

# **I Know How She Does It**

## **Laura Vanderkam**

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 231 - "Between the demands of work and family, free time must only come in bits of "time confetti"."

QUESTION // Q1. Do you have uninterrupted blocks of time or do you have to squeeze things into small pockets?

QUOTE // p. 237 - "Humans invent all sorts of ways to make themselves miserable."

QUESTION // Q2. What habits might be inadvertently making you miserable?

QUOTE // p. 237 - "Leisure time is a choice, and celebrating life's fullness means not only making leisure time a priority, but acknowledging that it is happening."

QUESTION // Q3. Are you honest about your leisure time?

QUOTE // p. 240 - "And yet precisely because we presume we don't have time, we don't think this matter [what you want to do with your leisure time] through. Leisure time appears and we are not prepared to seize it."

QUESTION // Q4. Do you feel prepared to use your leisure time well? If so, what habits or practices contribute?

QUOTE // p. 240 - "If you had thirty hours to spend on personally pleasurable pursuits, what would you do with that time?"

QUESTION // Q5. What's your response to the question? How much of that time would include scrapbooking?

QUOTE // p. 242 - "But sometimes the difference between making time to scrapbook and not making time to scrapbook is having a time you pass by regularly with your scrapbooking material there. It is waiting for you, beguiling you to not turn on the TV or your laptop tonight."

QUESTION // Q6. Have you tried this trick? What other techniques have you used to reduce the activation energy needed to get started?

QUOTE // p. 242 - "Instead of going outside to savor a wintry sunset, we take random

online polls that attempt to quantify how little time we have for ourselves.”

QUESTION // Q7. Do you resonate with this anecdote?

QUOTE // p. 247 - “Overcoming that initial resistance to planning can massively increase the amount of fun in your life.”

QUOTE // p. 248 - “For a few minutes of planning, you set yourself up to make memories over the weekend, and you don’t lose the whole weekend to chores and puttering.”

QUESTION // Q8. Do you plan out your weekend time?

QUOTE // p. 249 - “I cannot subscribe to the belief that there is something about modern life than makes us harried and maxed out. If we are, then it’s time to examine our own choices and the scripts that are running through our heads. You don’t become a better parent or employee by not enjoying your life.”

QUESTION // Q9. What is one next step you want to take to enjoy your life more?