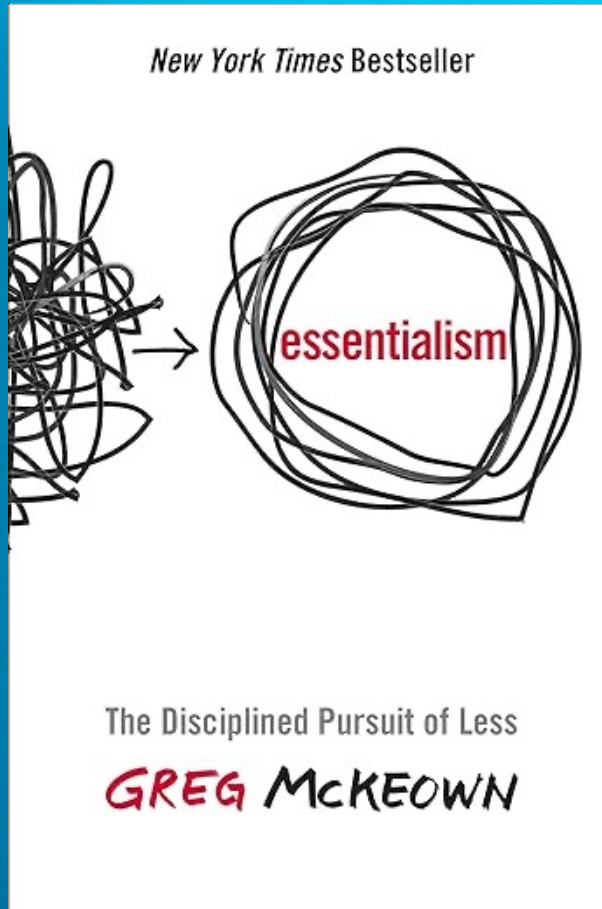



Welcome to the HR Book Club



“The wisdom of life consists in the elimination of non-essentials.”


Lin Yutang

https://www.youtube.com/watch?v=qCB07hdl_F4




There are three deeply entrenched assumptions we must conquer to live the way of the Essentialist: "I have to," "It's all important," and "I can do both." Like mythological sirens, these assumptions are as dangerous as they are seductive. They draw us in and drown us in shallow waters.

"How often do you find yourself saying one of these 'assumptions'? Is there a phrase you can use to help transition you to a more 'essentialist' mind frame?"




Essentialists are powerful observers and listeners. Knowing that the reality of trade-offs means they can't possibly pay attention to everything they listen deliberately for what is not being explicitly stated. They read between the lines.

Do you recall a time when you read between the lines and what was not said was more important than what was said?




Nonessentialists tend to think of boundaries as constraints or limits, things that get in the way of their hyperproductive life. To a nonessentialist, setting boundaries is evident of weakness. If they are strong enough, they think, they don't need boundaries. They can cope with it all. They can do it all.

Do you agree or disagree with Greg's statements on boundaries? Do you feel a lack of boundaries makes you stronger or do you feel having established boundaries makes you stronger?



“The reality is that we live in an unpredictable world. Even apart from extreme events such as famines, we face the unexpected constantly....The only thing we can expect (with any great certainty) is the unexpected. Therefore, we can either wait for the moment and react to it or we can prepare. We can create a buffer

What type of ‘buffers’ do you create in your work and/or home life?



Instead of focusing on the efforts and resources we need to add, the Essentialist focuses on the constraints or obstacles we need to remove...An Essentialist produces more—brings forth more—by removing more instead of doing more.

How is that different from the approach most businesses and leaders take?