

BOOK CLUB DISCUSSION GUIDE

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Off the Clock by Laura Vanderkam

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Never have enough time? Learn secrets of reducing overwhelm and getting more done when you're just so busy.

QUOTE | “Being off the clock implies time freedom, yet time freedom stems from time discipline. You must know where the time goes in order to transcend the ceaseless ticking.”

QUESTION | When was the last time you felt “off the clock?”

QUOTE | “Honoring time requires embracing certain truths: that time is precious and time is plentiful. Time is finite, so we must make smart choices about it. But time is also abundant: there is enough for anything that truly matters.”

QUESTION | Do you have enough time for scrapbooking?

QUOTE | “Ultimately, in my definition, time freedom is about having blissful moments of no immediate obligations, like on my Maine morning, and also choosing obligations—including lines cast into the future in the form of plans—with an eye toward building a life that allows for meaning and a sense of time’s abundance.”

QUESTION | Do you need to work more on creating opportunity for “blissful moments” or more on curating your obligations?

QUOTE | “THE SECRETS OF PEOPLE WITH ALL THE TIME IN THE WORLD Tend your garden. Make life memorable. Don’t fill time. Linger. Invest in your happiness. Let it go. People are a good use of time.”

QUESTION | Which of these secrets most resonated with you? Why do you think that is?

QUOTE | “A gardener must know his plot. He must think about what he wants it to look like. Then it is the daily cultivation that leads to beauty, in a landscape and a life too.”

QUESTION | Are you an actual gardener? What else can we learn from this art and apply to our hobby?

QUOTE | “Identifying priorities helps me make sure important things get done, but what I’ve been most startled by is how much time this planning opens up.”

QUESTION | Have you set priorities in scrapbooking? How has this impacted your time freedom?

QUOTE | “The existence of memories turns out to have profound implications for how we feel about time: whether it is scarce or abundant, whether it feels full or like it has slipped through our fingers.”

QUESTION | Do you agree or disagree with this statement?

QUOTE | “The remembering self loves that photo of the children in the garden, but that’s easy for her to say. Bliss is possible in the past and in the future but seldom in the present.”

QUESTION | What tricks do you use to take action in the present when there is resistance?

QUOTE | “Whoever I am is because of what she learned. As I get to know her, the lived hours of my life become larger, no longer telescoped into little moments as I acknowledge them.”

QUESTION | With this quote in mind, who are you?

QUOTE | “Consciously choosing not to fill time with such boredom busters requires discipline, but it is probably the best thing you can do to feel like you have all the time in the world.”

QUESTION | Have you ever tried to take a break from social media or other time-filling activities?

QUOTE | “To savor is to feel pleasure, and also to appreciate that you are feeling pleasure. It takes normal gratification and adds a second layer to it, acknowledgment. Intriguingly, the richest experiences of savoring involve an awareness of the past and the future, as well as the present.”

QUESTION | What types of experiences do you find it easy to savor?

QUOTE | “When people say they want more time, what they often mean is that they want more memories.”

QUESTION | What do you want more time for?

QUOTE | “If you wait until the end of the day to see what time is left over for the important stuff, the odds are good you won’t have the energy to do anything but collapse into bed.”

QUESTION | Does this resonate with you? When you do have the most success scrapbooking?

QUOTE | “Make art when you can. Relax when you can’t.”

QUESTION | Do you ever feel stressed or frustrated that you don’t feel creative or don’t have time to create?

QUOTE | “Letting go of expectations is perfectly compatible with working long hours when that is possible, but when it comes to creative achievement, and when it comes to a truly enjoyed life, being gentle—persistently gentle—is just as likely to coax out good outcomes as anything else.”

QUESTION | In what areas could you use more persistent gentleness?

QUOTE | “People are “maximizers” or “satisficers”: Maximizers want the absolute best option. Satisficers have a set of criteria, and go for the first option that clears the bar.”

QUESTION | Are you a maximizer or a satisficer?

QUOTE | “It also helped me see that the feelings art-making engenders are more valuable than anything created by my other commitments.”

QUESTION | How does scrapbooking make you feel?

QUOTE | If you’d like to spend your time better, the first step is figuring out where it goes now.

QUESTION | Will you try keeping a time log?

Want to chat about the book? Join us in the My Simple Scrapper community on February 28, 2019 at 8:30 p.m. CST for our discussion.

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