

When

BOOK CLUB DISCUSSION GUIDE

01

What times of the day are you happiest?

02

How could you better use your peak or recovery times to support your scrapbooking?

03

Do you think more intentional restorative breaks outside of leisure time could give you more energy for scrapbooking?

04

What type of memory keeping activities might make your breaks more restorative?

05

How can pre-mortem and post-mortem evaluations help you finish more of the projects you start?

06

Do you ever use sub-goals to make progress towards finishing a project?

07

How can you leverage temporal landmarks to more consistently edit what you give your time and attention?

08

How can you enrich your storytelling with poignancy by identifying endings and beginnings?

09

To enhance the feeling of belonging, what is one baby step you can take to be more open in our community?