

The Gratitude Diaries

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “Like all of us, she gets so busy concentrating on what she wants that she forgets to be happy for what she has.”

QUESTION // Q1. Briefly share your experience with gratitude as a practice.

QUOTE // “It happens too often that you have something terrific right in front of you but don’t realize it until the lover is gone, the moment is past, and the flowers are wilted.”

QUESTION // Q2. Can you think of a time this has happened to you in memory keeping, whether photography, journaling, or scrapbooking?

QUOTE // “You can’t be passively grateful, you actually have to stop and feel it, experience the emotion.”

QUESTION // Q3. Is gratitude an emotion you feel while scrapbooking? What other emotions bubble up?

QUOTE // “Researchers have found that people who write down three things they’re grateful for every night (or even a few times a week) improve their well-being and lower their risk of depression.”

QUESTION // Q4. Have you tried this approach to a gratitude practice?

QUOTE // “Experts used to claim that it took just twenty-one days to form a new habit, but a recent study out of University College London found most of us need more than two months and sometimes as many as six to make a real change in behavior.”

QUESTION // Q5. What does your own personal data say about habit change?

QUOTE // “You can think of gratitude as a form of mental exercise that primes the mind for positivity.”

QUESTION // Q6. Have you ever thought of scrapbooking as a form of gratitude practice?

QUOTE // “Gratitude shouldn’t be reserved for special occasions.”

QUESTION // Q7. What is one small step you can take to bring more gratitude into your hobby?

QUOTE // “I wanted to be grateful for my new stuff, but the zing I’d gotten from buying was already gone.”

QUESTION // Q8. Have you ever thought this way about scrapbook supplies?

QUOTE // “His research found (over and over again) that people get more lasting joy from experiences than from objects.”

QUESTION // Q9. How would this apply to scrapbooking?

QUOTE // “The objects that we most cherish are probably connected to a memory. I finally understood that it wasn’t the frayed baby blanket that made me grateful but the memory of the sweet baby who used it.”

QUESTION // Q10. How are objects part of your memory keeping?

QUOTE // “Gratitude helps you find meaning—and some version of contentment—in the chaos.”

QUESTION // Q11. Has scrapbooking helped you process challenges in your life?

QUOTE // “By paying attention, thinking positively, and reframing experiences, I had put myself in a different place this year than last.”

QUESTION // Q12. What’s one small change you want to make in the new year to cultivate more gratitude in your life?