

# Stop Saying You're Fine

## Mel Robbins

A discussion guide for the Simple Scrapper Book Club.

QUESTION // Q1. Were you familiar with Mel Robbins before reading the book?

QUESTION // Q2. What are your overall impressions of the book? Did you enjoy it? Strengths and weaknesses?

QUOTE // "The only way to get unstuck is to force yourself to change and grow in meaningful ways."

QUESTION // Q1. Have you ever felt stuck as a scrapbooker and/or creative person? What did you do to move past that feeling?

QUOTE // "Every positive action creates momentum to supply the next action, When you start building momentum, you're creating a perpetual motion machine that will give you enough energy to face the next challenge."

QUESTION // Q2. What aspect of your hobby, creative or not, offers you the most momentum?

QUOTE // "Your brain has made an art form out of doing nothing through "anti-actions." Anti-actions are the actions you take in the place of the ones you need to take."

QUESTION // Q3. What anti-actions are you guilty of taking?

QUOTE // "Too many choices create a feeling of regret. When we have too many choices, no matter what we decide we later think about all the options left behind."

QUESTION // Q4. Does this feeling come up for you in scrapbooking? What do you do to narrow your choices?

QUOTE // "You need to honor your own creativity and inventiveness by delivering change through action."

QUESTION // Q5. What change would you like to make in your hobby (or life, in support of your hobby)?