

BOOK CLUB DISCUSSION GUIDE

SIMPLESCRAPPER.COM/BOOK-CLUB

Outer Order, Inner Calm by Gretchen Rubin

[Buy on Amazon](#)

Personalize your home organization strategies to create more peace and tranquility in your mind and life.

QUOTE | p. XV - "Once visual noise is eliminated, I feel more focused and there's more room in my mind, my schedule, and my space for creative activity."

QUESTION | Does a clear or decluttered space help you feel more creative?

QUOTE | p. XVII - "I keep a few precious mementos from the old days, but most of my space is devoted to what's important now."

QUESTION | How would you decide if something is important 'now'?

QUOTE | p. XVIII - "We've achieved the right level of order when we can find what we need, feel good in our space, and don't feel hindered by stuff."

QUESTION | Do you consider yourself a minimalist?

QUOTE | p. 15 - "Usually (perhaps paradoxically) having fewer mementos allows us to hold on to more memories than having many mementos does, because these keepsakes have been carefully chosen and we're less overwhelmed by the sheer volume."

QUESTION | As a scrapbooker, do you agree or disagree with this idea?

QUOTE | p. 19 - "Rather than striving for a particular level of possessions—minimal or otherwise—it's helpful to think about getting rid of what's superfluous."

QUESTION | What is currently superfluous in your scrapbooking?

QUOTE | p. 25 - "At home or at work, if you're having trouble getting started, try taking photos of an area and evaluating what you see. Somehow, a photograph helps us to see a space with fresh eyes."

QUESTION | Have you ever tried this technique?

QUOTE | p. 32 - "Unfinished projects are irritating in themselves, and they also contribute to clutter, because we often leave them out in the open, as a reminder to finish them."

QUESTION | How do you store your unfinished projects?

QUOTE | p. 37 - "When you're facing a desk covered in papers, or a closet bursting with clothes, or countertops littered with piles of random objects, don't say to yourself, 'I need to get organized.' No! Your first instinct should be to get rid of stuff. If you don't own it, you don't have to organize it."

QUESTION | What is one thing you could get rid of or one area you could tackle?

QUOTE | p. 46 - "Deep clutter is easy to ignore. In deep clutter, items are well organized and put away neatly, and to the inattentive glance, everything looks great—but, in fact, these things are clutter because they aren't used, needed, or loved."

QUESTION | Do you have any 'deep clutter'?

QUOTE | p. 56 - “In general, it’s more useful to think about accessibility than to think about storage. If you want to store something but don’t care if it’s accessible—well, that’s a clue that you may not need to keep that item at all.”

QUESTION | What is one thing you have that is currently inaccessible? Do you need to keep it?

QUOTE | p. 76 - “If you need to buy things to store things, perhaps you have too many things.”

QUESTION | Are there any storage solutions you currently want/need to buy?

QUOTE | p. 87 - “When we know ourselves, we can customize our surroundings and our systems to suit ourselves—rather than try to force ourselves to follow someone else’s methods.”

QUESTION | Have you tried any organization strategies that did not work for you?

QUOTE | p. 140 - “Sometimes, I get the very strong urge to clear clutter—not from the true desire for outer order, but from the desire to delay work on some unpleasant task.”

QUESTION | Have you ever ‘procrasticleared’?

QUOTE | p. 182 - “Instead of telling yourself, “I need to go through my photos and discard the bad ones,” you could tell yourself, “I’m going to curate my photo collection.” Different vocabulary appeals to different people; speak to yourself in language that you find most compelling.”

QUESTION | What language would you choose to use in regard to your photo management or your scrapbooking activities?

QUOTE | p. 186 - “When trying to make a tough choice, challenge yourself: “Choose the bigger life.””

QUESTION | What is one small step you can take this week towards a ‘bigger life?’

Want to chat about the book? Join us in the My Simple Scrapper community on April 25, 2019 at 8:30 p.m. CST for our discussion.

Not yet a member? [Click here to learn more.](#)