



MARCH - APRIL
BOOK CLUB SELECTION

Work Clean

BY DAN CHARNAS

Apply French culinary wisdom to find focus, stay organized, and get things done.

Our Book Club connects non-fiction wisdom to scrapbooking. We have six selections for 2022. In alternating months we will host Study Group meetings to reflect on how we can cultivate new habits and implement the ideas learned.

This Year's Books

JANUARY - FEBRUARY

Soundtracks by Jon Acuff

Book Club Chat February 3

MARCH - APRIL

Work Clean by Dan Charnas

Book Club Chat April 4

MAY - JUNE

Tell Me More by Kelly Corrigan

Book Club Chat June 2

JULY - AUGUST

This Is Where You Belong
by Melody Warnick

Book Club Chat July 28

SEPTEMBER - OCTOBER

Take Back Your Time by Christy Wright

Book Club Chat September 29

NOVEMBER - DECEMBER

Drop the Ball by Tiffany Dufu

November 28

*Make sure to join the Book Club group inside of the
My Simple Scrapper community.*

The Work Clean System embodies values from the kitchen. That philosophy is called *mise-en-place*, which means “to put in place.” It’s also a tradition of focus and discipline, a method of working and being, and a way of life.

BOOK CLUB

Discussion Guide

1. Chefs commit to a life of preparation, where you always have to think ahead. How does “thinking ahead” apply to your scrapbooking process to make it more enjoyable, more honest about time, or more in control of your process?
2. Making a list of things to do isn’t enough, you also have to square your plans with the clock. In a day of *Working Clean* you start preparation with the *Daily Meeze*, a 4-step process: cleaning your station, sharpening your tools, planning your day, and gathering your resources. Describe how the *Daily Meeze* could help you to be more productive in memory keeping or in life?
3. Process is about becoming “a high functioning human being and being happier for it.” A good process must not only make the work better but make you better. Share some of the scrapbooking processes you have implemented: the highly effective ones or some of the lessons learned.
4. Afternoon is the toughest time of the day. It requires you to be present and react to surprises. What are the advantages of being more present, especially at this time of day?
5. Ernest Hemingway made a habit of ending every writing session with the first sentence of the section he intended to write in the following session. This can reduce ramp-up time and continue momentum. How can you apply this to your scrapbooking?
6. *Working Clean* with time means we determine our daily actions and order those actions in a sequence. He suggests finding your *Meeze Point*, the optimal number of actions you can put in your daily list before you begin to overload yourself. How could this be beneficial in your creative process?
7. To perfect movements the author suggests creating checklists so you have recurring recipes for your processes. How could creating checklists help your finishing process?
8. “Part of our overwhelm with work occurs because we’ve never been taught how to manage that work.” Sequencing actions is like a recipe and chefs spend lots of time thinking about this. How could a scrapbooking recipe add ease to your process?
9. Scheduled routines, your *mise-en-place*, are meant to be a loose framework where actions are scheduled and recurring. They fall into four categories: personal time, meetings time, immersive time, and process time. In particular, how can scheduling immersive and process time help you to control your day and achieve your creative mission?

Don't miss our book club discussion with guest host [Lauri Abruscato](#).

