

Plan a Happy Life

BOOK CLUB DISCUSSION GUIDE

01

Have you ever struggled with feeling creative?

02

What are some ways you express your creativity outside of scrapbooking?

03

What stretches your comfort zone in scrapbooking?

04

Have you experienced any side benefits of taking selfies?

05

Do you set goals? If so, what time frame work best for you?

06

Do you plan for happy or fun experiences?

07

Is your natural tendency to have a positive or negative attitude?

08

What fills you with a sense of wonder?

09

Have you set any boundaries to protect your time, space, or energy?