

Scrapbooking Yourself as an Individual, Homemaker, Worker and More

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From age 25 onwards, our grand adventure has just unfolded as we embrace adulthood. Here's where you experienced first-hand the lessons of life and be prodded along to grow up in the face of challenges. By scrapbooking about yourself as an adult, you'll have scrapbook pages reminding you on how far you've come and the important aspects of your life. Not only will your scrapbooks offer clarifying thoughts on where your goals are, you'll also become more certain of yourself as an individual. Then as you flip through these scrapbooks about you, you'll fondly recall once again the journey you've traveled. And these scrapbooks could well offer invaluable insights and lessons to be learned by your grandchildren. "Wow, Granny Thelma led such a colorful life and she's one gutsy woman!"

For ideas on how to scrapbook about yourself, continue reading on the various themes you can put your fingers on.

Character *"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."*- Helen Keller

Scrapbooking about your character is a delightful theme to work on as you wrap yourself up in the project. Here's where you don on your thinking cap and investigate into the depths of your own character. The knowledge that there'll never be anyone exactly like you will give you the added oomph to scrapbook about yourself. Dwell on the positive traits you see in yourself. These pages could well serve as lessons for your future generations, as important traits they could model after you.

- Are courage, enthusiasm, personal growth, fun-loving, determination among your best traits? What other positive qualities you carry within you? List down all your best qualities.
- Put down all your outstanding traits on a single or double-spread scrapbook page. Alternatively, you can go in-depth and dedicate a page to each of your best qualities, highlighting occasions or events when you've exhibited the particular quality.
- What qualities do you admire most in others? Scrapbook about these traits as well. Pull in a photo or two of the people who consistently show the traits you admire.
- What traits do you believe will make a great character? Scrapbook about the values and principles that you've adopted and believe will guide you and your future generations in their lives.
- What are your priorities in life and how do your priorities affect you as a person?

Homemaker *"The most important work you and I will ever do will be within the wall of our own homes."*- Harold B. Lee

This theme will open up your eyes to the importance of having a capable homemaker to ensure an orderly and well-run house-hold. If you are a homemaker, you need to see for yourself the value in what you're doing on scrapbook pages. Remember, you're a marvel for pouring love and efforts into transforming a house into a home that radiates security, warmth and comfort to all those who's living in there.

- What do you do to keep your house in such a well-maintained condition? Scrapbook about the ways and methods you poured yourself into making your house a success.
- How do you manage to cleverly schedule your daily routine in such a smooth manner, even when it's peppered with hundred and one errands to run?
- Describe your daily crazy schedule in fine details, flavored with meal preparations, household chores, family activities, and peppered with occasional hiccups here and there.
- What books, websites or perhaps mentors who have given you inspirations and ideas on maintaining a well-run home?
- How about scrapbooking about the ideal home you'll like to create? What about your latest home-decorating project?
- Remember the home parties you so lovingly and painstakingly put together for your kids on top of being a wonderful homemaker? Put these down too.

Working Woman *"Work is the meat of life, pleasure the dessert."- Bertie Charles Forbes*

A part of your self-confidence as a person stems from how well you're doing in your job. For some of you, your work may well form a very fulfilling part of your life. When this happens, what do you do? You scrapbook about your work!

- What aspects of your job do you find most challenging? What do you appreciate about your current job? Your likes and dislikes of your job duties.
- Your choice of a job also speaks of your talents and interests, so go into the fine details of your current job. Empower yourself by scrapbooking about the important projects or long-term goals you have for your work.
- Did you hold different jobs through the years? Scrapbook on the job duties you've handled at each job. List down your wages and benefit packages. What do you like best about each job? What have you learned at each job?
- Scrapbook about the employers, colleagues or people who influenced the way you worked.

Did someone teach you something valuable about work excellence or how to become a more efficient worker?

- Any pleasant and memorable memories with your colleagues or the people you've met at work?
- What do you hope to accomplish in your job? What's your definition of work success and have you achieved the job success you're seeking for? Scrapbook about these too.

Reinventor *"In the pursuit to better ourselves we are sure to encounter failure. Going on after each failure is how character is built."- Allan L. Barr*

This is an interesting theme to explore and scrapbook about. You're unlikely to be stagnant and will undergo the continual motion of change.

Are you a person who believes in personal self-growth? Do you constantly seek out opportunities to reinvent your life and better yourself as a person? Then have a ball scrapbooking on these ideas!

- What steps had you taken or are taking to reinvent yourself?
- What aspects of your life do you most wish to change or reinvent? Describe the times in your life where you've experienced the greatest growth.
- Describe the toughest thing you've ever done, and would you have done it any differently now?
- What failures have you gone through in life? What good things have you learned from your failures? Usually, failures offer you opportunities for growth.
- How about the missed opportunities in your life. What other options did you take up instead? Would you have grabbed the missed opportunities on hindsight?
- What are the best pieces of self-improvement advice you've receive from others?
- Describe your ideal self. What are the qualities that your ideal self possesses? How would she behave and act?

Dreamer *"Hold fast to dreams for if dreams die, life is a broken winged bird that cannot fly."- Langston Hughes*

Do you still have dreams? Or are your dreams long-buried somewhere because you don't believe in having dreams anymore? Or are you too caught up with life to think about your dreams? I remember someone once mentioned that if we don't know what our dreams are, then how do we know we've reached them when we did? Isn't that an awakening statement? Like they said, we'll only pass by this life only once, so let's dig out your long forgotten dreams and make a leap for them.

Here's some ideas to help you along in scrapping about your dreams.

- Make a list of the top 10 goals you'll like to accomplish this year. How about the top 20 dreams you'll like to see fulfilled in your lifetime? Somehow, seeing these goals on scrapbook pages clarifies them in your mind.

- What are the sights that you most desire to see? Countries that you most want to travel to? China? Russia? Exotic Asia?
- What hobbies or crafts you've been longing to learn or pick up? Professional photography? Card-making? Playing piano?
- Any keep fit or weight loss goals to work towards your dream figure? Toning up your flabby arms? Finally having a flat tummy?
- What's your dream house like? Where will it be located? Who'll be living in the house with you? A white two-storey terrace house facing the beautiful, blue sea?
- Any dreams of going back to school? What courses have you been thinking of taking up to upgrade yourself? A master degree? Learning to write effective sales copy?
- What acts of generosity will you perform when you're rich with money? \$100,000 to your favorite charity? An all-inclusive trip to the Anguilla beaches for your whole family?
- If you've failed in making your dreams come true in the past, why do you think you've failed then? What steps could you take to overcome these obstacles?

My Favorites *One ought every day at least to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words. - Johann Wolfgang von Goethe*

This theme is inspired by the song, "My Favorites Things" from the classic movie, "The Sound of Music". You'll have unique and different tastes and styles from the rest of the population. Occasionally, you'll have the good fortune to find someone who shares similar favorite things. This is an absolutely fun theme to scrapbook about and yet it says so loudly of what you are.

- Make a list of your top 25 favorite things in your life.
- Favorite colors, movies, music, books, food, desserts, ice-cream, brand of apparel, hair shampoo, body lotion, restaurants, hangouts, quotes, poems, sayings, persons, authors, composers, bands, musicals, shoes, bags, etc. This list is practically endless.
- Another method to help you narrow down is probably to think about what things you couldn't live without!

Alright, hope that these themes have ignited your imagination for more themes to scrapbook about yourself. Happy scrapping!.