

The Well Life

Briana and Dr. Peter Borten

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p17 - "If you're committed to the Well Life, then the good-feeling, soul-nourishing, body-fortifying activities can't wait while you juggle your obligations and pursue your dreams."

QUESTION // Q1. On a scale of 1-5, how good are you at making your overall wellness a priority?

QUOTE // p20 - "Insight and creativity only enter our consciousness through the opening that space provides. Space is the crucible in which sweetness and structure interact to yield a life that feels inspired, meaningful, and fun."

QUESTION // Q2. What is one way in which you create space in your life?

QUOTE // p22 - "You probably don't actually need to find more, new, and better ideas - you just need to practice what you've already learned."

QUESTION // Q3. What is something you've already learned that you need to practice more?

QUOTE // p23 - "We've seen too many cases of unhappy, unmotivated, and uninspired people.... all of whom incorrectly assumed their problem was psychological in origin."

QUESTION // Q4. Do you struggle with lack of motivation in scrapbooking? If so, have you thought about some of the reasons?

QUOTE // p58 - "Structure will only hold if you have integrity and self-trust. This means only entering into agreements with yourself and others that you fully intend to keep."

QUOTE // p61 - "If you have a habit of breaking agreements and now you want to do something big and important, your mind will have a lot of evidence to undermine you."

QUESTION // Q5. Do you tend to keep or break agreements with yourself?

QUOTE // p74 - "You get to a state of energetic depletion by paddling against the current of life rather than going with the flow."

QUESTION // Q6. Is there an area in your hobby where you might be paddling against the current?

QUOTE // p84 - You can create more space for energy by “routinely letting go of anything - physical, mental, or emotional - that isn’t serving you.”

QUESTION // Q7. What do you need to let go of in scrapbooking?

QUOTE // p88 - “Pay attention to what energizes you in a healthy way, and do more of that. Notice what makes you tired, and either stop doing it or figure out how to do it in a way that doesn’t tax your personal reserves.”

QUESTION // Q8. What energizes you in scrapbooking?

QUOTE // p91- “When we interpret our lack of confidence as a lack of competence, we often respond by trying to learn more or improve our skills.”

QUESTION // Q9. Have you ever done this?