

# BOOK CLUB DISCUSSION GUIDE

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## An Edited Life by Anna Newton

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Craving order? Learn how to curate the items in your home in this new release by the YouTuber behind The Anna Edit.

**QUOTE** | p.8 - “It was a truly clichéd ‘weight off my shoulders’ moment and, with our belongings in order, I found myself being more productive with work and more efficient with my time.”

**QUESTION** | How do you feel when things are in order?

**QUOTE** | p. 8 - “Being the ‘all or nothing’ gal that I am – it’s in my star sign, you know? – this feeling quickly became addictive, to the point where my husband was concerned that he’d come home to find that I’d binned the TV remote because it just wasn’t bringing me joy.”

**QUOTE** | p. 9 - “I’d become the complete opposite of a hoarder and instead became a bin-bag-filling tyrant, obsessed with lobbing the next load into the tip, to the point that I was parting with things that we actually needed.”

**QUESTION** | Have you ever gone overboard with minimalism?

**QUOTE** | p. 9 - “So what I’ve come to see as the middle ground is to aim for a more edited life. It’s an ongoing process that embraces imperfections and shrugs off the need for perfectionism, because perfection just doesn’t exist unless we’re talking about Ryan Gosling.”

**QUESTION** | What are you aiming for in your journey towards a more edited life?

**QUOTE** | p. 13 - “TREAT YO’ SELF occasionally, but try to unplug from a constantly consuming lifestyle.”

**QUESTION** | In what area(s) of your life do you feel the most consumptive?

**QUOTE** | p. 13 - “Through tweaking the organisational aspects of your life, work and home, space will appear for you to spend more time doing whatever the hell it is that makes you the happiest.”

**QUESTION** | What activities make you the happiest?

**QUOTE** | p. 21 - “A well-formed and clear calendar is the number one organisational tool you can have.”

**QUESTION** | Agree or disagree?

**QUOTE** | p. 25 - “There’s a general consensus that this is the app for scheduling.”

**QUESTION** | What is your favorite calendar app?

**QUOTE** | p. 26- “Remember, a diary, calendar or schedule – whatever you call it – is there to show you where you’ll be and when. That’s it. All the other stuff comes under planning, which I save for to-do lists, productivity apps or a notebook.”

**QUESTION** | Are your calendar and planner (whatever that looks like) together or separate?

**QUOTE** | p. 26 - "Your calendar should make you feel organised to the point where you feel like you want to take a step back, take it all in and give yourself a pat on the back."

**QUESTION** | Do your calendar currently do this?

**QUOTE** | p. 33 - "Here's the mindset that I had to shift to: a budget isn't a punishment, it actually gives us an understanding of our finances that in turn gives us the knowledge and power to save and spend in a way that is most beneficial for us and our ambitions."

**QUESTION** | What's your budgeting philosophy?

**QUOTE** | p. 44 - "We're not aiming for Monica-like perfection here, just to be at a place where you feel like you are in charge of your finances and they're not being the boss of you."

**QUESTION** | Is scrapbooking part of your budget?

**QUOTE** | p. 49 - "There's a high possibility of you talking yourself out of it once the impulse has passed."

**QUESTION** | Are you an impulse shopper when it comes to scrapbook supplies?

**QUOTE** | p. 55 - "In the realm of an edited life, self-care is defined by all and any routines, behaviours and habits that allow you to push yourself a notch higher on the wellbeing scale."

**QUESTION** | What self-care behavior are you most proud of?

**QUOTE** | p. 55 - "However, a mum-of-two's definition of self-care might be locking herself in the loo for two minutes and flicking through the latest gossip rag in order to get just 120 seconds of peace."

**QUESTION** | Moms, what's your reaction?

**QUOTE** | p. 62 - "I think we can all collectively agree that we're perhaps a little too clingy with our mobiles."

**QUESTION** | Do you spend too much time on your phone?

**QUOTE** | p. 63 - "A digital detox is the idea of going cold turkey on tech for a certain period of time. Yep, that's phones, TV, radio, computers – basically anything that connects us to the outside world – all switched off."

**QUESTION** | Have you ever attempted a digital detox? How did it make you feel?

**QUOTE** | p. 67 - "It's all about tuning in to your personal energy levels and how they alter throughout the day, and balancing that with the logistical matter of your work, life and social schedules."

**QUESTION** | When do you have the most energy for scrapbooking?

**QUOTE** | p. 69 - "I've tried this whole meditation malarkey and I just end up nodding off again."

**QUESTION** | Is meditation a part of your life?

**QUOTE** | p. 72 - "If the kitchen is a mess then I often slink in, pour myself a bowl of cereal and remove myself from the situation immediately. The truth is that in order to slice up carrots and whizz up some hummus in your food processor for a snack, you're going to want a clean and organised workspace to do it in."

**QUESTION** | Do you feel the same way about scrapbooking?

**QUOTE** | p. 82 - "Start small and work to increase your sessions as you enjoy it more and begin to see results."

**QUESTION** | How can you apply this fitness advice to your creative goals?

**QUOTE** | p. 102 - "They don't have to be small, or big, but creating personal goals for yourself hands you a framework that, when deployed, steers your life in the direction you want it to head in."

**QUESTION** | Do you regularly set goals for yourself?

**QUOTE** | p. 106 - "So instead of a goal that focuses on avoidance – like 'I will not eat any sugary snacks' – try to frame it in a way that focuses on inclusion: 'I will aim to eat at least five servings of fruit and veg every day.'"

**QUESTION** | What is an example of a scrapbooking goal that focus on inclusion?

**QUOTE** | p. 108 - "New Year's Resolutions. They're a bit like Marmite, aren't they? Some people love 'em and lap them up every single year come 1st January, and others can't stand the thought of them and head to Twitter to express their distaste for the 'New Year, New Me' concept."

**QUESTION** | Do you make resolutions?

**QUOTE** | p. 109 - "Flexibility isn't a sign of failure or flakiness, but instead a sign of your ability to successfully reflect and recalibrate."

**QUESTION** | What do you need to recalibrate in your scrapbooking?

**QUOTE** | p. 112 - "Close your eyes, sit back and imagine where you want your life to be in five years' time. Who are you? Where are you? What are you doing?"

**QUESTION** | What might be a five year goal you would like to have for your scrapbooking?

**QUOTE** | p. 116 - "Let's stop being such a hardass on ourselves. Sometimes we need to quit and pull the plug on an idea."

**QUESTION** | What do you need to pull the plug on?

**QUOTE** | p. 120 - "No good work gets done on a desk where you can't even see the surface."

**QUESTION** | Do you have trouble creating in a messy space?

**QUOTE** | p. 137 - "My lists were unrealistic, too detailed and ultimately made me feel pants because I never reached the finish line."

**QUESTION** | Are you realistic with your list-making?

**QUOTE** | p. 140 - "It sounds so simple but we are all generally over-optimistic with how quickly we think we can get a task completed."

**QUESTION** | Do you identify with this?

**QUOTE** | p. 147 - "Beginning a task is the hardest bit, so by getting that out of the way as quickly as possible you're instantly decreasing the chance of procrastination taking hold."

**QUESTION** | What is one way you can 'begin' more often in your scrapbooking?

**QUOTE** | p. 148 - "There are the people who start to breathe heavily when their inboxes reach double digits and can't sleep until it's back down to zero. That's me."

**QUESTION** | What your inbox approach?

**QUOTE** | p. 152 - "If you're someone who likes the idea of a planner, finds stationery shops oddly arousing and has a sea of to-do lists floating around on post-it notes, then this might be a solution for you."

**QUESTION** | Do you use a Bullet Journal?

**QUOTE** | p. 160 - "When we flip it and combine motivation levels that are bubbling over the top with minimal distractions, then we find our happy place when it comes to work flow."

**QUOTE** | p. 170 - In order to unlock a flow state the task must have just the right balance of it being challenging and you feeling like you're extending yourself, while it also feels manageable and doable. The anticipation of accomplishment is what gets your motivation levels going.

**QUOTE** | p. 171 - We must know clearly what to do. We must know how to do it. We must be able to sense how well we're doing it. We must have freedom from distractions. We must perceive the challenge as high. We must perceive our skills as equally high.

**QUESTION** | How do you find flow in scrapbooking?

**QUOTE** | p. 161 - Learning to identify your own personal motivators – and which situations to apply them to – is your insurance policy to fall back on in moments when your drive to do stuff is wavering/completely non-existent.

**QUOTE** | p. 163 - When my creative juices are low I become a sponge for content that inspires me.

**QUESTION** | How do you like to get your creative juices flowing again?

**QUOTE** | p. 165 - Keeping up motivation over a long stretch of time is basically an endurance sport and so we should treat it like one. Just like our energy levels naturally ebb and flow, our motivation for a particular task will do exactly the same.

**QUESTION** | How do you stay motivated with larger projects?

**QUOTE** | p. 183 - "I'd put so much energy and focus into removing as many material things from my life as was physically possible, that I'd completely disregarded the 'but maybe I need that?' niggles that's sometimes right and sometimes wrong."

**QUOTE** | p. 184 - Decluttering (or redecluttering, if you've gone as minimalist as me) isn't necessarily just about living with less. It's about living with what we need, and a certain amount we probably don't need but that put a smile on our face.

**QUESTION** | What your approach to decluttering?

**QUOTE** | p. 200 - I'll make sure I shout this loud enough for the people at the back, but just because you fancy borrowing some principles from a minimalist lifestyle or trying a more streamlined approach on for size, it does not mean that you're not allowed to hold on to sentimental things.

**QUOTE** | p. 200 - I can shred through a wardrobe of clothing with the speed of a chainsaw, but when it comes to all the sentimental shit I'm a complete and utter sap.

**QUOTE** | p. 200 - "Old stuff is lovely! It's nostalgic! It flickers memories back to life! They are storytelling tools, and if you want to keep something that puts a smile on your face or brings back the thought of something or someone that was close to your heart, then hold it tight and keep it well away from the bin-bag black hole."

**QUESTION** | Have you struggled with other decluttering advice to let go of sentimental items?

**QUOTE** | p. 228 - At its core, a well-run and edited home environment is an act of self-love; by taking pride in the space around you, you are demonstrating to yourself that you deserve to be in a beautiful and well-maintained environment.

**QUOTE** | p.251 - You're the pen, life's the paper and now you have the crib sheet on how to edit out the crap and leave in the good bits. It's time to be your own editor.

**QUESTION** | What will you edit first?

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