

# *Permission Granted*

## BOOK CLUB DISCUSSION GUIDE

01

What have you felt or said you were "the worst" at?

02

"Simplicity is when your outside choices and your inside self match up." Do yours when it comes to scrapbooking?

03

If you were to be more yourself in scrapbooking, what would that look like?

04

How would being more present impact your daily choices?

05

How can you regularly hold space for stillness?

06

What nagging voices stop you from spending more time scrapbooking?

07

What "shoulds" inside of scrapbooking do you struggle with?

08

What have you learned from another community member?

09

What is your next right thing?