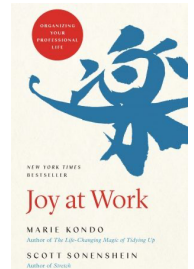


Book Club Discussion Questions



1. What are the biggest sources of clutter in your work life (physical, digital, or activity)?
 - How does this clutter make you feel?
2. How do you visualize your ideal work life? (Use the Visualize Your Ideal Work Life handout: <http://bit.ly/IdealWorkLife>)
3. What is the one object in your workspace that brings you joy?
4. What do you hold onto (a physical item, digital object, or activity) that deep down you know you should let go? What's getting in your way to discarding it?
5. How has the pandemic changed your workspace and/or work routines? Have you found opportunities to tidy? What have you learned about yourself in this process?
6. Who in your network brings you joy and how can you spend more time with them?
7. What do you say yes to doing that you should really say no?
8. When have you fallen into the urgency, multitasking or overearning traps? What happened?
9. Have you ever experienced meeting FOMO? How has it impacted you? What can you do to avoid it next time?
10. What are some steps you can do to tidy meetings you lead or contribute to tidier meetings you attend?
11. What decisions could you delegate, automate or even eliminate?
12. What is your daily joy?
13. What are you most grateful for at work right now?
14. What is one concrete step you will take after this discussion to experience more joy at work?