

Jennifer Wilson: If you haven't taken the Four Tendencies quiz, that's something good to do before we begin: <https://www.surveymzmo.com/s3/1950137/Four-Tendencies-January-2015>



[Gretchen Rubin's Quiz: The Four Tendencies](#)



Feb 25 2016, 9:24 PM

DottiePennington: Even with the quiz I am still an obliger.



Feb 25 2016, 9:25 PM

ShannonMinner: I took it again and mine changed. I don't agree with it...and not I'm not a Rebel



Feb 25 2016, 9:26 PM

DottiePennington: lol.



Feb 25 2016, 9:26 PM

PatriciaMoore: Me too Dottie. that is why Jennifer's plan works for me.



Feb 25 2016, 9:26 PM

DottiePennington: maybe you are a combination of two and tonight you are the second one.



Feb 25 2016, 9:26 PM

ShirleyMartin: Reading the book, I thought I was an Obliger until I took the quiz. I'm all over the place -- even a little Rebel.



Feb 25 2016, 9:27 PM

Jennifer Wilson: I would agree that my answers can change depending on the day and the scenario.



Feb 25 2016, 9:27 PM

PatriciaMoore: Actually I see that about myself Shirley



Feb 25 2016, 9:27 PM

[Lycia Evanoff](#): I'm somewhere between Obliger and Upholder, but mostly Obliger



Feb 25 2016, 9:27 PM

AleceNewell: My answers would never change - even if I wanted them too



Feb 25 2016, 9:27 PM

DottiePennington: I do like the goal setting. I seem to be able to keep to my scrapbooking goals but other goals I make for myself have a tendency to not get done for a long time.



Feb 25 2016, 9:28 PM

KellyPrang: I thought I was a mix between an obliger with wanting to be more of an upholder. I am pretty solidly an obliger



Feb 25 2016, 9:28 PM

DottiePennington: me too Kelly, a firm obliger.



Feb 25 2016, 9:28 PM

AleceNewell: I am the prototype for the Obliger



Feb 25 2016, 9:28 PM

Jennifer Wilson: Let's hold off for a bit here as folks get settled... if you didn't see I did post the quiz above in case you haven't taken it yet.. but we have a bit to discuss before we get to the Four Tendencies.



Feb 25 2016, 9:28 PM

Jennifer Wilson: <https://www.surveygizmo.com/s3/1950137/Four-Tendencies-January-2015>



[Gretchen Rubin's Quiz: The Four Tendencies](#)



Feb 25 2016, 9:28 PM

DottiePennington: lol Alece



Feb 25 2016, 9:28 PM

Jennifer Wilson: AND I'LL TYPE IN ALL CAPS.



Feb 25 2016, 9:29 PM

DottiePennington: goody, it is some much easier to see you



Feb 25 2016, 9:29 PM

ShirleyMartin: While we're waiting, can you tell me where to find the PhotoCRUSH chat transcript, Jennifer? I haven't been able to find it. Thanks!



Feb 25 2016, 9:29 PM

KellyPrang: Well, hello my obliger sisters!



Feb 25 2016, 9:29 PM

Susanne Brauer: Rebel? I guess I am pretty independent all things considered.



Feb 25 2016, 9:29 PM

CarrieAnderson: i thought i was an obliger but the quiz says upholder...hmmm...now i need to re-read the book



Feb 25 2016, 9:30 PM

Cindy Valovich Davenport: I scored obliger with questionier tendancies which surprised me.



Feb 25 2016, 9:30 PM

Jennifer Wilson: Here you go Shirley: https://s3.amazonaws.com/simple-scrapper/chats/memberchat_02.22.2016.pdf



Feb 25 2016, 9:30 PM

DeannaRidgway: Am I late?



Feb 25 2016, 9:30 PM

KellyPrang: I have always secretly wanted to rebel, but not have the consequences of rebellion. Maybe I am a scaredy cat?



Feb 25 2016, 9:30 PM

KristinaRees: Hello everyone!



Feb 25 2016, 9:30 PM

Jennifer Wilson: THANK YOU ALL FOR JOINING ME HERE TONIGHT FOR THE FEBRUARY MEETING OF THE SIMPLE SCRAPPER BOOK CLUB. I AM SO THRILLED ABOUT THE CONTINUED ENTHUSIASM FOR THIS COMMUNITY ACTIVITY.



Feb 25 2016, 9:31 PM

ShirleyMartin: Thanks, Jennifer!



Feb 25 2016, 9:31 PM

CarrieAnderson: haahah...kelly...love that! no consequences



Feb 25 2016, 9:31 PM

Jennifer Wilson: THIS MONTH WE'RE DISCUSSING BETTER THAN BEFORE BY GRETCHEN RUBIN!



Feb 25 2016, 9:31 PM

ShannonMinner: This book club is such a great idea Jennifer!



Feb 25 2016, 9:31 PM

TanyaNapier: Good evening! I just finished the book about an hour ago.



Feb 25 2016, 9:31 PM

Melanie Ritchie: Hi all!!!



Feb 25 2016, 9:31 PM

ShirleyMartin: Love your thinking, Kelly!



Feb 25 2016, 9:31 PM

DeannaRidgway: Great book, very helpful!



Feb 25 2016, 9:31 PM

ShannonMinner: It's my birthday and I have been looking forward to this chat all day!



Feb 25 2016, 9:31 PM

Guest6488 (guest): Hi all



Feb 25 2016, 9:31 PM

AleceNewell: I love this thanks Jennifer for adding this area



Feb 25 2016, 9:31 PM

Guest6488 (guest): Happy Birthday



Feb 25 2016, 9:31 PM

[Susanne Brauer](#): Happy Birthday Shannon.



Feb 25 2016, 9:31 PM

SarahRoeder: HBD Shannon!



Feb 25 2016, 9:31 PM

DeannaRidgway: I just bought the next 2 books!



Feb 25 2016, 9:31 PM

TanyaNapier: Happy Birthday Shannon!



Feb 25 2016, 9:32 PM

CarrieAnderson: yay shannon! happy birthday



Feb 25 2016, 9:32 PM

PatriciaMoore: Happy Birthdat Shannon



Feb 25 2016, 9:32 PM

KristinaRees: next 2?



Feb 25 2016, 9:32 PM

KellyPrang: Happy birthday, Shannon!



Feb 25 2016, 9:32 PM

AleceNewell: Birthday blessings Shannon



Feb 25 2016, 9:32 PM

DottiePennington: Happy Birthday, how neat that you wanted to spend part of your birthday with us.



Feb 25 2016, 9:32 PM

ShannonMinner: Thanks ladies. Cake is eaten and my hubby is doing the dishes (my present)



Feb 25 2016, 9:32 PM

ShirleyMartin: Happy birthday, Shannon!



Feb 25 2016, 9:32 PM

ShannonMinner: I bought her journal Deanna and one of her other books but I haven't gotten it yet.



Feb 25 2016, 9:33 PM

Jennifer Wilson: THIS WAS A PRETTY DENSE BOOK AND I HAD SO MANY HIGHLIGHTS. OUR CONVERSATION WILL FOLLOW A PATTERN OF ME PROVIDING A QUOTE FOLLOWED BY A RELATED QUESTION.



Feb 25 2016, 9:33 PM

Guest6488 (guest): I love her books, she has a podcast as well that is really good.



Feb 25 2016, 9:33 PM

HonoreFrancois: Yay for your hubby Shannon and Happy happy



Feb 25 2016, 9:33 PM

DeannaRidgway: Sorry i meant the next 2 books for the book club.



Feb 25 2016, 9:33 PM

JudiPartlo: i agree with you Jennifer - there were so many things in the book that could relate to our scrapbooking!



Feb 25 2016, 9:33 PM

KristinaRees: what are the next 2 books



Feb 25 2016, 9:33 PM

SarahRoeder: Is there a list for the year somewhere Deanna?



Feb 25 2016, 9:33 PM

ShannonMinner: I will have to check out her podcast Guest6488



Feb 25 2016, 9:33 PM

Jennifer Wilson: KRISTINA, HERE'S THE BOOK CLUB
INFO:<http://www.simplescrapper.com/book-club/>



[The Simple Scrapper Book Club - Simple Scrapper](#)



Feb 25 2016, 9:34 PM

JudiPartlo: Love the podcast too



Feb 25 2016, 9:34 PM

CarrieAnderson: i cant wait to see how this ties back to scrapping...i have to admit i struggled with this one



Feb 25 2016, 9:34 PM

AnnAnderson: Hey everyone!



Feb 25 2016, 9:34 PM

PatriciaMoore: Love podcast/utube too



Feb 25 2016, 9:34 PM

KellyKirkland: I liked this one!



Feb 25 2016, 9:34 PM

Guest6488 (guest): Love this book



Feb 25 2016, 9:34 PM

Jennifer Wilson: I AGREE THAT IT WASN'T AS COZY OF A READ AS BRENE BROWN, CARRIE.



Feb 25 2016, 9:34 PM

KellyPrang: Did I just see that Jennifer has a podcast going on the landing page for Simple scrapper?



Feb 25 2016, 9:34 PM

DottiePennington: I enjoyed this book too.



Feb 25 2016, 9:34 PM

PatriciaMoore: I found it the opposite Jennifer



Feb 25 2016, 9:34 PM

CarrieAnderson: yes kelly...its really great!!



Feb 25 2016, 9:35 PM

SarahRoeder: Thanks for the link Jennifer - I missed that somehow!



Feb 25 2016, 9:35 PM

Guest6488 (guest): I learned a lot about myself from this book.



Feb 25 2016, 9:35 PM

KellyKirkland: Me too!



Feb 25 2016, 9:35 PM

TanyaNapier: I kind of struggled with it, too. Dense is a good word, Jennifer.



Feb 25 2016, 9:35 PM

VanessaRoberts: and me!



Feb 25 2016, 9:35 PM

Jennifer Wilson: KELLY, THERE IS A MONTHLY Q&A PODCAST FOR MEMBERS.



Feb 25 2016, 9:35 PM

DeannaRidgway: I learned a lot about myself too



Feb 25 2016, 9:35 PM

CarrieAnderson: tanya..agreed



Feb 25 2016, 9:35 PM

ShirleyMartin: I loved this book! I never thought that each of us are motivated differently. Lightbulb moment!



Feb 25 2016, 9:35 PM

Jennifer Wilson: ALRIGHT, LET'S JUMP RIGHT IN... I SUSPECT THIS HOUR IS GOING TO GO BY FAST!



Feb 25 2016, 9:35 PM

AleceNewell: I learned about myself and the people around me - understand some of my family better



Feb 25 2016, 9:35 PM

Susanne Brauer: I am listening to the audiobook, and find it an easy listen. Maybe it gets tougher as it goes.



Feb 25 2016, 9:35 PM

JudiPartlo: And all the excuses I use.....



Feb 25 2016, 9:36 PM

Guest6488 (guest): Alece - definitely



Feb 25 2016, 9:36 PM

CarrieAnderson: this was actually my second time trying to read it and i got farther than last time but still didnt finish



Feb 25 2016, 9:36 PM

Melanie Ritchie: I think there's quite a difference between Brene Brown and Gretchen Rubin. Brene is a scholar who happens to write books.



Feb 25 2016, 9:36 PM

Jennifer Wilson: THIS FIRST ONE HAS TWO QUOTES, THEN THE QUESTION.



Feb 25 2016, 9:36 PM

Jennifer Wilson: QUOTE // p. 5 - Habits make change possible by freeing us from decision making and from using self-control.



Feb 25 2016, 9:36 PM

Lycia Evanoff: Took me a little while to get through the book, but I enjoyed it.



Feb 25 2016, 9:36 PM

ShirleyMartin: Oops. Each of us "is", not "are". Argh...



Feb 25 2016, 9:36 PM

Jennifer Wilson: QUOTE // p. 11 - "Are you kidding? I love my habits," I said. "No willpower. No agonizing. Like brushing my teeth." "Not me," my friend said. "Habits make me feel trapped."



Feb 25 2016, 9:36 PM

Jennifer Wilson: QUESTION // Q1. Do habits feel like freedom or confinement to you?

Feb 25 2016, 9:36 PM

KellyPrang: Freedom



Feb 25 2016, 9:36 PM

JudiPartlo: Freedom



Feb 25 2016, 9:36 PM

[Susanne Brauer](#): Confinement



Feb 25 2016, 9:36 PM

[MarinaDelgado](#): Hi everyone!



Feb 25 2016, 9:36 PM

ShannonMinner: I have been learning about habits with an accountability group I am in. I think they are freedom.



Feb 25 2016, 9:37 PM

TanyaNapier: Freedom



Feb 25 2016, 9:37 PM

AleceNewell: definitely freedom



Feb 25 2016, 9:37 PM

JudiPartlo: I like that you can do things on autopilot - it frees me up and seems to save me time



Feb 25 2016, 9:37 PM

[Melanie Ritchie](#): I like the idea of habits but I feel very confined. It's a problem. Like claustrophobia!



Feb 25 2016, 9:37 PM

Guest6488 (guest): freedom, i don't have to think about them



Feb 25 2016, 9:37 PM

EdithBanks: Some habits freedom



Feb 25 2016, 9:37 PM

HonoreFrancois: Some are freedom others, confinement...



Feb 25 2016, 9:37 PM

[MarinaDelgado](#): freedom



Feb 25 2016, 9:37 PM

[Cindy Valovich Davenport](#): Freedom in most cases.



Feb 25 2016, 9:37 PM

ShannonMinner: I have been using the Habit Bull app to keep up with some behaviors I want to form into habits.



Feb 25 2016, 9:37 PM

DeannaRidgway: Depends on the habit



Feb 25 2016, 9:37 PM

CarrieAnderson: confinement...even though logically i know that they would help me...i just cant help feeling confined



Feb 25 2016, 9:37 PM

DottiePennington: I would say freedom because things I need to do get done without having to think about them.



Feb 25 2016, 9:37 PM

Barb (guest): Freedom - I love knowing what I am supposed to do



Feb 25 2016, 9:37 PM

JudiPartlo: What's Habit Bull, Shannon?



Feb 25 2016, 9:37 PM

CarrieAnderson: yes...melanie...exactly



Feb 25 2016, 9:37 PM

KellyKirkland: Depends on the habit for me too



Feb 25 2016, 9:37 PM

ShirleyMartin: Definitely freedom



Feb 25 2016, 9:37 PM

Jennifer Wilson: MENTALLY THEY SOUND LIKE FREEDOM TO ME, BUT I'M ACTUALLY NOT VERY GOOD WITH HABITS OUTSIDE OF WORK. I NEVER COOK THE SAME THINGS, FOR EXAMPLE.



Feb 25 2016, 9:37 PM

DionneJack: For me having some habits equal freedom. Too many habits equals confinement.



Feb 25 2016, 9:38 PM

KellyPrang: Thanks for the app suggestion, Shannon. I have been looking for one



Feb 25 2016, 9:38 PM

Jennifer Wilson: INTERESTING DIONNE.



Feb 25 2016, 9:38 PM

JudiPartlo: Yes, that is interesting, Dionne. Never thought about it that way



Feb 25 2016, 9:38 PM

SarahRoeder: I will have to check out that app Shannon



Feb 25 2016, 9:38 PM

KellyPrang: Dionne- great insight!



Feb 25 2016, 9:38 PM

SarahRoeder: Good point Dionne!



Feb 25 2016, 9:39 PM

JudiPartlo: I agree that I don't want to be ruled by my habits in a way where I don't feel I can veer off the path to try different things



Feb 25 2016, 9:39 PM

ShirleyMartin: I never cook the same thing either, Jennifer, but I do wake up every morning deciding what I will cook for supper. So that's a habit



Feb 25 2016, 9:39 PM

Guest6488 (guest): I have the habit of planning dinner and starting it at the same time, but not making the same things.



Feb 25 2016, 9:39 PM

Jennifer Wilson: I HAVE TO AGREE THAT WHEN I TRY TO BE OVERLY VIGILANT WITH MANY HABITS, IT FALLS APART FASTER THAN CONCENTRATING ON MONITORING JUST A FEW.



Feb 25 2016, 9:39 PM

DottiePennington: Habits to me are taking my medications, brushing my teeth, stuff like that. I wish I could add exercises that would help my back to my habit list but I can't seem to get pass a couple of days before "something" interferes.



Feb 25 2016, 9:39 PM

Melanie Ritchie: Lol, same here Jennifer. I wish I cooked the same meals on repeat. Nope, have to try something new. Crazyiness.



Feb 25 2016, 9:39 PM

AleceNewell: yes too many habits can become confining



Feb 25 2016, 9:40 PM

ShannonMinner: It's an app. You can type in what you want to work on and each day you go in and press the date on the calendar that you did it. It keeps up with your track record. Simple and easy JudiPartlo.



Feb 25 2016, 9:40 PM

DionneJack: I recognize that having habits helps free me from deciding on everything all the time but I also think that having too many habits makes my life feel like it's all routine. I like some surprises and room for creativity.



Feb 25 2016, 9:40 PM

KristinaRees: Habits like always printing photos right away and backing them up would be freeing because then I would not spend hundred of hours sorting and deciding on things I can barely remember happening.



Feb 25 2016, 9:40 PM

[Susanne Brauer](#): The only time I monitor a habit is when I am first trying to develop it. Once it is developed I don't work about tracking it - many of my habits are not every day.



Feb 25 2016, 9:40 PM

DeannaRidgway: I agree that having a habit established frees our mind from decision making. Reducing decision making is a common theme for successful people.



Feb 25 2016, 9:40 PM

JudiPartlo: And I can get too crazy trying to track habits - takes too much time, need to stick to one simple way for ones I'm trying to work on.



Feb 25 2016, 9:40 PM

Guest6488 (guest): I have often thought that there is a max that I can have as automatic and many need to be more flexible



Feb 25 2016, 9:40 PM

KellyKirkland: I like the idea of crossing x on the calendar and making a chain for a daily habit...



Feb 25 2016, 9:40 PM

Barb (guest): Usually I chose the things that become habits so I don't tend to feel controlled by them



Feb 25 2016, 9:41 PM

JudiPartlo: Thanks, Shannon!



Feb 25 2016, 9:41 PM

AleceNewell: good approach Barb



Feb 25 2016, 9:41 PM

Guest6488 (guest): I do think the habits I struggle with are ones I need to relook at. Are they really important, am I doing it at the right time etc.



Feb 25 2016, 9:41 PM

ShannonMinner: Once I set it up Judi I found it easy to just go into the app, press the date, and be done You're trying to keep your streak going.



Feb 25 2016, 9:41 PM

ShirleyMartin: I only start habits that I know will help me in the long run and that I know I will be able to maintain



Feb 25 2016, 9:41 PM

Jennifer Wilson: SYSTEMS AND PROCESSES ARE ONE WAY THAT HABITS FEEL MORE LIKE FREEDOM TO ME... WITH PHOTO MANAGEMENT FOR EXAMPLE. IT'S AUTOMATIC FOR ME WHEN THERE ARE A SERIES OF STEPS, BUT I CAN'T CONSISTENTLY TAKE A VITAMIN AT 10AM.



Feb 25 2016, 9:41 PM

DottiePennington: wouldn't cooking dinner be the habit? Doesn't mean you have to make the same thing all of the time.



Feb 25 2016, 9:41 PM

CarrieAnderson: judi...agreed...i try to work on too many at once and then it falls apart



Feb 25 2016, 9:41 PM

DionneJack: I'm the same Susanne-track it or monitor it when it's becoming a habit.Once it is I don't do that as much unless I feel like I'm slacking off.



Feb 25 2016, 9:41 PM

MarinaDelgado: Habits are just hard for me.



Feb 25 2016, 9:42 PM

DeannaRidgway: Like Dionne said, I cannot do the same things day in & day out otherwise my life feels boring & routine.



Feb 25 2016, 9:42 PM

MarinaDelgado: But when I can stick with them they can be impactful



Feb 25 2016, 9:42 PM

JudiPartlo: Yes, Carrie - I'm trying for one a month to focus on this year



Feb 25 2016, 9:42 PM

Jennifer Wilson: OH THAT'S SURPRISING TO ME MARINA. YOU COME ACROSS AS VERY DELIBERATE IN ACTION.



Feb 25 2016, 9:42 PM

AleceNewell: Sometimes I try to cultivate habits because other people find them important but don't work for me - then I'm stressed



Feb 25 2016, 9:42 PM

MarinaDelgado: A habit has to have a positive effect very quickly for me to stick with it



Feb 25 2016, 9:42 PM

Guest6488 (guest): I can only really change on thing at a time.



Feb 25 2016, 9:42 PM

Jennifer Wilson: SPEAKING OF "WHAT WORKS FOR YOU", LET'S JUMP RIGHT INTO THE FOUR TENDENCIES.



Feb 25 2016, 9:42 PM

Melanie Ritchie: I'm like an untethered balloon flying in the sky most of the time. Sigh.



Feb 25 2016, 9:43 PM

Jennifer Wilson: QUIZ // <https://www.surveygizmo.com/s3/1950137/Four-Tendencies-January-2015>



[Gretchen Rubin's Quiz: The Four Tendencies](#)



Feb 25 2016, 9:43 PM

Susanne Brauer: Guest6488 - I totally agree - one new thing at a time.



Feb 25 2016, 9:43 PM

EdithBanks: I realized my habit is fog Zumba - but not going to the gym- so when ther's a sub or class is cancelled - I don't go to the gym.



Feb 25 2016, 9:43 PM

CarrieAnderson: melanie...you and me...twinsies



Feb 25 2016, 9:43 PM

MarinaDelgado: Haha well thanks Jennifer. I think I am deliberate but not necessarily out of habit, if that even makes sense



Feb 25 2016, 9:43 PM

Jennifer Wilson: IF THE DESCRIPTIONS ALONE WEREN'T ENOUGH FOR YOU, THE QUIZ CAN BE HELPFUL.



Feb 25 2016, 9:43 PM

KristinaRees: another habit that is freeing is always rinse out a used dish and put it in the dishwasher. Then you are not spending your evenings doing dishes



Feb 25 2016, 9:43 PM

Guest6488 (guest): I have found that once I decided to work on a regular sleep pattern, developing other habits became a little easier.



Feb 25 2016, 9:43 PM

Barb (guest): This touches on a problem for me. I can take the vitamin because it is healthy but the photos are just for me so I tend to put those things off.



Feb 25 2016, 9:43 PM

Jennifer Wilson: QUESTION // Q2. Are you an upholder, obliger, questioner, or rebel?



Feb 25 2016, 9:43 PM

Guest6488 (guest): obliger



Feb 25 2016, 9:43 PM

[Cindy Valovich Davenport](#): obliger



Feb 25 2016, 9:43 PM

[Susanne Brauer](#): Rebel



Feb 25 2016, 9:43 PM

AnnAnderson: I'm definitely an obliger, all the way!



Feb 25 2016, 9:43 PM

Jennifer Wilson: GUESS6488 - THAT COMES UP LATER IN MY DISCUSSION! SO IMPORTANT FOR SCRAPBOOKING I BELIEVE.



Feb 25 2016, 9:43 PM

AleceNewell: obliger



Feb 25 2016, 9:44 PM

EdithBanks: Obliger



Feb 25 2016, 9:44 PM

JudiPartlo: Obliger. That was an interesting insight, Barb - are you an obliger?



Feb 25 2016, 9:44 PM

DionneJack: questioner



Feb 25 2016, 9:44 PM

DottiePennington: without a doubt: Obliger



Feb 25 2016, 9:44 PM

TanyaNapier: I am an obliger, but I see a bit of upholder in myself



Feb 25 2016, 9:44 PM

ShannonMinner: Upholder



Feb 25 2016, 9:44 PM

[Lycia Evanoff](#): Obliger



Feb 25 2016, 9:44 PM

KristinaRees: obliger



Feb 25 2016, 9:44 PM

VanessaRoberts: obliger



Feb 25 2016, 9:44 PM

[Tiffany Mitchell](#): upholder



Feb 25 2016, 9:44 PM

SarahRoeder: Obliger



Feb 25 2016, 9:44 PM

AnnAnderson: I see a pattern of obligers..



Feb 25 2016, 9:44 PM

PatriciaMoore: oblizer



Feb 25 2016, 9:44 PM

KellyKirkland: Obliger



Feb 25 2016, 9:44 PM

TanyaNapier: Lots of obligers!



Feb 25 2016, 9:44 PM

KellyKirkland: Feel more like an upholder...



Feb 25 2016, 9:44 PM

Guest6488 (guest): I think obliger is the most common one



Feb 25 2016, 9:44 PM

Jennifer Wilson: I'M PRIMARILY AN OBLIGER WITH A BIT OF REBEL... THOUGH I AM AN UPHOLDER WHEN IT COMES TO WORK AND I DON'T UNDERSTAND WHY ONLY IN THAT DOMAIN.

Feb 25 2016, 9:45 PM

Melanie Ritchie: I don't buy her theory on this. Although if I had to pick, I'd say I'm a rebel but I did the quiz and it said I'm an obliger. Again, I don't find her research overly credible. Are you guys going to ban me? lol!



Feb 25 2016, 9:45 PM

Barb (guest): Indeed I am an obliger



Feb 25 2016, 9:45 PM

HonoreFrancois: upolder - tho I think I'm a bit of all 4



Feb 25 2016, 9:45 PM

CarrieAnderson: i got upholder...but i was sure i was an obliger so now i dont know...



Feb 25 2016, 9:45 PM

DeannaRidgway: Questioner mostly, touch of obliger



Feb 25 2016, 9:45 PM

JudiPartlo: Interesting - Jennifer, do you think that's because there is external accountability with work that you feel?



Feb 25 2016, 9:45 PM

KellyKirkland: Never Melanie! We need rebels and quea



Feb 25 2016, 9:45 PM

Guest6488 (guest): Jennifer that is an obliher, follow external expectations but struggle with personal expectations



Feb 25 2016, 9:45 PM

KellyKirkland: Questioners



Feb 25 2016, 9:45 PM

Jennifer Wilson: NOT AT ALL MELANIE, I FEEL LIKE SHE TRIED TO OVERLY JUSTIFY THROWING IN REAL SCIENCE



Feb 25 2016, 9:45 PM

SarahRoeder: Melanie - I recall you saying that in the group too, and I definitely sort of feel that way



Feb 25 2016, 9:45 PM

CarrieAnderson: nope melanie...im going to agree with you i want brene to right about the same subject and see what she has to say...lol



Feb 25 2016, 9:45 PM

AleceNewell: I think many of us have a different personality at work than other places



Feb 25 2016, 9:45 PM

DottiePennington: I get what Gretchen is saying and it does make sense to me.



Feb 25 2016, 9:46 PM

SarahRoeder: Like I compare her to Brene Brown and I give Brene way more credibility.



Feb 25 2016, 9:46 PM

Jennifer Wilson: AGREE SARAH!



Feb 25 2016, 9:46 PM

DottiePennington: One of her comments was regarding healthcare. As a RN, I could see knowing what my patient's tendency was would be helpful when teaching the patient



Feb 25 2016, 9:46 PM

ShannonMinner: Brene's quote is on the bottom corner of this book.



Feb 25 2016, 9:47 PM

JudiPartlo: There are so many tools to help us figure out our personality types - this is just one. Gretchen even listed 10 books today that are about personality type and figuring ours out!



Feb 25 2016, 9:47 PM

Susanne Brauer: Haven't read Brene book . . . do you give her more credibility because you identify more closely with her?



Feb 25 2016, 9:47 PM

SarahRoeder: I feel like she talks about how things are for HER so much that it leaves little room for how OTHERS are



Feb 25 2016, 9:47 PM

ShannonMinner: As a teacher I think knowing what my students are would be good. I can already pick out my rebels.



Feb 25 2016, 9:47 PM

Jennifer Wilson: INTERESTING... I BET THAT THERE ARE MORE EXTERNAL INFLUENCES (LIKE CONTRIBUTING TO THE FAMILY, PERCEIVED SUCCESS ETC.)CONTRIBUTING TO MY ABILITY TO MEET MY INTERNAL EXPECTATIONS



Feb 25 2016, 9:47 PM

ShannonMinner: Sarah, she's probably an expert on herself



Feb 25 2016, 9:47 PM

Jennifer Wilson: I NOTICED THAT TOO SARAH



Feb 25 2016, 9:48 PM

SarahRoeder: Susanne Brauer - I think it's because Brene is a an actual researcher in her field



Feb 25 2016, 9:48 PM

CarrieAnderson: judi...maybe i just need to do some more research...this is definitely a HUGE topic...



Feb 25 2016, 9:48 PM

Barb (guest): This makes me wonder if I am such an oblige do I even know what my true self is?



Feb 25 2016, 9:48 PM

MarinaDelgado: oblige



Feb 25 2016, 9:48 PM

JudiPartlo: I am a Health & Fitness Specialist and feel like it would be really helpful to know what my clients are - would help in devising a program that would be more individualized and successful for them.



Feb 25 2016, 9:48 PM

Guest6488 (guest): I joined LOAD this month as a way to have accountability in my scrapbooking. I have managed to do 31 layouts in 25 days.



Feb 25 2016, 9:48 PM

AleceNewell: it is very personally reflective of her but there are some interesting ideas floated that make you think



Feb 25 2016, 9:48 PM

TanyaNapier: Agree with you, Sarah



Feb 25 2016, 9:48 PM

Jennifer Wilson: I THINK VALUES AND PRIORITIES ALSO PLAY A ROLE IN WHICH EXPECTATIONS YOU MEET



Feb 25 2016, 9:48 PM

ShannonMinner: I do remember parts, one of which I read recently, about her coming into contact with others and telling them about the 4 tendencies.



Feb 25 2016, 9:49 PM

JudiPartlo: Great job, Guest 6488!!!



Feb 25 2016, 9:49 PM

MarinaDelgado: yes jennifer



Feb 25 2016, 9:49 PM

KristinaRees: Guest6488 I'm doing Calvinball for the same reason.



Feb 25 2016, 9:49 PM

SarahRoeder: I'm not discounting Gretchen's research and work - I have still found value in this book



Feb 25 2016, 9:49 PM

CarrieAnderson: guest6488 LOAD is definitely a fantastic accountability tool



Feb 25 2016, 9:49 PM

Melanie Ritchie: Susanne, yes, Brene is a very skilled and leading researcher in her field. She's brilliant.



Feb 25 2016, 9:49 PM

JudiPartlo: She does admit she can be a bully to others about things!



Feb 25 2016, 9:49 PM

AleceNewell: Jennifer they are a super large portion for me



Feb 25 2016, 9:49 PM

Jennifer Wilson: SO IN SOME DOMAINS YOU MAY BE MORE OF ONE TENDENCY THAN ANOTHER....



Feb 25 2016, 9:49 PM

KellyKirkland: 31 layouts! Woot- Guest



Feb 25 2016, 9:49 PM

ShannonMinner: WOW Guest6488! I need to find out about LOAD.



Feb 25 2016, 9:49 PM

JudiPartlo: I mean Gretchen, not Brene



Feb 25 2016, 9:49 PM

DeannaRidgway: Reading this book helped me improve my habit for going to bed early so it was worth it to me for that alone!



Feb 25 2016, 9:49 PM

MarinaDelgado: Yes I think a bit of obliger and upholder for me



Feb 25 2016, 9:49 PM

AleceNewell: great Deanna



Feb 25 2016, 9:50 PM

Guest6488 (guest): I like how she talks about different loopholes. I can catch myself in some of those and stop myself.



Feb 25 2016, 9:50 PM

SarahRoeder: Deanna - yes! I did like what she had to say about bed time



Feb 25 2016, 9:50 PM

Melanie Ritchie: Deanna, that IS worth something!!!



Feb 25 2016, 9:50 PM

JudiPartlo: Yes, I got some great ideas on how to overcome some of the excuses I use to avoid the habits I want to develop



Feb 25 2016, 9:50 PM

VanessaRoberts: me too Deanna



Feb 25 2016, 9:50 PM

CarrieAnderson: i was hoping for more "how to" and less "this is what i did" maybe that was the disconnect for me...it was more like a memoir than self help...and i NEED the help haahahaaa



Feb 25 2016, 9:50 PM

AnnAnderson: Has anyone listened to Gretchen's podcast "Happier with Gretchen Rubin" she does it with her sister, and they talk about the various tendencies.



Feb 25 2016, 9:50 PM

Susanne Brauer: Congrats Guest6488. Being a rebel I like Calvinball more than LOAD because I can set my own expectations and don't have to stick to a daily habit to be productive.



Feb 25 2016, 9:50 PM

Guest6488 (guest): I love the podcast



Feb 25 2016, 9:51 PM

ShannonMinner: I haven't listened to it AnnAnderson.



Feb 25 2016, 9:51 PM

DottiePennington: LOL Susanne



Feb 25 2016, 9:51 PM

Jennifer Wilson: QUOTE // p. 9 - A "routine" is a string of habits, and a "ritual" is a habit charged with transcendent meaning.



Feb 25 2016, 9:51 PM

Jennifer Wilson: QUESTION // Q3. Do you have any routines or rituals in your memory keeping?



Feb 25 2016, 9:51 PM

JudiPartlo: Carrie, that's interesting!



Feb 25 2016, 9:51 PM

ShannonMinner: I'm beginning to think we need to podcast along with these books.



Feb 25 2016, 9:51 PM

Lycia Evanoff: I started listening to the podcast a few months ago, long before I read the book. I enjoy it.



Feb 25 2016, 9:51 PM

SarahRoeder: I've listened to a couple of the podcasts - can't decide yet if I like it enough to keep it in rotation



Feb 25 2016, 9:51 PM

Melanie Ritchie: I love that quote. Very true.



Feb 25 2016, 9:51 PM

KellyKirkland: It is a small thing I do... I fold everyone's underwear and put it in the right drawers. Mine are just tossed in... Can't explain why I have time for them and not me....



Feb 25 2016, 9:51 PM

Lycia Evanoff: No routines in memory keeping for me, but I think they would be highly beneficial.



Feb 25 2016, 9:51 PM

ShannonMinner: I have made it a routine to backup any pictures I upload almost immediately.



Feb 25 2016, 9:52 PM

CarrieAnderson: hmmm...i cant think of a routine or ritual right now...eeeeek...that makes me think i need to make some



Feb 25 2016, 9:52 PM

Guest6488 (guest): I have been working on developing a workflow for my photos so I don't get overwhelmed.



Feb 25 2016, 9:52 PM

TanyaNapier: I don't think I have any routines or rituals in memory keeping



Feb 25 2016, 9:52 PM

Cindy Valovich Davenport: Other than routinely taking pictures, no!



Feb 25 2016, 9:52 PM

Barb (guest): Thanks ShannonMinner! I was thunking



Feb 25 2016, 9:52 PM

AnnAnderson: My calendar reminds me daily to scrapbook, and almost daily, I ignore it.. unfortunately, that is not the routine that you were probably looking for...



Feb 25 2016, 9:52 PM

EdithBanks: I usually scrapbook or make cards on the weekend



Feb 25 2016, 9:52 PM

KellyKirkland: I print pictures every week for my PL



Feb 25 2016, 9:52 PM

Jennifer Wilson: INTERESTING KELLY... I AM INCONSISTENT FOR OTHER REASONS I BELIEVE.. SOMETIMES I FOLD ALL THE UNDERWEAR AND SOMETIMES NONE.



Feb 25 2016, 9:52 PM

Guest6488 (guest): My scrapbooking always starts with photos.



Feb 25 2016, 9:52 PM

JudiPartlo: Hmm... as far as my memory keeping goes, not very structured routines and I can't think of any rituals. Maybe that's part of my problem with not getting much done!



Feb 25 2016, 9:52 PM

KellyPrang: I have a routine of scrapbooking every day. I don't want to break the chain!



Feb 25 2016, 9:53 PM

Barb (guest): I had no routines but I am great at backing up and printing my photos.



Feb 25 2016, 9:53 PM

AnnAnderson: i take pictures almost daily



Feb 25 2016, 9:53 PM

DottiePennington: one thing I would consider a routine is making micro page kits in groups of 20 or so. I then add them to my pile and do the next one in line.



Feb 25 2016, 9:53 PM

CarrieAnderson: haahaha...Ann...thats my kind of routine too...ignore the reminders



Feb 25 2016, 9:53 PM

Melanie Ritchie: I am trying to start rituals with my work (memory keeping, art, etc.). Sit at my desk by good light, with my coffee, with a bit of rosemary/lemon/peppermint oil diffusing, while I sketch for twenty minutes. That's how I want to start my work day.



Feb 25 2016, 9:53 PM

EdithBanks: Wow Kelly!



Feb 25 2016, 9:53 PM

MarinaDelgado: I don't think I have any habits or rituals in memory keeping.



Feb 25 2016, 9:53 PM

JudiPartlo: I can relate to that routine, Ann!



Feb 25 2016, 9:53 PM

AleceNewell: I have no routines or rituals so that's probably why I get frustrated by lack of time for memory keeping



Feb 25 2016, 9:53 PM

Lycia Evanoff: I admire you Kelly Prang!



Feb 25 2016, 9:53 PM

DottiePennington: I have been able to complete so many more LOs since I started doing this over a year ago.



Feb 25 2016, 9:53 PM

AnnAnderson: Glad I'm not alone...



Feb 25 2016, 9:53 PM

PatriciaMoore: I immediately upload pix and edit then print as quickly as possible.



Feb 25 2016, 9:53 PM

JudiPartlo: Nice, Melanie - that sounds so inviting!



Feb 25 2016, 9:54 PM

JudiPartlo: That's terrific, Dottie!



Feb 25 2016, 9:54 PM

DeannaRidgway: I am with you too Ann!



Feb 25 2016, 9:54 PM

AnnAnderson: I'm beginning to wonder if the time i set (4-6 PM) needs adjusting so that i will not ignore my phone

Feb 25 2016, 9:54 PM

DottiePennington: thanks Judi



Feb 25 2016, 9:54 PM

ShannonMinner: I am realizing 2 more - I have a routine of recording each days events in a planner. It's at least every other day.



Feb 25 2016, 9:54 PM

Susanne Brauer: The one routine I would like to adapt is to clean up after every layout - that would be beneficial to me.



Feb 25 2016, 9:54 PM

Melanie Ritchie: To me a routine is making lunches and taking the kids to the bus stop. A habit is something I have to do (brush teeth, take medicine). A ritual is something I choose to do. All are kind of the same thing.



Feb 25 2016, 9:54 PM

ShannonMinner: I also plan out my PL weekly spread so I can print only the pictures I need and not waste money on pics I won't scrap.



Feb 25 2016, 9:55 PM

ShannonMinner: I like that Melanie! Makes it clear.



Feb 25 2016, 9:55 PM

Jennifer Wilson: THAT'S A GOOD ONE SUSANNE.. I'D SAY THAT'S ONE I HAVE THAT HAS BEEN VERY INFLUENTIAL ON THE REST OF MY HOBBY AND MY LIFE.



Feb 25 2016, 9:55 PM

JudiPartlo: I have done something consistently for the first time this year that I guess qualifies - take a picture for my Collect App and write a couple of lines in my journal about the day.



Feb 25 2016, 9:55 PM

CarrieAnderson: shannon...thats such a good habit! i really really want to start that! i often scrap after a significant time has passed and i really want to be able to have some record of events



Feb 25 2016, 9:55 PM

ShirleyMartin: Great question, Jennifer. I don't have a routine or ritual with my memory keeping... and that's probably why it falls through the cracks



Feb 25 2016, 9:55 PM

KristinaRees: I'm in the progress of getting away from my go to scrapbook routine. My pages are stuck in the 90's so I'm trying to follow sketches. It is out of my comfort zone



Feb 25 2016, 9:55 PM

Jennifer Wilson: I SUPPOSE A SIDE QUESTION IS DO YOU REALLY WANT OR NEED ANY ROUTINES OR RITUALS IN YOUR HOBBY? WHAT MIGHT BE DIFFERENT IF YOU DID?



Feb 25 2016, 9:55 PM

AleceNewell: JudiP that's what I want to do



Feb 25 2016, 9:56 PM

KellyPrang: I am planning to do a challenge each month this year- in January I did Month of Challenges over at the Lilypad, February I am doing Load, then Calvinball in March



Feb 25 2016, 9:56 PM

JudiPartlo: It's been pretty painless, Alece!



Feb 25 2016, 9:56 PM

DottiePennington: I also review the previous month's goals and set the new month's goals around the first of each month.



Feb 25 2016, 9:56 PM

ShannonMinner: It helps and I have found myself going back to my planners to find out the dates things occur Carrie. I don't get wordy...maybe bullet points but it helps to jumpstart my memory when I journal.



Feb 25 2016, 9:56 PM

Susanne Brauer: It the same with my other paperwork - I let thing stack up and then when it reaches a tipping point, I do a major cleanup. I wonder if I should tackle the household routine first and transfer it to scrapping or vice versa?



Feb 25 2016, 9:56 PM

KellyKirkland: If the time and place was routine- not remaking the same layout.



Feb 25 2016, 9:56 PM

ShannonMinner: If I had a better scrapbooking routine



Feb 25 2016, 9:56 PM

Melanie Ritchie: Yes, I think rituals will get you to your craft space more instead of thinking about it but not doing it. Routines will help you utilize what you have.



Feb 25 2016, 9:56 PM

ShannonMinner: 1. I would get more done.



Feb 25 2016, 9:56 PM

JudiPartlo: Hmm, I wonder Susanne!



Feb 25 2016, 9:56 PM

ShannonMinner: 2. I could use my limited time more wisely!



Feb 25 2016, 9:56 PM

Barb (guest): When I try to follow a routine with my crafting I struggle with creativity and the "analysis paralysis" is huge with my scrapbooking.



Feb 25 2016, 9:57 PM

TanyaNapier: I think I NEED a routine or ritual. I am a schedule follower and need structure. Scrapbooking is one area where I don't have any structure.



Feb 25 2016, 9:57 PM

ShannonMinner: 3. I wouldn't walk into my scrapbooking room and feel overwhelmed or get distracted.



Feb 25 2016, 9:57 PM

KellyPrang: I realized a few years ago just how motivated I am by competition.



Feb 25 2016, 9:57 PM

AleceNewell: I have very little down time but I am frustrated when I use it unwisely



Feb 25 2016, 9:57 PM

AnnAnderson: More forward progress if i made time to scrap, and not ignore. I usually spend several weeks in concentrated scrap mode, now if i could do it more often, i enjoy it, just delay it - no excuses



Feb 25 2016, 9:57 PM

ShannonMinner: I can be to Kelly.



Feb 25 2016, 9:57 PM

KristinaRees: Barb yes no creativity in routines



Feb 25 2016, 9:57 PM

Jennifer Wilson: WHAT WOULD YOUR PERSONALIZED SCRAPBOOKING RITUAL LOOK LIKE?



Feb 25 2016, 9:57 PM

ShirleyMartin: Oh so true, Alece!



Feb 25 2016, 9:57 PM

CarrieAnderson: kelly...youre going to KILL IT at calvinball



Feb 25 2016, 9:57 PM

JudiPartlo: I think I'm like that too Tanya. Routines help me so much in my daily life but I haven't carried that through to my scrapping



Feb 25 2016, 9:57 PM

Susanne Brauer: Barb, do you have the analysis paralysis just when you are getting back to it after being away, or all the time?



Feb 25 2016, 9:57 PM

SarahRoeder: LOL - this chat is moving so fast! Can't wait to read the transcript!



Feb 25 2016, 9:57 PM

Melanie Ritchie: Example. Ritual: I'm going to put on my music, get my coffee, and go sit at the desk... enjoyable... no pressure. Gets me there. Once I'm into it, I do the routine of "tidying up" as I craft and that keeps me organized so I avoid being overwhelmed for the next time.



Feb 25 2016, 9:57 PM

EdithBanks: I think if I don't have any routine or habit - crafting would never happen



Feb 25 2016, 9:58 PM

Jennifer Wilson: THAT DOESN'T SOUND LIKE UNTETHERED HOT MESS MELANIE



Feb 25 2016, 9:58 PM

Cindy Valovich Davenport: What Tanya said earlier. . . something scheduled



Feb 25 2016, 9:58 PM

KellyPrang: carrie- last year I came in second. I am really gunning to win it this year!



Feb 25 2016, 9:58 PM

CarrieAnderson: haahhaa...jennifer...i was thinking that SAME thing...hahaaha melanies busted



Feb 25 2016, 9:58 PM

Melanie Ritchie: Jennifer, I'm untethered hot mess in all other aspects of my life. HA!!!



Feb 25 2016, 9:58 PM

AnnAnderson: I tell myself that i like to scrap alone, but being an obliger, i think i need to start meeting someone regularly and that would help me meet the commitment.



Feb 25 2016, 9:58 PM

Barb (guest): I pretty much have it all the time. Too many choices is one of the bigger problems but I can't make myself get rid of anything!



Feb 25 2016, 9:59 PM

CarrieAnderson: kelly!! got my fingers crossed for you and the WIN!!!



Feb 25 2016, 9:59 PM

Melanie Ritchie: Or I just talk a good talk! HAAAA!



Feb 25 2016, 9:59 PM

DionneJack: My habits and routines for memory keeping are about photo management, making time and journaling. I don't have a routine for how I approach the actual creative part of it.



Feb 25 2016, 9:59 PM

ShirleyMartin: If I will stick with it, writing down my quarterly and monthly goals will really help. I've only started in January, and already I am holding myself accountable to my top 5 things to work on each month.



Feb 25 2016, 9:59 PM

JudiPartlo: I have put scrapping/crafting time down on my planner (through Refresh)but as an Obliger, I let other things come first because it's just for me!



Feb 25 2016, 9:59 PM

Jennifer Wilson: QUOTE // p. 35 - At one of our meetings, a friend remarked, "I always want to feel empty," and another responded, "I always want to feel full."



Feb 25 2016, 9:59 PM

AleceNewell: routine is what I need. I have a ritual but sometimes it goes nowhere cause I don't have a routine to provide structure



Feb 25 2016, 9:59 PM

Jennifer Wilson: QUESTION // Q4. Which statement resonates more with you?



Feb 25 2016, 9:59 PM

Tiffany Mitchell: I used to have a scrapping routine, until my daily routine completely changed and my scrapping one went out the window with it.



Feb 25 2016, 9:59 PM

SarahRoeder: My scrapbooking ritual needs to be a two-parter: part one = pulling the pieces together (kits/photos/templates) and part two = doing the work.



Feb 25 2016, 9:59 PM

HonoreFrancois: i think we do have routines in tis hobby and "not doing" it becomes a habit/routine, by default if not design



Feb 25 2016, 9:59 PM

Melanie Ritchie: or is that "talk a good game"? whatever.



Feb 25 2016, 9:59 PM

Guest6488 (guest): Definitely feel full.



Feb 25 2016, 9:59 PM

ShannonMinner: I want to feel full. I like feeling like I have accomplished something.



Feb 25 2016, 9:59 PM

Guest6488 (guest): Yes, like I have finished.



Feb 25 2016, 9:59 PM

SarahRoeder: Ann - I'm with you, I think I need an accountability partner



Feb 25 2016, 9:59 PM

DottiePennington: I am an obliher and I do like to scrap by myself. I also enjoy the social aspect of scraping with a group and going on retreats



Feb 25 2016, 9:59 PM

KellyKirkland: I like to have an empty "to do list"



Feb 25 2016, 10:00 PM

PatriciaMoore: Judi that is also my problem



Feb 25 2016, 10:00 PM

SarahRoeder: for scrapping, that is



Feb 25 2016, 10:00 PM

Jennifer Wilson: I WANT TO FEEL EMPTY.



Feb 25 2016, 10:00 PM

MarinaDelgado: Empty.



Feb 25 2016, 10:00 PM

KristinaRees: full



Feb 25 2016, 10:00 PM

Melanie Ritchie: Empty. Full is overwhelming.



Feb 25 2016, 10:00 PM

JudiPartlo: If Empty=completed projects!



Feb 25 2016, 10:00 PM

Jennifer Wilson: I LOVE WHEN THE DISHWASHER IS EMPTY, WHEN THE CLOTHES ARE PUT AWAY NEATLY, WHEN I FINISH A BOTTLE OF SOMETHING, WHEN THERE ARE NOT GROSS LEFTOVERS IN THE FRIDGE



Feb 25 2016, 10:00 PM

CarrieAnderson: that statement confuses me and i dont know how to answer...



Feb 25 2016, 10:00 PM

SarahRoeder: I want to feel full - I wasn't sure which one I was until she talked about someone wanting a full pantry



Feb 25 2016, 10:00 PM

DottiePennington: My scraping to do list will never be empty. I have 60 some years of stories to tell.



Feb 25 2016, 10:00 PM

JudiPartlo: Except if it's an empty bottle of wine.....



Feb 25 2016, 10:00 PM

SarahRoeder: that's like a safe feeling for me



Feb 25 2016, 10:00 PM

CarrieAnderson: i think full though...cause empty scares me...



Feb 25 2016, 10:00 PM

TanyaNapier: I want to feel empty. I love crossing off things on a list



Feb 25 2016, 10:01 PM

AleceNewell: I wasn't sure how to understand those feelings empty of obligation full of contentment



Feb 25 2016, 10:01 PM

SarahRoeder: HA HA Judi!!!



Feb 25 2016, 10:01 PM

[Tiffany Mitchell](#): empty



Feb 25 2016, 10:01 PM

Barb (guest): I was just thinking that, CarrieAnderson



Feb 25 2016, 10:01 PM

JudiPartlo:



Feb 25 2016, 10:01 PM

Jennifer Wilson: I LOVE EVEN MORE WHEN IT LOOKS LIKE WE NEED TO GO SHOPPING BC ALL THAT'S LEFT IS BEER AND KETCHUP



Feb 25 2016, 10:01 PM

KellyKirkland: Full can be overwhelming...



Feb 25 2016, 10:01 PM

KristinaRees: Judi lol



Feb 25 2016, 10:01 PM

AnnAnderson: Full for me...lol judi



Feb 25 2016, 10:01 PM

CarrieAnderson: oh gosh jennifer...no way...i HATE that...



Feb 25 2016, 10:01 PM

SarahRoeder: LOL Jennifer



Feb 25 2016, 10:01 PM

MarinaDelgado: Haha Jennifer...twins again...



Feb 25 2016, 10:01 PM

ShannonMinner: Now that I read other people's answer I am confused on if I want to be full or empty. I think we're defining the terms differently.



Feb 25 2016, 10:01 PM

KellyKirkland: LOL Jennifer



Feb 25 2016, 10:01 PM

DottiePennington: no way would I want my kitchen to be that empty, unless I was moving.



Feb 25 2016, 10:02 PM

KellyPrang: Agree with Carrie- guess I want to feel full



Feb 25 2016, 10:02 PM

CarrieAnderson: probably shannon



Feb 25 2016, 10:02 PM

Melanie Ritchie: To me full is like juggling or being in a crowded elevator. I want to feel empty... like things are completed and I have space around me.



Feb 25 2016, 10:02 PM

PatriciaMoore: I wont live long enough to do all my photos



Feb 25 2016, 10:02 PM

Jennifer Wilson: TO ME IT SIGNIFIES THAT WE WEREN'T WASTEFUL AND MADE GOOD SHOPPING CHOICES THE LAST TIME

Feb 25 2016, 10:02 PM

AleceNewell: Jennifer I will ship you a large box of all the random things my husband buys at grocery that I have no idea how to use



Feb 25 2016, 10:02 PM

ShannonMinner: Lord knows my home is full of to much stuff but empty to me means I have nothing to show for my time.



Feb 25 2016, 10:02 PM

JudiPartlo: I do like crossing things off lists A LOT



Feb 25 2016, 10:02 PM

KellyKirkland: Is your glass half empty or half full?



Feb 25 2016, 10:02 PM

CarrieAnderson: cracking up Alece....haahahahaaaa



Feb 25 2016, 10:02 PM

KellyKirkland: Depends on the day



Feb 25 2016, 10:02 PM

EdithBanks: It depends what it is - pantry, fridge full- but my closet - only esestials



Feb 25 2016, 10:02 PM

JudiPartlo: Shannon - I feel that way a lot too!



Feb 25 2016, 10:02 PM

[MarinaDelgado](#): Empty to me means open and clutter-free.



Feb 25 2016, 10:02 PM

ShannonMinner: Depends on the day Kelly



Feb 25 2016, 10:02 PM

Jennifer Wilson: HEHE ALECE



Feb 25 2016, 10:02 PM

JudiPartlo: That's cool, Marina!



Feb 25 2016, 10:03 PM

[Tiffany Mitchell](#): I agree Marina



Feb 25 2016, 10:03 PM

DottiePennington: empty to me is void of anything.



Feb 25 2016, 10:03 PM

KristinaRees: Empty to me means I'm bored with nothing to do



Feb 25 2016, 10:03 PM

AleceNewell: so this means we all see these phrases differently



Feb 25 2016, 10:03 PM

ShannonMinner: I do like making lists and crossing things off. I feel good accomplishing something and seeing my list. My only problem is I keep adding to it...



Feb 25 2016, 10:03 PM

[MarinaDelgado](#): Not too much stuff on my plate and not too many things around to fill my head...



Feb 25 2016, 10:03 PM

Jennifer Wilson: IT'S HALF EMPTY FOR ME.. WHICH MEANS YOU'RE MAKING PROGRESS



Feb 25 2016, 10:03 PM

CarrieAnderson: yes...dottie and kristina



Feb 25 2016, 10:03 PM

AleceNewell: Amen Marina



Feb 25 2016, 10:03 PM

Jennifer Wilson: THIS IS SO FASCINATING... BC THIS QUESTION CAME IN THE SECTION ON WHETHER YOU PREFER SIMPLICITY OR ABUNDANCE.



Feb 25 2016, 10:04 PM

Lisamarie Seinen-Hols Howells: Full if my priorities are set. Drawer of laundry, chapter of a story stage to tell, fridge of food



Feb 25 2016, 10:04 PM

KellyPrang: I guess for me, I want the glass to be full, so it can spill out and help others?



Feb 25 2016, 10:04 PM

PatriciaMoore: I will never be empty if it means board. Never been board



Feb 25 2016, 10:04 PM

DottiePennington: I am a half-full glass person, there is always something to be happy about or I can find a positive.



Feb 25 2016, 10:04 PM

AnnAnderson: Abundance... just went to Costco today...



Feb 25 2016, 10:04 PM

Tiffany Mitchell: Looking at my scrapbooking stash you would think I would prefer abundance, but really I go for simplicity!



Feb 25 2016, 10:04 PM

Susanne Brauer: I always want abundant choices (that rebel things is really proving to be true).



Feb 25 2016, 10:04 PM

CarrieAnderson: ha! costco makes me feel VERY abundant...lol



Feb 25 2016, 10:04 PM

AleceNewell: simplicity of things but abundance of warm relationships



Feb 25 2016, 10:04 PM

KristinaRees: my scrapbook pages cannot be too full but not too much white space either



Feb 25 2016, 10:04 PM

KellyKirkland: My stash too!



Feb 25 2016, 10:04 PM

JudiPartlo: I have too much Abundance - feel like it takes up too much of my time and energy



Feb 25 2016, 10:05 PM

EdithBanks: Simplicity



Feb 25 2016, 10:05 PM

JudiPartlo: Things - not people!



Feb 25 2016, 10:05 PM

Cindy Valovich Davenport: Simplicity of "stuff" but abundance of experiences and memories



Feb 25 2016, 10:05 PM

ShannonMinner: Amen Tiffany. Looking at my collection and the clutter in my house you would think abundance. Here recently it has been BUGGING me!!! I'm wanting simplicity and clutter-free.



Feb 25 2016, 10:05 PM

MarinaDelgado: Simplicity...and the costco thing is funny...I refuse to go in costco...



Feb 25 2016, 10:05 PM

JudiPartlo: Yes, Cindy! That's what I want!



Feb 25 2016, 10:05 PM

KristinaRees: Yes Cindy!



Feb 25 2016, 10:05 PM

PatriciaMoore: I say I like simplicity but I have abundance of stass



Feb 25 2016, 10:05 PM

DionneJack: Agree Cindy!



Feb 25 2016, 10:05 PM

JudiPartlo: Me too, Shannon!!



Feb 25 2016, 10:05 PM

EdithBanks: I am no longer afraid if using up some supply Inlove - there will always be something else



Feb 25 2016, 10:06 PM

[Lisamarie Seinen-Hols Howells](#): The stash could make the usage time abundant...it lasts!



Feb 25 2016, 10:06 PM

KellyKirkland: When you use your stuff there is no guilt in getting more!



Feb 25 2016, 10:06 PM

KellyPrang: I love costco! But, I have 2 hungry teens+1hungry tween, so we need lots around here



Feb 25 2016, 10:06 PM

AnnAnderson: I'm blessed in that i have plenty of experiences and memories, and i want to document them all.., which requires abundance of stuff!



Feb 25 2016, 10:06 PM

AleceNewell: Edith my granny always saved everything special and never used- it was sad when she died and never used those things



Feb 25 2016, 10:07 PM

Barb (guest): I like simplicity in my scrapbooking but I dont want stuff to look the same so I continually want to use new techniques and products



Feb 25 2016, 10:07 PM

KellyKirkland: True Alece



Feb 25 2016, 10:07 PM

AnnAnderson: Erma Bombeck wrote a good article about using your "good stuff"



Feb 25 2016, 10:07 PM

ShannonMinner: With my comment I literally fear the month of April because Jennifer is taking us on a tidying up journey.



Feb 25 2016, 10:07 PM

JudiPartlo: I remember that!



Feb 25 2016, 10:07 PM

[Lisamarie Seinen-Hols Howells](#): AleceNewell I've thought that about stuff...what am I waiting for



Feb 25 2016, 10:07 PM

AnnAnderson: Bring on April...



Feb 25 2016, 10:07 PM

EdithBanks: Alece- I used to be like that



Feb 25 2016, 10:07 PM

CarrieAnderson: shannon...jennifer makes you work without even knowing youre working...it will be SO FUN!!!



Feb 25 2016, 10:07 PM

DottiePennington: I am trying to rid my stash of stuff I don't like anymore but even purging I still have an abundance of stuff.



Feb 25 2016, 10:08 PM

[Lisamarie Seinen-Hols Howells](#): Edith what changed?



Feb 25 2016, 10:08 PM

Jennifer Wilson: IT WILL BE!



Feb 25 2016, 10:08 PM

Jennifer Wilson: QUOTE // p. 37 - Because Finishers focus on their ability to complete, they may be overly cautious about trying to form new habits; Openers may be overly optimistic about their ability to take on additional habits.



Feb 25 2016, 10:08 PM

Jennifer Wilson: QUESTION // Q5. Are you a finisher or an opener?



Feb 25 2016, 10:08 PM

Barb (guest): Ann I often think of Erma's melted candle



Feb 25 2016, 10:08 PM

ShannonMinner: I don't call the "mess" I need to clean up in my house fun Carrie. I'm sure we'll try and make it be though.



Feb 25 2016, 10:08 PM

ShannonMinner: April = Scary



Feb 25 2016, 10:08 PM

JudiPartlo: Opener, for sure. I want to FINISH things more!!!



Feb 25 2016, 10:08 PM

AnnAnderson: I am an excellent Opener!



Feb 25 2016, 10:08 PM

JudiPartlo: haha- Shannon!!!



Feb 25 2016, 10:08 PM

CarrieAnderson: ha...totally an opener...i dont know that i have ever finished anything in my life
eye roll



Feb 25 2016, 10:08 PM

KristinaRees: My one word this year is Finish



Feb 25 2016, 10:08 PM

TanyaNapier: Opener



Feb 25 2016, 10:08 PM

Susanne Brauer: Opener, I like beginning something new.



Feb 25 2016, 10:08 PM

AleceNewell: I'm an opener



Feb 25 2016, 10:08 PM

EdithBanks: Started being more mindful- using what I like - getting rid of the studs I didn't.



Feb 25 2016, 10:08 PM

Cindy Valovich Davenport: Opener. . . guilty as charged!



Feb 25 2016, 10:08 PM

Melanie Ritchie: Oh my, I am an opener.



Feb 25 2016, 10:08 PM

Lisamarie Seinen-Hols Howells: Opener and just joining this journey st



Feb 25 2016, 10:09 PM

Tiffany Mitchell: I am a finisher



Feb 25 2016, 10:09 PM

ShannonMinner: Opener...based on my unfinished project list



Feb 25 2016, 10:09 PM

DionneJack: I'm an Opener all the way...working on finishing more though.



Feb 25 2016, 10:09 PM

EdithBanks: Stuff



Feb 25 2016, 10:09 PM

DottiePennington: I am a finisher.



Feb 25 2016, 10:09 PM

KellyKirkland: Good word Kristina!



Feb 25 2016, 10:09 PM

MarinaDelgado: I feel like I was an opener for a long time...now I'm more of a finisher...very tentative and thoughtful about adding any new things...



Feb 25 2016, 10:09 PM

TanyaNapier: One of my parts of my OLW (Follow) is to follow through to the finish



Feb 25 2016, 10:09 PM

VanessaRoberts: opener



Feb 25 2016, 10:09 PM

JudiPartlo: Great word, Kristina!



Feb 25 2016, 10:09 PM

AnnAnderson: Finish was my word once... wasn't very effective



Feb 25 2016, 10:09 PM

ShannonMinner: I'm not sure I have finished anything, maybe my first son's baby album and wedding album, from start to finish.



Feb 25 2016, 10:09 PM

AleceNewell: I really need to work on opening less



Feb 25 2016, 10:09 PM

CarrieAnderson: tanya...is it working???



Feb 25 2016, 10:09 PM

EdithBanks: Me to Marina



Feb 25 2016, 10:09 PM

DottiePennington: Not afraid to start things, but get a great amount of pleasure when I have finished a project.



Feb 25 2016, 10:10 PM

[Lisamarie Seinen-Hols Howells](#): my OLW was Fruition. Yes want nice to Finisher



Feb 25 2016, 10:10 PM

Guest7595 (guest): I think I am a finisher. I have trouble switching over to a new way of doing something.



Feb 25 2016, 10:10 PM

TanyaNapier: Yes, Alece! I want to open so much! There's so much stuff to make out there.



Feb 25 2016, 10:10 PM

SarahRoeder: I'm an opener, for sure



Feb 25 2016, 10:10 PM

Jennifer Wilson: FOR THE OPENERS HERE... ARE YOU ALSO AN OBLIGER?

Feb 25 2016, 10:10 PM

AnnAnderson: yep



Feb 25 2016, 10:10 PM

TanyaNapier: Yes, both



Feb 25 2016, 10:10 PM

SarahRoeder: Oh yes



Feb 25 2016, 10:10 PM

AleceNewell: yes



Feb 25 2016, 10:10 PM

[Cindy Valovich Davenport](#): yes



Feb 25 2016, 10:10 PM

DionneJack: no, I'm a questioner



Feb 25 2016, 10:10 PM

JudiPartlo: Opener and Obliger



Feb 25 2016, 10:10 PM

VanessaRoberts: yes



Feb 25 2016, 10:10 PM

[Susanne Brauer](#): no, rebel



Feb 25 2016, 10:10 PM

CarrieAnderson: yes according to me...haaha...



Feb 25 2016, 10:10 PM

DottiePennington: however, I can't work on a large project start to finish because I get bored with it.



Feb 25 2016, 10:10 PM

Guest8248 (guest): Opener.... My OLW is 'Blossom' in creative, new ways! ~Dawn



Feb 25 2016, 10:11 PM

JudiPartlo: Nice!



Feb 25 2016, 10:11 PM

CarrieAnderson: me too Dottie



Feb 25 2016, 10:11 PM

TanyaNapier: My word is working, Carrie. I am finishing things that have long been on my to-do list. Nothing in the scrapbooking department thought ;(



Feb 25 2016, 10:11 PM

Guest8248 (guest): Opener and obliger.



Feb 25 2016, 10:11 PM

Melanie Ritchie: I even noticed that it applies to moving. I can unpack easily. I can organize a space. Unpacking really stresses out my husband. I am paralyzed by packing though (through several moves in my life). My husband is a whiz at that.



Feb 25 2016, 10:11 PM

Susanne Brauer: My word is new.



Feb 25 2016, 10:11 PM

AleceNewell: not a finisher because I never can get to my projects



Feb 25 2016, 10:11 PM

CarrieAnderson: still ...that gives me hope Tanya



Feb 25 2016, 10:11 PM

JudiPartlo: How can we Obligers bring in the external accountability we need?!



Feb 25 2016, 10:11 PM

Melanie Ritchie: My point being, I'm an opener not a finisher.



Feb 25 2016, 10:11 PM

KristinaRees: good question Judi



Feb 25 2016, 10:12 PM

Barb (guest): Tanya- me,too. I fear the scrapboking will never make it on the list though.



Feb 25 2016, 10:12 PM

Lisamarie Seinen-Hols Howells: Good ? Judi



Feb 25 2016, 10:12 PM

DottiePennington: That's why I do the micro kits, pieces of different projects are micro kitted and mixed in with other projects



Feb 25 2016, 10:12 PM

Guest6488 (guest): yes



Feb 25 2016, 10:12 PM

Lisamarie Seinen-Hols Howells: I had guests over - motivated cleaning. How apply that to scrapping?



Feb 25 2016, 10:13 PM

Susanne Brauer: Kits are a good way to limit your distraction and help you finish.



Feb 25 2016, 10:13 PM

JudiPartlo: Good point, Susanne



Feb 25 2016, 10:13 PM

Jennifer Wilson: JUDI, I'D LIKE TO THINK THE ANSWER IS SIMPLE SCRAPPER!



Feb 25 2016, 10:13 PM

DottiePennington: Judi, didn't you ask that question at the last chat? I have been thinking about external accountability.



Feb 25 2016, 10:13 PM

AnnAnderson: I think just realizing and admitting that these are our tendencies will help us to work harder at accountability, and finishing a few things



Feb 25 2016, 10:13 PM

[Lisamarie Seinen-Hols Howells](#): Like my own kits (light bulb!)



Feb 25 2016, 10:13 PM

KristinaRees: amen Jennifer



Feb 25 2016, 10:13 PM

AnnAnderson: Jennifer, you certainly provide us with wonderful tools



Feb 25 2016, 10:13 PM

Jennifer Wilson: OUR CHATS, REFRESH WORKSHOPS, CHALLENGES, FB GROUPS ETC. PROVIDE ACCOUNTABILITY FOR OBLIGERS



Feb 25 2016, 10:14 PM

[Lisamarie Seinen-Hols Howells](#): Yup. SS. I'm in the right place. Hmm



Feb 25 2016, 10:14 PM

[Melanie Ritchie](#): Lisamarie, maybe having a friend over to scrapbook with you? Or maybe join an online layout challenge. It will motivate you to stay on track.



Feb 25 2016, 10:14 PM

KellyKirkland: LisaMarie- set a challenge to do x pages before the weekend. Set up a plan just like you would for hosting friends!



Feb 25 2016, 10:14 PM

PatriciaMoore: Ann I have found that is the case with me...so I am progressing



Feb 25 2016, 10:14 PM

AleceNewell: I think less time trolling online and real work on my projects is answer



Feb 25 2016, 10:14 PM

Barb (guest): I think I need to make myself as imporant to ME as everyone else is.



Feb 25 2016, 10:14 PM

DottiePennington: You just answered my question Jennifer.



Feb 25 2016, 10:14 PM

JudiPartlo: Yes, probably something similar, Dottie. I think I told Carrie we needed to do something to be accountable to each other!!! And yes, Jennifer, Simple Scrapper has already helped me alot!



Feb 25 2016, 10:14 PM

TanyaNapier: Oh my gosh, yes! I have followed along more in these last couple months of membership than I have in anything else I've tried joining.



Feb 25 2016, 10:14 PM

AnnAnderson: me too - since reading this book - just realizing that i am an obliger has made me more aware of saying no



Feb 25 2016, 10:14 PM

AleceNewell: Simple Scrapper is definitely a great accountability partner



Feb 25 2016, 10:15 PM

DottiePennington: I guess when you ask about victories and intentions is also a part of accountability.



Feb 25 2016, 10:15 PM

JudiPartlo: Me too, Tanya!!



Feb 25 2016, 10:15 PM

[Lisamarie Seinen-Hols Howells](#): Oh! Timer, plan for play (less guilt) friends to scrap.Happy ideas!



Feb 25 2016, 10:15 PM

PatriciaMoore: I am being more intentional with my time



Feb 25 2016, 10:15 PM

Jennifer Wilson: QUOTE // p. 57 - I should monitor whatever is essential to me. In that way, I ensure that my life reflects my values.



Feb 25 2016, 10:15 PM

Jennifer Wilson: QUESTION // Q6. What aspects of your hobby do you monitor?What could you add?



Feb 25 2016, 10:15 PM

KellyKirkland: Saying no was something I promised myself I would do more of this year. It seems to be working!



Feb 25 2016, 10:16 PM

ShannonMinner: I don't think I monitor anything.



Feb 25 2016, 10:16 PM

AnnAnderson: I don't really monitor anything either



Feb 25 2016, 10:16 PM

PatriciaMoore: Monitoring does make me more aware of what I am doing



Feb 25 2016, 10:16 PM

KellyKirkland: Me neither!



Feb 25 2016, 10:16 PM

[Melanie Ritchie](#): I think having an awareness of FOMO helps.



Feb 25 2016, 10:16 PM

KellyKirkland: FOMO?



Feb 25 2016, 10:16 PM

[Lisamarie Seinen-Hols Howells](#): A time usage tracker class helped me



Feb 25 2016, 10:16 PM

EdithBanks: I guess Project Life- did I document anything for the month?



Feb 25 2016, 10:16 PM

KristinaRees: I'm starting to change my focus to more of what family in the future would want to read about and I'm leaving out the fluff



Feb 25 2016, 10:17 PM

DottiePennington: The only thing I monitor is my monthly goals and crossing off stories that I have completed and then adding about 5 more new stories. smiling



Feb 25 2016, 10:17 PM

Susanne Brauer: I use the fact that I want X number of blog posts per month to keep me scrapping projects. I also know that I work better with deadlines, so I need to have assignments. I do better if they are team assignments, than if I try to self-assign.



Feb 25 2016, 10:17 PM

AnnAnderson: I don't have to deal with FOMO, but my 20 something boys really do



Feb 25 2016, 10:17 PM

SarahRoeder: Monitoring and accountability are big for me.



Feb 25 2016, 10:17 PM

JudiPartlo: One thing I have embraced more because of Simple Scrapper is JOMO - Joy of Missing Out - realizing that I can choose to stay offline more to do things I want to



Feb 25 2016, 10:17 PM

AnnAnderson: Fear of Missing Out



Feb 25 2016, 10:17 PM

TanyaNapier: I actually think the one thing I monitor more recently is my spending when it comes to supplies. I am not making as much, so there is no reason to consume as much.



Feb 25 2016, 10:17 PM

Lisamarie Seinen-Hols Howells: I had lists of stories I wanted to tell. Motivates focus



Feb 25 2016, 10:17 PM

MarinaDelgado: I monitor my happiness in creating a page. Try to be present with my feelings during the creation process. I'm also trying to be better at monitoring what it is I'm making. Maybe I should meld the two: a list of what I made and how I felt doing it. (Jennifer there's a planner page like this I think...)



Feb 25 2016, 10:18 PM

ShannonMinner: Not FOMO again (ha, ha)



Feb 25 2016, 10:18 PM

JudiPartlo: Yup!!



Feb 25 2016, 10:18 PM

Guest8248 (guest): Me too, Tanya! I'm monitoring my monthly crafty spending. It's working!



Feb 25 2016, 10:18 PM

Jennifer Wilson: I DEFINITELY MONITOR MY PURCHASES. RECORDING MY VICTORIES ALSO HELPS ME SEE FORWARD PROGRESS.



Feb 25 2016, 10:18 PM

[Lisamarie Seinen-Hols Howells](#): I monitored purchases. Therefore stopped running a home SBing business.



Feb 25 2016, 10:18 PM

CarrieAnderson: always shannon...always...but i didnt bring it up this time...haahahaaa



Feb 25 2016, 10:18 PM

Jennifer Wilson: YOU COULD ADD FEELINGS TO THE VICTORIES LIST MARINA.



Feb 25 2016, 10:18 PM

[Cindy Valovich Davenport](#): Monitor nothing really except being sure I take photos and desperately need to add doing something with them other than tag them.



Feb 25 2016, 10:18 PM

JudiPartlo: I do love the Victories that you ask us about Jennifer. I've never done that before!



Feb 25 2016, 10:18 PM

DottiePennington: Kristin what do you consider fluff?



Feb 25 2016, 10:18 PM

TanyaNapier: I love having that victories list. Great tool.



Feb 25 2016, 10:18 PM

[MarinaDelgado](#): That's a good idea Jennifer



Feb 25 2016, 10:19 PM

[Lisamarie Seinen-Hols Howells](#): Curious about success tracking with photo printing. Need to do last week's class



Feb 25 2016, 10:19 PM

AleceNewell: being able to add to a victory list would be accountability for me



Feb 25 2016, 10:19 PM

AnnAnderson: Changing subject, but how do i add my pic - it's so nice to see some of you?



Feb 25 2016, 10:19 PM

Jennifer Wilson: ANN, GO TO GRAVATAR.COM



Feb 25 2016, 10:19 PM

AnnAnderson: thanks



Feb 25 2016, 10:19 PM

PatriciaMoore: I have a hard time seeing the victories when so much is still to be done



Feb 25 2016, 10:19 PM

ShannonMinner: I like the Victories to. Thought I may not be up in my room physically working on a page that week it makes me realized I did do something to preserve my memories and help myself when I go to finally get to work.



Feb 25 2016, 10:19 PM

[Susanne Brauer](#): Or if you sign in with Facebook.



Feb 25 2016, 10:20 PM

ShannonMinner: I like getting jealous of other people's victories. I want that to be me



Feb 25 2016, 10:20 PM

CarrieAnderson: yep...what shannon said...lol



Feb 25 2016, 10:21 PM

[Melanie Ritchie](#): Shannon and Carrie, comparison is the thief of joy. Lol.



Feb 25 2016, 10:21 PM

Candace: Start a victories list Shannon. You start it and it will grow!!



Feb 25 2016, 10:21 PM

Jennifer Wilson: IS HEARING OTHERS VICTORIES A SOURCE OF ACCOUNTABILITY FOR YOU?



Feb 25 2016, 10:21 PM

Dottie Pennington: So Shannon, there is a victory. You did memory keeping without having to be physically in your room.



Feb 25 2016, 10:21 PM

Carrie Anderson: thanks melanie...i already said that to myself too haahahahaaa

Feb 25 2016, 10:21 PM

Jennifer Wilson: QUOTE // p. 59 - Habits in four areas do most of boost feelings of self-control, and in this way strength the Foundation of all our habits. (sleep, move, eat and drink right, unclutter)



Feb 25 2016, 10:21 PM

Jennifer Wilson: QUESTION // Q7. Have you noticed that better habits in any of those areas impact your motivation to scrapbook?



Feb 25 2016, 10:22 PM

Melanie Ritchie: Absolutely!



Feb 25 2016, 10:22 PM

KristinaRees: Dottie in years past I would scrap everything. my home decorations each season, signs of spring every year but what Im doing now is telling my story of these things in my life and what they mean to me. So I won't be scrapping the same things every year.



Feb 25 2016, 10:22 PM

CarrieAnderson: uncluttering always does...



Feb 25 2016, 10:22 PM

AleceNewell: yes those habits free me to accomplish things



Feb 25 2016, 10:22 PM

AnnAnderson: Sleep helps my attitude all the way around.



Feb 25 2016, 10:22 PM

KellyKirkland: Yes! A clean desk makes me want to enter my scrap room!



Feb 25 2016, 10:22 PM

JudiPartlo: They just make me feel better in general, which I guess would motivate me indirectly



Feb 25 2016, 10:22 PM

Jennifer Wilson: THIS IS AN INTERESTING ONE FOR ME... BC ONE OF MY FIRST ANSWERS TO PEOPLE WHEN THEY TALK ABOUT NOT BEING ABLE TO SCRAPBOOK OR FIND TIME FOR IT.. IS ARE YOU TAKING CARE OF YOURSELF?



Feb 25 2016, 10:22 PM

[Cindy Valovich Davenport](#): Yes!



Feb 25 2016, 10:22 PM

[MarinaDelgado](#): Yes! all of the above



Feb 25 2016, 10:22 PM

ShannonMinner: That's what I call a miracle Dottie...not a victory (ha, ha).



Feb 25 2016, 10:22 PM

JudiPartlo: The uncluttering part is the one I struggle with



Feb 25 2016, 10:22 PM

EdithBanks: Yes- when I exercise and am rested I am more creative in general



Feb 25 2016, 10:23 PM

CarrieAnderson: judi...april will be AWESOME



Feb 25 2016, 10:23 PM

[Melanie Ritchie](#): I have sleep/energy issues so I can't really control that. Exercise and eating is a no-brainer...but hard. Uncluttering brings instant motivation.



Feb 25 2016, 10:23 PM

PatriciaMoore: yes all of these help



Feb 25 2016, 10:23 PM

Jennifer Wilson: MOST SCRAPBOOKING HAPPENS IN THE EVENING AND ON WEEKENDS.. AND IF YOU DON'T CARE OF YOURSELF THEN IT IS MORE DIFFICULT TO HAVE ANY ENERGY LEFT FOR IT



Feb 25 2016, 10:23 PM

JudiPartlo: YES, Carrie!!!



Feb 25 2016, 10:23 PM

KellyKirkland: Sometimes just moving things away will help with the clutter



Feb 25 2016, 10:23 PM

AleceNewell: yes Jennifer



Feb 25 2016, 10:23 PM

DottiePennington: thanks, I was thinking that you were changing how you journaled to just the basics. I would have encourage to add feelings and thoughts.



Feb 25 2016, 10:23 PM

KellyPrang: Looking forward to April- if I am not completely worn out from Calvinball



Feb 25 2016, 10:23 PM

MarinaDelgado: "Uncluttering" my mind through meditation has helped create space for everything else including memory keeping.



Feb 25 2016, 10:24 PM

Jennifer Wilson: SIDE-QUOTE // Over and over, people tell me that getting control of their stuff makes them feel more in control of their lives.



Feb 25 2016, 10:24 PM

KellyKirkland: True!



Feb 25 2016, 10:24 PM

JudiPartlo: Love that quote!!



Feb 25 2016, 10:24 PM

ShannonMinner: I have noticed that keeping track of habits makes me realize that my schedule is very packed. I get a little stressed trying to figure it all into working a full time job, being a mom to 2 boys, being a wife, and keeping up with my household. Not to mention I am in week 3 of Half Marathon training.



Feb 25 2016, 10:24 PM

MarinaDelgado: Yup!



Feb 25 2016, 10:24 PM

Barb (guest): Getting organized in my craft room has helped a lot. Now I know where things are when I need them and I don't waste time searching for things.



Feb 25 2016, 10:24 PM

[Cindy Valovich Davenport](#): Agree.



Feb 25 2016, 10:24 PM

TanyaNapier: It's true



Feb 25 2016, 10:24 PM

CarrieAnderson: is that a Jennifer quote or a Gretchen quote



Feb 25 2016, 10:24 PM

Jennifer Wilson: GRETCHEN



Feb 25 2016, 10:24 PM

ShannonMinner: I do feel that the clutter in my home is a representation of my current life - cluttered.



Feb 25 2016, 10:24 PM

AleceNewell: Shannon I feel your stress



Feb 25 2016, 10:25 PM

Jennifer Wilson: RELATEDLY CARRIE, CREATIVE MEMORIES QUOTED ME THE OTHER DAY: <https://www.instagram.com/p/BBaNJECtBSI/?taken-by=creativememories>



[Instagram](#)



Feb 25 2016, 10:25 PM

Melanie Ritchie: My house is a mess. maybe i'll take photos of my craft room tomorrow to make you all feel better!



Feb 25 2016, 10:25 PM

Kelly Prang: Yep, i agree Shannon



Feb 25 2016, 10:25 PM

Shannon Minner: I decided to give up keeping up the house...ha, ha again. I think I am getting funnier now that I am older!



Feb 25 2016, 10:25 PM

Nikki ZK (guest): I definitely notice I'm more creative and focused when I eat right and find some time exercise. Clutter and disorganization always creeps in...esp when I'm being creative.



Feb 25 2016, 10:25 PM

Ann Anderson: i really need to spend more time in the "unclutter" mode



Feb 25 2016, 10:25 PM

Patricia Moore: oh yes Shannon me too



Feb 25 2016, 10:25 PM

Carrie Anderson: jennifer! thats so cool...and thats a GREAT quote too



Feb 25 2016, 10:25 PM

JudiPartlo: I wonder if Obligers are more prone to clutter?



Feb 25 2016, 10:25 PM

Susanne Brauer: A clean house always unclutters my mind - but I can't make myself do it on a schedule.



Feb 25 2016, 10:26 PM

ShannonMinner: Maybe in April, the month I fear, we should take before an after pics. We could have a "messy craft room" contest. I think I could be a contender!



Feb 25 2016, 10:26 PM

AleceNewell: living with other people's clutter is difficult



Feb 25 2016, 10:26 PM

KellyKirkland: Ha!



Feb 25 2016, 10:26 PM

AnnAnderson: I think as "creative" people, we see potential in everything, thus... the clutter



Feb 25 2016, 10:26 PM

Jennifer Wilson: I WONDER IF THE DEGREE OF CLUTTER IN CERTAIN ROOMS RELATES TO YOUR TENDENCY



Feb 25 2016, 10:26 PM

[Marina Delgado](#): Awww LOVE that quote Jennifer!



Feb 25 2016, 10:26 PM

[Melanie Ritchie](#): I agree with Ann!



Feb 25 2016, 10:26 PM

Kelly Kirkland: My only clutter is in my craft room



Feb 25 2016, 10:26 PM

Dottie Pennington: The only household chore I seem to have scheduled is I do my laundry on Mondays. I try not to make any appointment that would interfere with laundry day.



Feb 25 2016, 10:26 PM

Carrie Anderson: agreed Ann



Feb 25 2016, 10:27 PM

[Susanne Brauer](#): In an aside: If April is uncluttering at SS, what's March?



Feb 25 2016, 10:27 PM

Ann Anderson: my office/craft room is the only room my husband can't come in and organize, and it is cluttered - the rest of my house is "company ready"



Feb 25 2016, 10:27 PM

Jennifer Wilson: MARCH'S BOOK IS DO THE WORK BY STEVE PRESSFIELD:<http://www.simplescrapper.com/book-club/>



[The Simple Scrapper Book Club - Simple Scrapper](#)



Feb 25 2016, 10:27 PM

ShannonMinner: By the time the weekend rolls around I am just not interested in uncluttering. I want to spend my time doing other things and I'm also overwhelmed by what needs to be done.



Feb 25 2016, 10:27 PM

Jennifer Wilson: I DO HAVE ONE MORE QUESTION FOR US TONIGHT:



Feb 25 2016, 10:27 PM

AleceNewell: oh I'm jealous Ann



Feb 25 2016, 10:27 PM

Candace: Wish I could rent him Ann!!



Feb 25 2016, 10:27 PM

Jennifer Wilson: QUOTE // p. 14 - "These observational strategies don't require that we change what we're doing, only that we learn to see ourselves accurately."



Feb 25 2016, 10:27 PM

CarrieAnderson: ann...my husband makes me keep my "mess" contained to the craft room...



Feb 25 2016, 10:27 PM

Jennifer Wilson: QUESTION // Q8. Did the book help you see yourself more accurately?



Feb 25 2016, 10:28 PM

JudiPartlo: I believe it did - now it's up to me to see what to do with it



Feb 25 2016, 10:28 PM

KellyKirkland: Yes, and my boys too



Feb 25 2016, 10:28 PM

KellyPrang: I felt that this book is given me some ideas to use in parenting- I have one child who is a questioner and this is helping me to understand his motivations a bit,also I am coming up with ideas for my rebel child



Feb 25 2016, 10:28 PM

AleceNewell: yes I think so



Feb 25 2016, 10:28 PM

ShannonMinner: What is "company read" Ann. I don't know that term. All I know is if someone is coming over it will appear neat but don't dare open my bedroom door!



Feb 25 2016, 10:28 PM

TanyaNapier: I'd say yes.



Feb 25 2016, 10:28 PM

[Cindy Valovich Davenport](#): Yes, I definitely found some benefit in how I see myself and others close to me.



Feb 25 2016, 10:28 PM

ShannonMinner: Yes, I felt at many times Gretchen was talking to me!



Feb 25 2016, 10:28 PM

TanyaNapier: I want my husband to take the quiz now



Feb 25 2016, 10:28 PM

AnnAnderson: I'll tell him that he is a "WANTED" man! LOL Company Ready means that your house is ready for company at any time



Feb 25 2016, 10:28 PM

DottiePennington: yes and some ideas on how to make changes that I would like to make but procrastinate making



Feb 25 2016, 10:29 PM

Jennifer Wilson: MY DH BELIEVES THAT YOU SHOULD ALWAYS BE READY TO GIVE SOMEONE A TOUR SHANNON



Feb 25 2016, 10:29 PM

DionneJack: Yes and knowing others around me better as well.



Feb 25 2016, 10:29 PM

KristinaRees: Yes as an obliher I know how to motivate myself now. Gold stars!



Feb 25 2016, 10:29 PM

DottiePennington: Shannon, totally agree.



Feb 25 2016, 10:29 PM

Susanne Brauer: I think I had a good read on myself already, and only half way through the book, so I don't know if there are good tips for addressing my tendencies. Did you all find good tips for that?



Feb 25 2016, 10:29 PM

ShannonMinner: I know Ann. I was being sarcastic. It's a good thing we don't have people over often. I think our clutter is a deterrent and that makes me sad.



Feb 25 2016, 10:29 PM

EdithBanks: Yes- I've started thinking that I need an evening routine that helps np e des tress - but not waste time online.



Feb 25 2016, 10:29 PM

Jennifer Wilson: THE SECOND HALF OF THE BOOK OFFERS SOME MORE NUANCED STRATEGIES SUSANNE



Feb 25 2016, 10:29 PM

ShannonMinner: That would stress me out Jennifer. I gotta know you are coming!



Feb 25 2016, 10:30 PM

JudiPartlo: I'm going to go back over the strategies and decide which might help me the most



Feb 25 2016, 10:30 PM

KellyKirkland: My husband gave a tour a few weeks ago and all my underwear and workout clothes were drying in the laundry room on the racks. I almost died!



Feb 25 2016, 10:30 PM

Melanie Ritchie: Gotta go! Lovely chatting with all of you! Night night!



Feb 25 2016, 10:30 PM

AnnAnderson: Oh - i just show them my office anyway - it's where the work gets done..two computers, three printers, and mess all around, it's a part of who i am...



Feb 25 2016, 10:30 PM

Jennifer Wilson: YEAH, I REBEL AGAINST THAT SHANNON



Feb 25 2016, 10:30 PM

CarrieAnderson: edith...i turn off the overhead light and turn on the bed lamp then read a paper book for about 20 mins...really helps transition



Feb 25 2016, 10:30 PM

AleceNewell: thanks for wonderful discussion



Feb 25 2016, 10:30 PM

Barb (guest): I think I already had the insight but this has motivated me to make some changes



Feb 25 2016, 10:30 PM

DottiePennington: My house may not always be company ready, but I will welcome you and try not to make any excuses.



Feb 25 2016, 10:30 PM

JudiPartlo: Thanks everyone!!!



Feb 25 2016, 10:30 PM

ShannonMinner: Glad to know you may not always agree with him Jennifer.



Feb 25 2016, 10:30 PM

Jennifer Wilson: THAT'S A GREAT INSIGHT EDITH... GETTING IN BED TO READ DEFINITELY HELPS ME AS WELL



Feb 25 2016, 10:31 PM

Jennifer Wilson: LOVE LOVE THAT DOTTIE!

Feb 25 2016, 10:31 PM

AnnAnderson: Hear Hear Dottie !



Feb 25 2016, 10:31 PM

JudiPartlo: That's my favorite ritual that I do everyday - read before I go to sleep!



Feb 25 2016, 10:31 PM

EdithBanks: Good idea Carrie



Feb 25 2016, 10:31 PM

TanyaNapier: Me too, Judi



Feb 25 2016, 10:31 PM

ShannonMinner: That is nice Dottie. I would pretend we weren't home



Feb 25 2016, 10:31 PM

KellyKirkland: Me too



Feb 25 2016, 10:31 PM

[MarinaDelgado](#): Me too Dottie



Feb 25 2016, 10:31 PM

KristinaRees: I also include a cup of sleeptime tea



Feb 25 2016, 10:31 PM

Jennifer Wilson: A FEW NIGHTS THIS WEEK I WAS UP LATE DOING SOME CODING AND IT HAD ME WIRED... I DIDN'T LIKE THAT FEELING



Feb 25 2016, 10:31 PM

DottiePennington: I used to pretend but was missing out on friendships.



Feb 25 2016, 10:31 PM

KellyPrang: Thanks for the great book suggestion Jennifer and wonderful discussion everyone



Feb 25 2016, 10:31 PM

[MarinaDelgado](#): Just embraced that in the last year or so



Feb 25 2016, 10:32 PM

CarrieAnderson: i know if i scrapbook right before bed i will be too wired to sleep!!



Feb 25 2016, 10:32 PM

KristinaRees: Just ordered the next book. it sound good



Feb 25 2016, 10:32 PM

PatriciaMoore: helped and helped me work with hubby...a rebel



Feb 25 2016, 10:32 PM

Jennifer Wilson: YEAH, THAT HAPPENS TO ME TOO CARRIE



Feb 25 2016, 10:32 PM

MarinaDelgado: Yes Patricia I think it also made me aware of some of my husbands tendencies



Feb 25 2016, 10:32 PM

Jennifer Wilson: MAYBE WE ALL NEED TO GET UP AT 5 TO SCRAPBOOK?



Feb 25 2016, 10:32 PM

DionneJack: I'm off ladies...thanks for the interesting chat and 'night all.



Feb 25 2016, 10:32 PM

Jennifer Wilson:



Feb 25 2016, 10:32 PM

JudiPartlo: Goodnight everyone!!



Feb 25 2016, 10:33 PM

AnnAnderson: You are now talking ugly talk Jennifer



Feb 25 2016, 10:33 PM

DottiePennington: and I am the opposite, I am a night owl and often scrap until midnight or so.



Feb 25 2016, 10:33 PM

Susanne Brauer: I do get up at 5 and I often scrapbook then. I'm a morning person.



Feb 25 2016, 10:33 PM

ShannonMinner: Yes, my son wants to have a friend over and his mom would come and hang out with me. My house is in no condition. It makes me sad that 1. I can't get the house together, 2. We haven't had them over yet and he's missing on a chance to play and I'm missing out on a chance for a friend.



Feb 25 2016, 10:33 PM

CarrieAnderson: lol...the older i get the earlier rising doesnt sound so bad...



Feb 25 2016, 10:33 PM

Cindy Valovich Davenport: No 5a for this owl!



Feb 25 2016, 10:33 PM

MarinaDelgado: Haha yes I would totally wake up early if I knew there was some accountability around it



Feb 25 2016, 10:33 PM

MarinaDelgado: haha



Feb 25 2016, 10:33 PM

KellyKirkland: It is past midnight here... Need to end this day! Thanks for a great chat!



Feb 25 2016, 10:33 PM

DottiePennington: No 5 am for me either unless that is bed time



Feb 25 2016, 10:33 PM

ShannonMinner: I am part of the 5am club on Facebook, since early 2015. We get up at 5:00am to work on our goals for the month.



Feb 25 2016, 10:33 PM

MarinaDelgado: though 5 for you all would be 3 for me...so not sure that would work too well lol



Feb 25 2016, 10:33 PM

CarrieAnderson: when i dont HAVE to get up early...i really LIKE getting up early...its so peaceful and calm in the house...



Feb 25 2016, 10:33 PM

Jennifer Wilson: THANK YOU ALL FOR JOINING US TONIGHT. I AM SO LOVING THIS CHANCE TO SHIFT GEARS AND FOCUS ON APPLYING WISDOM TO OUR WORLDS. IF YOU HAVE SUGGESTIONS FOR THE SECOND HALF OF THE YEAR, I PLAN TO ANNOUNCE LATE NEXT MONTH.



Feb 25 2016, 10:34 PM

Susanne Brauer: Thanks, Jennifer and everyone. Enjoyed the book so far, and the chat completely!



Feb 25 2016, 10:34 PM

TanyaNapier: I'm a "lark" because I enjoy the silence of the morning



Feb 25 2016, 10:34 PM

[Lisamarie Seinen-Hols Howells](#): 5 am club. Remind me!!



Feb 25 2016, 10:34 PM

EdithBanks: I'm also a lark



Feb 25 2016, 10:34 PM

ShannonMinner: Now I know I have probably painted a horrible picture of my house tonight. By no means will the camera be showing up for an episode of hoarders. There is just room for improvement.



Feb 25 2016, 10:34 PM

CarrieAnderson: tanya...exactly...i can do whatever i want



Feb 25 2016, 10:34 PM

DottiePennington: have been an owl most of my adult life



Feb 25 2016, 10:34 PM

DottiePennington: life



Feb 25 2016, 10:35 PM

ShannonMinner: I am a lark to Tanya. I don't ever hit the snooze button!



Feb 25 2016, 10:35 PM

NikkiZK (guest): Thanks all!



Feb 25 2016, 10:35 PM

DottiePennington: Shannon lol



Feb 25 2016, 10:35 PM

Jennifer Wilson: TAKE CARE EVERYONE AND TALK TO YOU SOON!



Feb 25 2016, 10:35 PM

KristinaRees: Im a lark too. used to drive my roommate crazy



Feb 25 2016, 10:35 PM

MarinaDelgado: I want to be a lark. That is the habit I most desire to change



Feb 25 2016, 10:35 PM

EdithBanks: Good night everyone



Feb 25 2016, 10:35 PM

DottiePennington: Bye everyone, had a fun night with you all.



Feb 25 2016, 10:35 PM

[Lisamarie Seinen-Hols Howells](#): My hubby is the lark, but since his alarm is waking me maybe I'll scrap!



Feb 25 2016, 10:35 PM

TanyaNapier: Goodnight. It's almost time for this lark to go to bed.



Feb 25 2016, 10:35 PM

[Lisamarie Seinen-Hols Howells](#): Night



Feb 25 2016, 10:35 PM

DottiePennington: can't go against genetics Marina



Feb 25 2016, 10:36 PM

[MarinaDelgado](#): True but on days when I get out of bed early enough it feels so good



Feb 25 2016, 10:36 PM

CarrieAnderson: its only 730 here...i might just head to my scraproom for a bit!! WEST COAST IS BEST COAST



Feb 25 2016, 10:36 PM

[MarinaDelgado](#): I just can't force myself to do it on a regular basis



Feb 25 2016, 10:36 PM

ShannonMinner: How can we make book recommendations for the next half of the year?



Feb 25 2016, 10:36 PM

MarinaDelgado: Haha carrie



Feb 25 2016, 10:36 PM

ShannonMinner: Rub it in Carrie!



Feb 25 2016, 10:36 PM

ShannonMinner: I am having a hard time keeping my eyes open!



Feb 25 2016, 10:36 PM

CarrieAnderson: giggling...



Feb 25 2016, 10:36 PM

DottiePennington: suggest on FB page and tag Jennifer.



Feb 25 2016, 10:37 PM

CarrieAnderson: shannon...yes i think shes taking rcommends...just FB it



Feb 25 2016, 10:37 PM

ShannonMinner: and it's only 9:36 here.



Feb 25 2016, 10:37 PM

ShannonMinner: Do you know if she start a post Dottie?



Feb 25 2016, 10:37 PM

DottiePennington: didn't sound like it



Feb 25 2016, 10:37 PM

DottiePennington: but then again maybe she will



Feb 25 2016, 10:37 PM

MarinaDelgado: I wonder if I could create some accountability by publicly stating somewhere that I'll be posting at 5am. Maybe our group...



Feb 25 2016, 10:37 PM

ShannonMinner: I have some titles in mind.



Feb 25 2016, 10:37 PM

CarrieAnderson: anything you tag to her she reads pretty quickly



Feb 25 2016, 10:37 PM

DottiePennington: cool.



Feb 25 2016, 10:38 PM

ShannonMinner: The guy who runs the 5am club on Facebook just gets up and posts some words of wisdom or questions at 5:00. People respond accordingly.



Feb 25 2016, 10:38 PM

MarinaDelgado: Though 5am is really early for me. I think starting with 6am would be a good start



Feb 25 2016, 10:38 PM

CarrieAnderson: marina...im sure that would work! our group would be very encouraging no matter what you choose to do



Feb 25 2016, 10:38 PM

DottiePennington: Marina, how many hours of sleep do you need a night?



Feb 25 2016, 10:39 PM

DottiePennington: that may determine the best time to get up in the morning.



Feb 25 2016, 10:39 PM

ShannonMinner: I actually get up before 5:00 because I already get up at 5:10 (I snag every minute I could get). I would find myself wasting that extra 10 minutes so now I set it for 4:45.



Feb 25 2016, 10:39 PM

CarrieAnderson: bye ladies...see you on FB



Feb 25 2016, 10:39 PM

HonoreFrancois: night all good discussion lotsa ideas



Feb 25 2016, 10:39 PM

MarinaDelgado: I have no idea Dottie...I really think I feel best with at least 7 or 8 but I'm never consistent enough to really test it



Feb 25 2016, 10:40 PM

DottiePennington: so if you want to get up at 6 and you need 8 hours sleep you would need to be asleep by 10 pm.



Feb 25 2016, 10:40 PM

MarinaDelgado: I think I'm going to use the sleep cycle app to get a better sense of what works for me



Feb 25 2016, 10:40 PM

DottiePennington: that sound like that would help you determine the best time to be asleep.



Feb 25 2016, 10:41 PM

MarinaDelgado: Yeah the getting to bed at night is hard...one of those I want to have time after the kids go to bed so I stay up too late



Feb 25 2016, 10:41 PM

ShannonMinner: Night ladies. See you on FB and another chat!



Feb 25 2016, 10:41 PM

DottiePennington: See you all on FB or the next chat.



Feb 25 2016, 10:41 PM

[MarinaDelgado](#): Goodnight everyone!



Feb 25 2016, 10:42 PM

CynthiaCormier: O nooooo I missed the meeting sorry I forgot about the time difference.