

# The Four Tendencies

## Gretchen Rubin

A discussion guide for the Simple Scrapper Book Club, adapted from Gretchen Rubin

QUESTION // Q1. Did you read this month's book? Have you read any other books by Gretchen Rubin? Would you like to in the future?

QUESTION // Q2. Do you believe that putting people into distinct categories is possible?

QUESTION // Q3. What other categorization or personality assessments have you done?

QUESTION // Q4. What is your Tendency?

QUESTION // Q5. Did you find it easier to identify your own Tendency, or other people's Tendencies?

QUESTION // Q6. What does your Tendency help you better understand about your life?

QUESTION // Q7. What does your Tendency help you better understand about your scrapbooking?

QUESTION // Q8. Would you prefer to be in a different Tendency? If so, what steps can you take to emulate that Tendency?

QUESTION // Q9. Knowing your Tendency, what is one action you can take to better support your hobby?