

GUIDE TO FORMING A *DO LESS* BOOK CLUB

Your ability to stay on track with doing less will be stratospherically enhanced by a great group of girlfriends (or a few good men) to cheer you on, hold you accountable, share your experience with, and dive deeper into *Do Less* with.

Read on for some tips on creating your own *Do Less* Book Club so you can take this journey to reclaiming your time and having more ease and grace in your life with some kindred spirits.

Why create a *Do Less* Book Club?

- You'll actually do the experiments if you tell a group of people you respect that you're going to. And you'll get results when you do the experiments.
- Hearing other people's insights on the book and doing less will enhance your own process and learning.
- Community is good for us. It builds our immune systems and makes us feel happier. (There are lots of studies to prove this.)
- It's a great way to meet like-minded folks in your own backyard.
- It's more fun to do things together than alone!

Gathering Your Circle

You can find fellow *Do Less* friends anywhere! Here are some ideas for tracking 'em down and rounding 'em up:

- Suggest the book to your current book club.
- Email your local pals with the *Do Less* Book Club idea.
- Post on Facebook or Instagram that you're looking for some folks to go through the book with.
- Start a group on Meetup.com.
- Go to the [Do Less Facebook Group](#) and see if there's anyone who'd like to join forces with you.

Note: Your club doesn't have to be in person. A conference call, Zoom, or some other type of virtual circle works, too!

CREATE YOUR *DO LESS* BOOK CLUB

Guidelines for Gatherings

Your club can be as structured or as free-flowing as you desire. Here are some ideas for your gatherings. These are in no way exhaustive or required—they're just food for thought. Make your *Do Less* Book Club your own!

- Have one person lead the whole thing or switch leaders every time.
- Meet once a month and report in on a chapter and how the experiment went.
- Light a candle and say a prayer before and after each gathering.
- Have a potluck.
- Go around the circle and share one thing you're grateful for before or after your gathering.
- Set a timer for each person's share to honor everyone's time and make sure everyone is heard.
- Agree to keep what's said within the circle totally confidential.
- Share about your relationship to work, time, and productivity with one another.
- Agree to refer back to the material in the book rather than coaching one another.
- Have dark chocolate.

Once you've gathered your club and you've set your first meeting time, feel free to share it in our [Do Less Facebook Group](#) if you're open for other members to join you.

Human beings are herd creatures. We thrive in community. Having a circle of love to support you in your *Do Less* journey is just a plain good idea on so many levels. May you go forth, circle up, and dive deeper into your commitment to drop busy and be powerful and present instead.