

Digital Minimalism

BOOK CLUB DISCUSSION GUIDE

01

How does FOMO influence your tech behavior? With what devices, apps, or sites do you experience the strongest urges?

02

Are there optimizations you might want to try to maximize benefits and reduce time wasted?

03

If you were to attempt a 30-day Digital Declutter, what would you include on a list of "optional" tech?

04

In what situation do you desire to be more intentional about your usage? What value would you be prioritizing?

05

How do you actively seek solitude? Have you felt more deprived of solitude since the pandemic began?

06

Have you thought about or made any small changes to adopt more "conversation-centric" communication?

07

Do you think Newport would consider scrapbooking "high-quality" leisure? Why or why not?

08

Considering all the ways you enjoy being a memory keeper, what is your favorite way to "leave good evidence of yourself?"

09

How does the My Simple Scrapper model create a "leisure renaissance?" What older aspects does it revive?