

Hands Free Life

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A discussion guide for the Simple Scrapper Book Club.

The nine habits shared by the author are divided into three categories. We'll be focusing on just a few:

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

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

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

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."

QUESTION // Q1. Beyond the obvious connection to documentation, how does scrapbooking help you 'keep track of life'?

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."

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?

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?"

QUESTION // Q3. How and what does scrapbooking help you notice?

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

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."

QUESTION // Q4. How might a need for control be impacting your scrapbooking practice?

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."

QUESTION // Q5. Does looking through your photos or your completed pages help deepen your inner gratitude?

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."

QUESTION // Q6. Do you incorporate your personal thoughts and feelings into your scrapbook pages and projects?

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."

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."

QUESTION // Q7. Do you feel guilty when you take time to scrapbook?

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."

QUESTION // Q8. Do you create scrapbooks or memory items to give as gifts?

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."

QUESTION // Q9. What is one small step you can take to elevate an ordinary moment in your life?