

# The Joy of Less

## Francine Jay

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 7 - "When our homes are overflowing with clutter, our souls take a backseat to our stuff. We no longer have the time, energy, and space for new experiences. We feel cramped and inhabited, like we can't fully stretch out and express ourselves."

QUESTION // Q1. How do you feel when your home, especially your creative workspace, is cluttered?

QUOTE // p. 16 - "Our stuff can be divided into three categories: useful stuff, beautiful stuff, and emotional stuff."

QUESTION // Q2. How would you categorize photos, scrapbook supplies, and creative tools. What can be deduce from your answer?

QUOTE // p. 21 - "It's not easy to be a minimalist in a mass-media world."

QUESTION // Q3. Is minimalism something you strive for? Do you agree or disagree with the quote?

QUOTE // p. 27 - "We never seem to have enough time in our days - perhaps our stuff is what's to blame?"

QUOTE // p. 60 - "We can minimize our personal consumer footprints by buying local, buying used, and buying less."

QUESTION // Q5. Economic and environmental ethics are one facet of the minimalism conversation, and as scrapbookers I think we can all agree we are in a privileged position to invest in a hobby. Do you ever think about the broader impact of your scrapbook purchases?

SUMMARY // Part two of The Joy of Less outlines the author's STREAMLINE method:

Start over  
Trash, Treasure, or Transfer  
Reason for each item  
Everything in its place  
All surfaces clear

Modules

Limits

If one comes in, one goes out

Narrow down

Everyday maintenance

QUESTION // Q6. Which of these approaches are you already practicing? Which was new to you? Which will you implement next?

QUOTE // p. 94 - "Whether you're a leader, knitter, scrapbooker, model builder, woodworker, or soapmaker, limit your materials to one storage bin. When it starts to overflow, use up some of your old stash before acquiring anything new - it's a great motivation to finish the projects you've started."

QUESTION // Q7. Is this realistic for you as a scrapbooker? Pausing for a moment to assume it is possible, how might the practice of your hobby be different?

QUOTE // p. 285 - "When we become minimalists, we strip away all the excess to uncover our true selves. We take the time to contemplate who we are, what we find important, and what makes us truly happy. We emerge from our cocoons of consumerism, and stretch our wings as poets, philosophers, artists, activists, mothers, fathers, spouses, friends."

QUESTION // Q8. Do you think minimalism could improve your life? What is the smallest next step you can take towards it?

QUESTION // Q9. Have you read other books on decluttering or organization? If so, how were the ideas presented in *The Joy of Less* similar or different?

QUESTION // Q10. What is your #1 takeaway message from *The Joy of Less*?