

Don't Overthink It

BOOK CLUB DISCUSSION GUIDE

01

In what areas of life do you commonly find yourself investing undeserved mental energy?

02

How does overthinking interfere with your memory keeping hobby?

03

What are you doing when you typically come down with a case of "analysis paralysis?"

04

What are some ways you can let go of perfectionism in scrapbooking?

05

Do you have systems for the basics of "adulting?" What's your favorite tool or technique?

06

What are some ways to reduce decision fatigue in scrapbooking?

07

What are some ways we can "outsource" the parts of scrapbooking we don't enjoy?

08

How can you add an element of ritual to your hobby?

09

What next steps do you want to take to live fresh, solid, and free?