

**ESSENTIALISM:  
THE DISCIPLINED  
PURSUIT OF LESS**

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*Interactive Worksheet*

## **INTERACTIVE SHEET FOR NOTES**

*Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:*

1. Try out different things (and take notes) to see what suits you best:

2. Decide what you want to do in your life:

3. List the tasks that you must do - your yes pile:

4. List the tasks you mustn't do - your no pile:

5. Design a system that will help you achieve your goal faster:

*Don't forget to save your changes.*