



Book Review

TITLE: essentialism

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PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I've heard lots of great things about this book and it's been on my list to read for awhile. As I look to simplify my commitments, I was very interested in what he had to say.

A-HA MOMENTS

What a-ha moments did you have when reading?

- p.22 - Highest point of contribution - the intersection between the right thing (what), right reason (why) and right time (when) - it's OK to have a great idea but it's not the right time now
- "What if we stopped celebrating being busy as a measurement of importance? What if instead we celebrated how much time we had spent listening, pondering, meditating, and enjoying time with the most important people in our lives?" (p. 26)
- Instead of asking "What do I need to give up" can ask "What do I want to go big on?" (p.56)

QUESTIONS

What questions do you have after reading that you want to investigate?

- What is truly essential for me?
- Peter Drucker told Jim Collins he could build a great company or build great ideas but not both. Today his company has 3 people. Could I follow that model as I don't want a lot of employees. (p. 55)
- Do I schedule enough focus or alone time? Is my clarity break enough or do I need more?

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Ties into Michael Bungay Stanier's question: "If I say yes to this, what am I saying no to?"
- Lots of links to Patrick Lencioni, Jim Collins, James Clear and other authors I've read

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Watch Derek Sivers video: "No More Yes. It's Either HELL YEAH! Or No."
- Work on Hedgehog concept for Leadership and Life
- Do a "reverse pilot" - test whether removing an initiative or activity will have any other negative consequences

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

There were so many good ideas to consider in this book and I think rereading it on a regular basis will become part of my routine. It's the kind of book that upon a reread will give you something else to take away. He has another book, Effortless, that I want to read.

