

# BOOK CLUB DISCUSSION GUIDE

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## Craft a Life You Love by Amy Tangerine

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Let the colorful approach of industry hero Amy Tangerine inspire you to look at scrapbooking in whole new ways.

**QUOTE** | p. 12 - "Participating in your chosen hobby is an important part of feeling good, building confidence, and infusing happiness into your days."

**QUESTION** | How long have you been a scrapbooker?

**QUOTE** | p. 21 - "Hobbies can be our through-line in life, our stabilizing constant during transitions."

**QUESTION** | Has your hobby helped you through a period of transition in life?

**QUOTE** | p. 24 - "Every person is a unique constellation of talents and abilities, so you can't share another person's benchmarks."

**QUESTION** | How could you beat your own personal best this year?

**QUOTE** | p. 29 - "If you take a close look, you will see they are not nerly as happy as the "weirdos" who follow their own path."

**QUESTION** | What is one way that you are "weird?"

**QUOTE** | p. 36 - "It is hard to be your best creative self when you do not practice self-acceptance and forgiveness."

**QUESTION** | What is something that you need to accept or forgive yourself for?

**QUOTE** | p. 46 - "If you want to live your best life, feed the wolf that believes you are amazing, inspiring, and creative."

**QUESTION** | Do you struggle with negative self-talk?

**QUOTE** | p. 54 - "When something makes you nervous, that is your cue to say yes."

**QUESTION** | What is making you nervous right now?

**QUOTE** | p. 68 - "Every time you complain, you are simultaneously eliminating an opportunity to think about something positive and fulfilling."

**QUESTION** | Have you ever tried going complaint-free?

**QUOTE** | p. 76 - "But I have learned that the fewer things that are competing for my attention at any given time, the more I am able to focus on the creative work at hand."

**QUESTION** | What do you need to find focus?

**QUOTE** | p. 83 - "Deciding that you have enough time for everything that matters forces you to prioritize and eliminate those things that do not matter."

**QUESTION** | What is one obligation or activity you could reduce or eliminate?

**QUOTE** | p. 89 - “You cannot protect the days, weeks, months, and years of your life if you do not protect the minutes of your life.”

**QUESTION** | What is one way you currently protect your time?

**QUOTE** | p. 106 - “You cannot be happy if you are not habitually engaging in side projects that you love doing.”

**QUESTION** | What are your top three “side projects?”

**QUOTE** | p. 151 - “Waiting things out is rarely the answer. Life is happening today.”

**QUESTION** | What are you waiting to take action on?

**QUOTE** | p. 165 - “What I love most about scrapbooking, and crafting in general, is that every time I fill a page with photographs, quotes, and mementos, I am collecting proof of a good life.”

**QUESTION** | What do YOU love most about scrapbooking?

Want to chat about the book?  
Join us in the My Simple Scrapper community on  
June 27, 2019 at 8:30 p.m. CDT for our discussion.

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