you monitor? What could you add?

QUOTE // p. 59 - Habits in four areas do most of boost feelings of self-control, and in this way strength the Foundation of all our habits. (sleep, move, eat and drink right, unclutter)

QUESTION // Q7. Have you noticed that better habits in any of those areas impact your motivation to scrapbook?

SIDE-QUOTE // Over and over, people tell me that getting control of their stuff makes them feel more in control of their lives.

QUOTE // p. 14 - "These observational strategies don't require that we change what we're doing, only that we learn to see ourselves accurately."

QUESTION // Q8. Did the book help you see yourself more accurately?