



## WEEKLY QUESTIONS - ESSENTIALISM

### Week 3 – Section 3

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 3 is about the process of ELIMINATION. Through the closet metaphor that Gmck has used, I've noticed that I'm good at getting rid of things, but I still say “yes” to way too many things coming INTO my closet. Meanwhile, my husband doesn't buy a lot, but he has a horrible time letting things go. How about you? Does this overlap with your tendency to commit to events and activities?
2. You can bet my heart was singing when Gmck talked about how we need a “clear sense of purpose.” This was the whole point of my book, “FOUND.” Do you feel like you have a clear life's purpose? What do YOU really want from your life in the next five years? What would you need to “win at life?”
3. This might be one of the toughest questions ever, and I want you to really think about it: What if you could only be really excellent at just one thing (besides your family). What would it be?

4. The end of Ch. 10 made me think about how, in recent years, my already limited patience for certain things has sunk to an even deeper level. There are certain things I have no energy for anymore. What are you tired of, done with, or just “over?” Drama, gossip, caring what others think?
  
5. On page 132 (Ch. 11) in the written version, Gmck talks about some of the tension we feel when we say “No.” Does his description resonate with you? Where do you feel it in your body when you do dare to say no?
  
6. Think about this one for a bit. Really dig into a time when you said “Yes” when your soul was crying out for a “No.” Describe the situation, what happened, why you caved. What were the consequences? What do you wish you'd done differently?
  
7. Starting on P. 140 in the written version (Ch. 11), Gmck runs through some various ways to say “No” gracefully. Review them, and rephrase them into your language until you could picture yourself saying them. Have your family or a good friend role play with you (seriously!). Have them ask you for things and you say NO in various ways.
  
8. What are your biggest takeaways or “Aha!” realizations from this section?

***“If you don't set boundaries – there won't be any. Or, even worse, there will be boundaries, but they'll be set by default – or by another person – instead of by design.”***