

# Essentialism

## Greg McKeown

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 2 - "I this the very most important thing I should be doing with my time and resources right now?"

QUESTION // Q1. Have you ever asked yourself this question? How easy or difficult is it to course-correct if the answer is "no"?

QUOTE // p. 6 - "The way of the Essentialist is the relentless pursuit of less but better. It doesn't mean occasionally giving a nod to the principle. It means pursuing it in a disciplined way.

QUOTE // p. 162 - "Becoming an Essentialist means making cutting, condensing, and correcting a natural part of our daily routine-making editing a natural cadence in our lives."

QUESTION // Q2. Do you think an Essentialist lifestyle is achievable? What would it look like?

QUOTE // p. 7 - "Instead of making choices reactively, the Essentialist deliberately distinguishes the vital few from trivial many."

QUESTION // Q3. Do you find it easy or difficult to make intentional decisions?

QUOTE // p. 20 - The core mindset of the Essentialist rests on three realities: individual choice, the prevalence of noise, and the reality of trade-offs.

QUESTION // Q4. What trade-offs have you had to make in scrapbooking?

QUOTE // p. 21 - "Essentialists systematically explore and evaluate a broad set of options before committing to any."

QUESTION // Q5. Describe an experience where you considered options before making a decision.

QUOTE // p. 25 - "There is tremendous freedom in learning that we can eliminate the nonessentials, that we are no longer controlled by other people's agendas, and that we get to choose."

QUESTION // Q6. What's your reaction to this thought?

QUOTE // p. 26 - "What if we stopped celebrating being busy as a measurement of importance?"

QUESTION // Q7. Do you find ways to celebrate slowness and simplicity?

QUOTE // p. 56 - "Instead of asking, 'What do I have to give up?' they ask, 'What do I want to go big on?'"

QUESTION // Q8. What do you want to go big on in scrapbooking?

QUOTE // p. 60 - "To discern what is truly essential we need space to think, time to look and listen, permission to play, wisdom to sleep, and the discipline to apply highly selective criteria to the choices we make."

QUOTE // p. 68 - "The faster and busier things get, the more we need to build thinking time into our schedule."

QUESTION // Q9. This is a bit paradoxical. How can we find this sense of spaciousness of energy and thought at the outset of seeking Essentialism?

QUOTE // p. 77 - "One of the most obvious and yet powerful ways to become a journalist of our own lies is simply to keep a journal."

QUESTION // Q10. Do you keep a journal? Has it helped you find clarity of purpose?

QUOTE // p. 86 - "Play is fundamental to living the way of the Essentialist because it fuels exploration."

QUESTION // Q11. When was the last time you played?

QUOTE // p. 101 - "Our highest priority is to protect our ability to prioritize."

QUESTION // Q12. Do you consistently make sleep a priority?

QUOTE // p. 106 - [Social media] "can create a particularly serious burden by amplifying all of the nonessential activities we "should" be doing."

QUESTION // Q13. What has social media made you feel like you "should" be doing?

QUOTE // p. 150 - "It's natural not to want to let go of what we wasted on a bad choice, but when we don't, we doom ourselves to keep wasting even more."

QUESTION // Q14. Have you ever done this?

QUOTE // p. 157 - "Disciplined editing increases your ability to focus on and give energy to the things that really matter."

QUESTION // Q15. What area of your life do you need to edit most?

QUOTE // p. 195 - "Instead of trying to accomplish it all - and all at once - and flaring out, the Essentialist starts small and celebrates progress."

QUOTE // p. 222 - "Getting the future out of your head enables you to more fully focus on 'what is important now.'"

QUESTION // Q16. What's your next small step?

QUOTE // p. 235 - "A key benefit of being more present in the moment has been making joyful memories that would otherwise not exist."