



WEEKLY QUESTIONS - ESSENTIALISM

Week 1: Section 2

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. Section 2 is about the process of DISCERNMENT. According to the dictionary, “discernment” is “the ability to judge well.” In the context of Essentialism, it means the ability to sift the vital few from the trivial many. Is this something you've thought much about? Do you think you are good at it?
2. When do you take time to “think?” Do you schedule down time for reflection? If not, your assignment this week (one of them at least!) is to spend five minutes per day – only five minutes, so stop complaining! – to do NOTHING. You can doodle or play with Playdoh or some equally mindless task. But no phone. No outside inputs. Just you and your brain.
3. I ADORE the section at the end of Ch. 6 when GM says, “What question are you trying to answer?” It's amazing how often I get questions from people who haven't fully thought through what they're trying to accomplish. Defining the issue at hand is super-powerful. Write this one on a sticky note and stick it to your computer. The next time you are floundering for an answer, ask yourself, “What question am I really trying to answer?”

4. Ch. 7 is all about play – something I'm pretty rotten at! I'm not good at unstructured, process-based exercises. What are your experiences with play? How did you play when you were younger? Your assignment (yes, another one!) is 15 minutes of PLAY this week, all at once. You can play make-believe with a child, grab a pen and start sketching, give yourself a challenge of some sort, or start writing a story that has no point. Come back to the Facebook group and tell us what happened!

5. In Ch. 8, GM discusses the importance of sleep. How much do you normally get per night?

6. Ch. 9 introduces a radical filter for decisions: “If the answer isn't a definite yes, then it should be a no.” Use this to check your decisions this week. How often do you say “Yes” and commit yourself to a “maybe?” What underlies these decisions? What are you afraid of?

7. What are your biggest takeaways or “Aha!” realizations from this section?

“We aren't looking for a plethora of good things to do. We are looking for the ONE where we can make our absolutely highest point of contribution.”