

BOOK CLUB DISCUSSION GUIDE

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Globejotting by Dave Fox

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Learn how to capture details of your adventures and maintain momentum for journaling until you return home.

QUOTE | p. 2 - “Or are you going to do what most people do with their travel journals: jot down a few sentences on days one and two, then leave it until day six when you decide you can no longer recall what happened on days three, four, and five, therefore the most effective use of your journal for the duration of your journey will be to serve as ballast at the bottom of your bag? Seriously, that is what happens to thousands of travel journals every year. The owners of these journals return home safe and sound, but the journals themselves die a quiet and lonely death.”

QUESTION | Have you ever kept a travel journal?

QUOTE | p. 4 - “Journaling is more time consuming. But quick, easy, and accurate as photography is, taking pictures has its limits. Photos capture slivers of time – fractions of seconds confined within the walls of our viewfinders. A well-written travel journal can record all sorts of things you just can’t capture with a camera.”

QUOTE | p. 4 - “Photography is a visual art. Its primary focus is what we see. In writing, we can document all the senses – not just sights, but sounds, tastes, smells, and physical sensations.”

QUESTION | Did this book inspire you to try travel journaling or even more everyday journaling?

QUOTE | p. 5 - “There’s something even bigger we can’t capture on film. I call it our “inner journey.” Your inner journey is everything that goes on inside your brain when you travel – the unique thoughts, emotions, and reactions you experience in unfamiliar surroundings. This inner journey is often the most powerful part of a trip. Venturing into unfamiliar places can spark big revela-

tions about ourselves. All too often, however, once we return home, these discoveries are lost, buried beneath our everyday mind clutter.”

QUESTION | Do you typically scrapbook about your “inner journey”?

QUOTE | p. 6 - “Journaling should not be an interruption in your travels. It should not suck precious time out of your vacations. Vacations are supposed to be fun, and if journaling isn’t fun, you’re not going to want to do it.”

QUESTION | In your experience, what do you think has stopped you from travel journaling?

QUOTE | p. 12 - “But the word “souvenir” has a deeper meaning. It’s a word we’ve swiped from the French language. In French, se souvenir is the verb for “to remember.” A souvenir is a memory.”

QUESTION | Do you typically bring home souvenirs from trips beyond words and photos?

QUOTE | p. 12 - “Traveling is one of the most adventurous, eye-opening things we can do with our lives. A two-week journey reverberates much longer than the two weeks we’re away. For months, even years ahead of time, we’re filled with anticipation as we make plans and wonder what our trip will be like. Once we return home, we may be far from the places we have visited, but the memories linger. Many journeys, once we have taken them, are experiences we carry with us for the rest of our lives.”

QUESTION | What trip has had the most long-lasting impact on your life?

QUOTE | p. 13 - “Sometimes the powerful revelations we experience, away from our usual lives, fade into our mental ether as we recoil back to our default personality, the one that has been shaped by our familiar culture. When this happens, potential opportunities for personal growth are lost.”

QUESTION | Has scrapbooking (whether about a travel or not) contributed to your own personal growth?

QUOTE | p. 23 - “Give yourself permission to write less, and you will actually write more.”

QUESTION | Have you tried shorter format journaling in the past for the purposes of memory jogging?

QUOTE | p. 25 - “Speed journaling is deliciously easy. It will free you from your perfectionism and enable you to write more boldly, more fearlessly, more descriptively than you ever can write if you spend time editing, critiquing, and censoring your thoughts. The basic premise is simple: Don’t think. Just write.”

QUESTION | Do you think this twist on Morning Pages could improve your written documentation of both travel and everyday memories?

QUOTE | p. 36 - “Pick three or four highlights each day and let go of other events. Whatever you had for breakfast is probably boring and does not warrant space in your journal, unless it was something exciting like a feta-and-rhinoceros omelet.*”

QUESTION | How could this approach be used to simplify your scrapbooking process?

QUOTE | p. 39 - “Cover a different theme each day. If you choose to write about food on day twelve of your trip, you might have memorable stories to tell from days two, six, and nine. Write as much detail as you can about a specific topic rather than the broader events of a specific moment.”

QUESTION | Have you ever scrapbooked travel thematically vs. chronologically?

QUOTE | p. 49 - “Traveling to me is about collecting stories.”

QUESTION | What is traveling about to you?

QUOTE | p. 76 - “If you’ve ever sat down to write, and suddenly heard a faint but insistent voice saying, “No! You can’t write that,” that’s your Inner Censor talking.”

QUESTION | Do you have an Inner Censor?

QUOTE | p. 126 - “Once you arrive in a new place, having pre-journaled about it, you’ll have a richer perspective on why you’re there.”

QUESTION | How could “pre-journaling” help your momentum with scrapbook projects?

QUOTE | p. 127 - “But journaling has no deadlines. There are no late fees, no penalties if you forget to file for an extension. You can write about a trip years after it’s finished.

QUESTION | Have you scrapbooked travel taken long ago? How do you think your journaling differed?

QUOTE | p. 144 - “I recommend writing your “first draft” journals for yourself alone. You’ll learn more from them that way. Write freely, and promise yourself you won’t ever have to share anything with anyone you don’t want to. If you travel intending from the start to share your journals with others, you’re likely to hold back certain details. In doing so, you’ll miss out on much of the powerful introspection that comes with journaling only for yourself. When I travel, I keep a private journal for myself, and edit it later for other readers. This takes extra time, but for me, it’s worth it for the self-discovery aspect of the journey.”

QUESTION | How might your approach journaling differently now that you have the perspective of this book?

Want to chat about the book?
Join us in the My Simple Scrapper community on
July 25, 2019 at 8:30 p.m. CDT for our discussion.

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