



# ESSENTIALISM: THE ESSENTIALS



## 1. WHAT DO YOU REALLY WANT?

This is between you and this piece of paper. What do you really want for yourself?

## 2. WHERE CAN YOU MAKE YOUR HIGHEST CONTRIBUTION?

Think of a single contribution that you most want to make. If you have trouble deciding, write three or four down, and then single out the most important one.

## 3. WHAT CAN YOU STOP GIVING A F\*CK ABOUT?

What's worrying you that doesn't impact the answers to #1 and #2?

**RECOMMENDED READING: THE LIFE-CHANGING MAGIC OF NOT GIVING A F-CK BY SARAH KNIGHT AND ESSENTIALISM - THE DISCIPLINED PURSUIT OF LESS BY GREG MCKEOWN**

