

Wired to Create

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // pxx - “Highly creative work blends together different elements and influences in the most novel, or unusual, way, and these wide-ranging states, traits, and behaviors frequently conflict with each within the mind of the creative person, resulting in a great deal of internal and external tension throughout the creative process.”

QUESTION // Q1. What kinds of tension do you experience while scrapbooking?

QUOTE // pxxx - “Those who derive enjoyment from the act of creating and feel in control of their creative process tend to show greater creativity than those who are focused exclusively on the outcome of their work.”

QUESTION // Q2. What parts of the memory keeping process do you most enjoy?

QUOTE // p11 - “Adults who are more playful report feeling less stressed, being better able to cope with stress, and having greater life satisfaction and other positive life outcomes.”

QUESTION // Q3 Do you consider yourself playful? What is one way you do or can play in your hobby?

QUOTE // p24 - “People who enjoy a high frequency and intensity of inspiration in their daily lives tend to be more open to new experiences and report feeling greater absorption and flow in their activities.”

QUESTION // Q4. What are your favorite sources of inspiration for scrapbooking?

QUOTE // p26 - “To nourish and sustain motivation toward a creative goal, we must not only fall in love with a dream of our future self, but also love the process of becoming that person - including all the unglamorous, everyday hard work.”

QUESTION // Q5. Does this quote offer any insight into times when you have lost motivation?

QUOTE // p28 - “People who are hopeful tend to create learning goals. Those without hope tend to adopt mastery goals.”

QUESTION // Q6. What kind of goals do you set?

QUOTE // p30 - "Mind wandering consumes an average of 47 percent of people's waking hours."

QUESTION // Q7. Are you prone to mind wandering? Do you have any specific triggers?

QUOTE // p38 - "Showering insulates us from the external world so that we can focus all our attention on our inner desires, daydreams, and memories - thereby increasing the likelihood that our mind will come up with creative connections?"

QUESTION // Q8. Do you have lightbulb moments in the shower?

QUOTE // p48 - "Solitude isn't just about avoiding distractions; it's about giving the mind the space it needs to reflect, make new connections, and find meaning."

QUESTION // Q9. Do you prefer to scrapbook alone or in groups?

QUOTE // p100 - "The ultimate goal of [Joan Didion's] exercise in documentation was not to create an accurate log of her activities but rather to come to better know "how it felt to be me."

QUESTION // Q10. Do you journal regularly? If so, what do you get from it?

QUOTE // p102 - "This impulse to record and create meaning of the little details and moments of life is arguable the birthplace of art, and it starts with being awake to the moments of our lives as they are passing. It begins, in other words, with mindfulness."

QUESTION // Q11. What roles does capturing small everyday moments play in your scrapbooking hobby?

QUOTE // p186 - "Creative self-expression opens us up to who we are and invites us to explore and express our own unique set of qualities and experiences, to play with ambiguities, and to connect the dots in a way that they've never been connected before."

QUESTION // Q12. What is one thing you've learned about yourself, your family, or the world through scrapbooking?