



## WEEKLY QUESTIONS - ESSENTIALISM

### Week 1: Section 1

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

#### QUESTIONS:

1. In the intro of Ch. 1, Greg McKeown tells the story of an executive who starts making big changes in his life. He stops doing a bunch of stuff that was “expected” of him, and has fantastic results by saying “no” to the “non-essential.” What is your response to this story? Can you relate, or do you get a bit frustrated and say, “That’s great for him...”? Do you see that you could make some similar shifts?
2. “Less but better.” Agree? Disagree?
3. On page 13 in the print version, GM says, “For many, falling into ‘the undisciplined pursuit of more’ was a key reason for failure.” I can relate to the “pursuit of more.” What about you? In what areas in particular are you prone to falling for this trap?
4. It could be argued that the most successful people are those who have learned to separate the essential from the non-essential. Do you have an example from your own life that proves or disproves this argument?

5. In Ch. 2, GM says he answered a question that completely changed the course of his life. Now it's your turn: If you could do only one thing with your life right now (beside your family), what would it be?
  
  
  
  
  
  
  
  
  
  
6. Are there areas in your life where you think you have no choices? Write them down below:
  
  
  
  
  
  
  
  
  
  
7. Do you have areas of “learned helplessness?” What are they?
  
  
  
  
  
  
  
  
  
  
8. Think back over your life. Are there examples of “the power law” that GM talks about on p. 45 of the print edition in Ch. 3? Times where one decision made a disproportionate result?
  
  
  
  
  
  
  
  
  
  
9. What does GM say about why tradeoffs are good in Ch. 4?
  
  
  
  
  
  
  
  
  
  
10. What are your biggest takeaways or “Aha!” realizations from this section?

***“Only once you give yourself permission to stop trying to do it all, to stop saying yes to everyone, can you make your highest contribution towards the things that matter.”***