

# Book Club Discussion Guide

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## Big Dreams, Daily Joys by Elise Blaha Cripe

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Strengthen your goal-setting skills with this colorfully illustrated yet practical guide.

**QUOTE** | p. 19 - "We set goals to learn, expand, and find the joy that comes from getting uncomfortable and pushing ourselves outside the daily routine."

**QUOTE** | p. 23 - "Your goal should feel a bit out of your grasp right now."

**QUESTION** | What is one goal you've set for this year?

**QUOTE** | p. 22 - "If you don't break big goals up into actionable items, they serve as nothing more than wishes and will not be accomplished."

**QUESTION** | What do you think has been your biggest stumbling block in reaching goals you've set in the past?

**QUOTE** | p. 24 - "We tend to give up before we even start something because we fear we are unprepared to do it."

**QUESTION** | Has this ever happened to you in scrapbooking?

**QUOTE** | p. 28 - "I hope I suffer from the much-less-catchy FOFSED. Fear of following someone else's dreams."

**QUESTION** | Have you ever followed along with a scrapbooking style, format, or project and then realized it just wasn't for you?

**QUOTE** | p. 35 - "Ultimately, the point of planning is so we don't have something to do every moment of our days."

**QUESTION** | Do you feel like you have enough white space in your days right now?

**QUOTE** | p. 36 - "There are three reasons why you

don't get your to-do-list items accomplished: lack of time, lack of communication, or lack of interest."

**QUESTION** | Which of these is the more common reason for you?

**QUOTE** | p. 44 - "Once you know where you are already committed, it becomes easier to make commitments to yourself and schedule those internal demands."

**QUESTION** | Do you schedule your personal priorities, like scrapbooking, on your calendar?

**QUOTE** | p. 48 - "Make two piles. One for the things you want to opt into and one for the things you would like to opt out of."

**QUESTION** | What is one thing you would currently like to opt into? Is there something else you need to opt out of to make that happen?

**QUOTE** | p. 51 - "Having compartments for your daily tasks helps you feel more focused and can provide anchor points in your day and week."

**QUOTE** | p. 54 - "Acknowledging and accepting the various time zones that exist in your house and office allows you to assign tasks to the right time of day."

**QUESTION** | What items are fixed on your daily or weekly calendar?

**QUOTE** | p. 52 - "In the beginning, whatever new thing you are trying to fit into a pocket of time isn't going to be normal."

**QUESTION** | How might this perspective changed a past experience?

**QUOTE** | p. 57 - "Surely there are some things in your life that you can put on autopilot in order to gain more time for experimentation in your creative tasks."

**QUESTION** | What is one thing you could put on autopilot? What's the first step towards that?

**QUOTE** | p. 62 - "When a project ends or you complete a commitment, don't rush to fill the void with something else."

**QUOTE** | p. 76 - "Years ago I realized that if I made decisions on my most productive days, I would be overworked, overwhelmed, and in debt with one hundred employees."

**QUESTION** | Are you guilty of this? Why do you think this happens?

**QUOTE** | p. 62 - "Doing nothing is an activity."

**QUESTION** | Do you embrace "doing nothing" or try to avoid it?

**QUOTE** | p. 65 - "The biggest shift in my daily schedule and life came a few years ago when I stopped checking email on my phone."

**QUESTION** | What is one small behavior change that might free up time or energy?

**QUOTE** | p. 68 - "We are so familiar with watching the minutia of other people's days and fabricated drama that we have forgotten how much other entertainment is out there."

**QUESTION** | Do you consume less of other forms of entertainment today than in the past?

**QUOTE** | p. 79 - "Keep your eyes on your own paper as you write your own story."

**QUESTION** | Do you find it difficult to not compare yourself to others?

**QUOTE** | p. 81 - "I believe we have exactly enough time for all the things that matter to us."

**QUESTION** | What do you choose to believe you have enough time for?

**QUOTE** | p. 92 - "Like everything else, I have added my goals in layers so they are no longer a source of overwhelm, but of joy."

**QUESTION** | How can we apply this to scrapbooking?

**QUOTE** | p. 96 - "When done correctly, completing this exercise has little to do with five years from now and everything to do with today."

**QUOTE** | p. 118 - "A five-year plan can serve as almost a funnel of ideas. You have a lot of things you want to try and you don't know what exactly will stick, but you're starting somewhere."

**QUESTION** | Have you ever created a five-year plan?

**QUOTE** | p. 101 - "It's easy to feel busy when your brain is crowded with thoughts?"

**QUESTION** | Have you found any ways to declutter your brain?

**QUOTE** | p. 104 - "Time to exercise or time to just sit and do nothing should be taken seriously. Seriously doesn't need to mean serious. It just means important, valuable, and of substance."

**QUESTION** | What is one thing you need to take more seriously?

**QUOTE** | p. 108 - "Commit to being held accountable and holding the others who show up accountable."

**QUESTION** | How has the My Simple Scrapper community been a source of accountability for you?

**QUOTE** | p. 111 - "You will for sure be bad at something when you first start."

**QUESTION** | What is something you've been bad at? Did it stop you from trying again?

**QUOTE** | p. 112 - "You have to give up the fantasy that someday or next year or after retirement or when things settle down is going to be the solution to making time."

**QUESTION** | Are you guilty of this type of thinking?

**QUOTE** | p. 120 - "Usually, while we are doing the work (or aging), the progression is so slow it's hard to see that anything is happening. This is why documenting is so important."

**QUESTION** | Do you document your scrapbooking progress?

**QUOTE** | p. 124 - "But instead of thinking that you're lowering the bar, think about you're building a bridge. You're creating a path from where you are right now to where you want to eventually be."

**QUOTE** | p. 125 - "The most honest thing you can say when it comes to goal-setting is I have changed or this is no longer working for me."

**QUESTION** | What is one small pivot you might need to make in your scrapbooking this year?

**QUOTE** | p. 133 - "The only reason I see anything to completion is because I start a lot of things."

**QUESTION** | Do you find it difficult to close the door on an unfinished scrapbook project?

**QUOTE** | p. 141 - "Your best work will be something that you do, not something that happens to you."

**QUOTE** | p. 151 - "Often I find that my motivation comes while I am working, not before I start working. It's normal that I have to trick myself into starting."

**QUESTION** | What's your favorite way to trick yourself into starting a scrapbook page or project?

**QUOTE** | p. 168 - "Change is tiny micro-tears that you have to sit with and let heal and then continue to tear and heal over and over again."

**QUESTION** | What's one small change you want to make this year?

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