



# Living Life LOUD

## Month 1 – Theme Call ESSENTIALISM APRIL 2016

**ESSENTIALISM** is all about reducing your life to the most important elements. We intuitively know we want to focus, but we find it nearly impossible to do so!

Consider some of these statistics:

- \_\_\_\_\_ of all the data in the world has been generated over the last two years
- Information consumption in the US is in the order of \_\_\_\_\_
- The average American consumes \_\_\_\_\_ of information per day – outside of work
- “Between the dawn of civilization through 2003 about 5 exabytes of information was created. Now, that much information created every \_\_\_\_\_” (Eric Schmidt – former Google CEO)
- In the US, people who text send or receive an average of \_\_\_\_\_ texts per day
- \_\_\_\_\_ of office workers time is spent dealing with emails
- The typical Internet user is exposed to \_\_\_\_\_ banner ads per month
- The maximum number of pieces of information a human brain can handle concurrently is \_\_\_\_\_ (Miller’s Law)
- Information (over)load is linked to \_\_\_\_\_
- Overuse of social media can lead to \_\_\_\_\_<sup>1</sup>

Those who practice essentialism recommend eliminating the “noise” from our lives. They commit to \_\_\_\_\_ but \_\_\_\_\_.

<sup>1</sup> <http://digitalintelligencetoday.com/fast-facts-information-overload-2013/>

But where to start? Essentialists believe in these 12 principles, which will be expanded upon in the book:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

# RESOURCES

## *The Summer Day*

Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean-  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down-  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

*from New and Selected Poems, 1992  
Beacon Press, Boston, MA*

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[Article on “The One Thing” - interview with Gary Keller](#)

[Book: The ONE Thing by Jay Papason/Gary Keller](#)



[Greg McKeown discusses Essentialism](#)

[Essentialist Quiz](#)