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The Power of Less by Leo Babauta

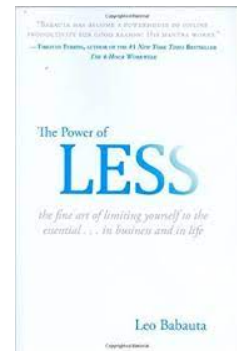
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Category: Behavioral Change

(86 von 100)



Why: I have to juggle between too many tasks.

Goal: Learn how to set the limit and be better off with it.

Action: Live with Limitation.

3 Key Concepts

1. Have for an end in mind.
2. First thing First.
3. Limit to 3 Projects with 1 common goal.

Summary

How to live with limitation?

Firstly, you need to realize that **limitation is liberation instead** of a common perception that **limitation is an obstacle**.



Secondly, determine what is essential to you. The question is how to recognize what is essential. You must have **an end in mind** to do this task.

Want to carve an elephant? Just chip away what does not look like an elephant.

In this case, an elephant is an end in our minds.

Which values we hold at the highest standard: **our principles**.

Who we want to become: **our role model**.

What we want to achieve: **our goal**.

What we want to enjoy: **our passion**.

Lastly, let all the rest go.

This book points out that our life is full of limitations: resources like time, money, effort. So we must that these limitations consciously to make the most out of our life. Otherwise, you will be given limitations by others.



Apply Limitation, Our Resource is Anyway Limited.

First thing in the morning

You must identify the MIT of the day and go right at it after you are awake. Wash your face, get yourself a cup of freshwater, freshen up the air in your room, etc. **But let Most Important Task (MIT) be your first thing of the day.**



3 Projects

If less is better, why not have only 1 project at a time? The answer is you cannot. Most projects will need some kind of input from others, and you need to wait. The author finds 3 projects to be optimal.

“ Do less, not more.

The key is that all these 3 projects must drive to 1 common goal. This is the thinking part 😊

To sum up

Life itself is limited. One must live by it. And to make the most out of your time is to limit it yourself. That way, you are in control of your life. This is the Power of Less.



Goal check: I learned how to set limits by having an end in mind: my virtues.

Wasu's Review
(4.5 / 5.0)



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