



## WEEKLY QUESTIONS - ESSENTIALISM

### Week 4 – Section 4

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 4 is about the process of EXECUTION. Once you have figured out what stays in your life, how do you execute? My question for you is, how do you feel about this step vs. the other three steps?
2. Let's talk about buffers (Ch. 15). Are you good about creating buffers around your schedule? Is this an area you need to improve on? (Personal note: One idea I implemented early in my adult life was recognizing that I would base my time estimates on an "ideal" situation... but if one thing went wrong. I'll talk more about this in the BTS audio released this week!)
3. I love the ideas put forth in Ch. 16 about looking for the CONSTRAINTS in your life, rather than the trying to speed up the things that are already going well. (p. 187 in the print version.) Think about one area of your life you'd like to smooth out – morning routines, grocery shopping, whatever. What is the constraint, or the "Herbie," that is slowing everything down? What can you do to speed it up?

4. One of the steps in looking at constraints is, “How will we know when we are done?” That's another very powerful question (especially for goalsetting). No assignment or task here – just wanted to remind you to add this question to your personal arsenal. :)
  
5. In Ch. 17 Gmck says that the two things that motivate us the most are ACHIEVEMENT and RECOGNITION FOR ACHIEVEMENT. How can you build small wins into your projects, either the ones you personally lead, or are undertaking on your own behalf?
  
6. Chapter 18 is on FLOW. There's a lot of good stuff in there, but one thing I pulled out was the idea of identifying triggers. Your assignment: Select a behavior you want to replace, and see if you can identify the trigger or cue. What can you replace it with? For instance, if you tend to crave potato chips when you sit on the couch to watch TV, can you replace the chips with carrot sticks or some other snack?
  
7. In Ch. 20, the author lists some of the ways Essentialists are different from the general population (p. 232 in written edition). Which of these areas will be most difficult for you? How will you “hang tough” in the face of being different from how you've been before, and different from how others are?
  
8. On p. 233 of the written edition, Gmck lists some choices he's made as a result of being an Essentialist. What are YOU willing to change, now that you've read this book?
  
9. What are your biggest takeaways or “Aha!” realizations from this section?

***“An Essentialist produces more – brings forth more – by removing more instead of doing more.”***