

The Gifts of Imperfection

Brene Brown

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 50 - “Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable.”

QUESTION // Q1. What does “letting go” and “being imperfect” look like in memory keeping? In other words, how can you recognize when you’re being authentic?

QUOTE // p. 57 - “Perfectionism is addictive because when we invariably do experience shame, judgement, and blame, we often believe it’s because we weren’t perfect enough. So rather than questioning the faulty logic of perfectionism, we become even more entrenched in our quest to live, look, and do everything right.”

QUESTION // Q2. How have you experienced perfectionism in scrapbooking? How have you coped with that feeling?

QUOTE // p. 65 - “Hope is not an emotion. ...hope happens when we have the ability to set realistic goals, are able to figure out how to achieve those goals, and we believe in ourselves.”

QUESTION // Q3. How do you currently practice hope? What part of the process (goals, pathways, agency) needs more of your attention?

QUOTE // p. 77 - “Without exception, every person I interviewed who described living a joyful life or who described themselves as joyful, actively practiced gratitude and attributed their joyfulness to their gratitude practice.”

QUESTION // Q4. Is scrapbooking a gratitude practice for you?

QUOTE // p. 97 - “There’s no such thing as creative people and non-creative people. There are only people who use their creativity and people who don’t. Unused creativity doesn’t just disappear. It lives within us until it’s expressed, neglected to death, or suffocated by resentment and fear.”

QUESTION // Q5. If everyone is creative, what do you think makes someone feel creative? Do you have to use it to feel it?

QUOTE // p.102 - “If we want to live a Wholehearted life, we have to become intentional about cultivating sleep and play, and about letting go of exhaustion as a status symbol

and productivity as self-worth.”

QUESTION // Q6. What are your ingredients for joy and meaning?