

# Nurturing the Soul of Your Family

Renee Peterson Trudeau

A discussion guide for the Simple Scrapper Book Club.

QUESTION // Q1. Is scrapbooking a self-care practice for you?

QUOTE // p4 - [Total self-care] “includes eliminating self-criticism, not over scheduling, releasing the need to be perfect, saying no, refusing to do things out of guilt, and giving yourself much-needed rest and downtime to refuel.”

QUESTION // Q2. Reflecting on this quote, is your hobby as restorative as it could be?

QUESTION // Q3. (p14) Which area of self-care - physical, mental, emotional, or spiritual - do you feel most called to focus on right now?

QUOTE // p5 - [After a day of being unplugged] “my mind was clear and focused, my creative juices were flowing, and I could see with absolute clarity what most needed my attention and time.”

QUESTION // Q4. Do you feel tethered to electronics?

QUESTION // Q5. (p56) What is one thing you are doing right now - or have done in the past - to manage your family’s media use and ensure you’re not plugged in 24/7?

QUOTE // p101 - “Many parents wake up on a Monday morning, feel exhausted from an over scheduled weekend, and realize they didn’t actually spend that much time together as a family.”

QUESTION // Q6. How is your memory making going? Do you regularly feel present with your family?

QUESTION // Q7. How would spending more time with your family impact your scrapbooking?

QUESTION // Q8. (p130) What is one thing you do - or have done in the past - to honor and celebrate your family’s values and culture?

QUESTION // Q9. Have you scrapbooked about it?

QUOTE // p135 - “When we allow ourselves to enjoy stretches of unscheduled time, we relax into the gifts that come from doing less and experiencing - and feeling - more.”

QUESTION // Q10. (p139) What day-to-day choices can you make to feel more grounded, relaxed, and focused?

QUESTION // Q11. (p152) What is one thing you are doing right now - or have done in the past - to simplify your life so you can experience more time, space, peace, and love?