



What The BIG STUFF is all about...



Have you heard that bit of practical wisdom... “don’t sweat the small stuff – and it is all small stuff?” I remember the first time I heard it – and began to try to apply it to my everyday life. It made a huge impression

on me...perhaps because it helped me learn to not take myself or life too seriously. After all, will it really matter 10 years from now if I shrunk my favorite sweater in the wash? Honestly – I think there is a lot to be gained by not getting all “hot and bothered” by the small stuff in life. However, I have begun to think the key is learning to differentiate between the small stuff and The Big Stuff!

As in life, being a scrapbooker I know there will always be more pictures and stories than I am able to capture in a year...so – this year, I am going to intentionally journal **The Big Stuff** as a guide to assist me in focusing my scrapping. Don’t get me wrong – I still want to capture those precious “little moments.” I just want to set some priorities.

Do you want to join me? If so, I will provide you a monthly prompt. What you decide to do with it will be entirely yours. Make a journal, a series of layouts, a mini-book or a set of ATC’s. Do whatever will work for you to keep The Big Stuff in front you as you scrap.

It’s What You Make It!

Ready, Set....GOALS!

Just to get us started off right, I decided to use January as an opportunity to set some **Big Stuff** goals for the year. I tend to like goals rather than resolutions because goals are measurable and tend to be something I am striving towards – rather than something I am trying to STOP!

Here are some ideas of areas you might want to journal about – but feel free to add to this list (or subtract from it!)

- Family relationships
- Finances
- Health
- Fitness
- Friendships
- Career or Professional Growth
- Spiritual Growth
- Hobbies
- Home
- Reading or Learning

Check out what I ended up setting as my top three and additional five main goals for 2008 in the [What You Make It gallery](#).

The Big Stuff Quote

Every month I am also going to choose one of my favorite quotes to add to my journal. This month I chose one by Jim Elliott...

“He is no fool who gives up what he cannot keep to gain what he cannot lose.”