

Do the Work

Steven Pressfield

A discussion guide for the Simple Scrapper Book Club.

QUOTE // Loc. 102 - On what elicits Resistance... "any act that rejects immediate gratification in favor of long-term growth, health, or integrity."

QUESTION // Q1. What are some specific examples of "acts" in scrapbooking that elicit Resistance?

QUOTE // Loc. 186 - "When we conquer our fears, we discover a boundless, bottomless, inexhaustible well of passion."

QUESTION // Q2. What fears do you come face-to-face with as a scrapbooker?

QUOTE // Loc. 215 - "Research can become Resistance. We want to work, not prepare to work."

QUESTION // Q3. Does this hold true for crafters? Is there a degree of preparation that's actually helpful?

QUOTE // Loc. 282 - "Figure out where you want to go; then work backwards from there."

QUESTION // Q4. How can you use this concept when starting a new project? How can you bring in the question of "What is this about?"

QUOTE // Loc. 312 - "When I say "Don't think," what I mean is: don't listen to the chatter. ... Chatter is Resistance."

QUESTION // Q5. Beyond the fears we discussed, what other forms of "chatter" in your mind attempt to derail you?

QUOTE // Loc. 392 - Suspending self-judgement means... "liberating ourselves from conventional expectations—from what we think our work "ought" to be or "should" look like."

QUESTION // Q5. What expectations might you be ready to liberate yourself from?

QUOTE // Loc. 406 - "Never act and reflect at the same time."

QUESTION // Q6. How might this recommendation play out in your memory keeping process?

QUOTE // Loc. 775 - "Finishing is the critical part of any project. If we can't finish, all our work is for nothing."

QUESTION // Q7. What will you take away from "Do the Work" to finish more scrapbook projects?