

The Leader's Guide to Turbulent Times

Discussion Questions

Let it Go: Shedding What is No Longer Needed

Audio

These questions accompany a podcast from Kris Taylor, founder of [Evergreen Leadership](#). Listen to the podcast here: www.evergreenleadership.com/resources.

[The Leader's Guide to Turbulent Times](#)

You can find more information about this topic in Chapter 13.

Related Blog Posts

Kris has also blogged about the following related topics:

[Shedding](#)

[When to Quit, Hang it Up or Throw in the Towel](#)

[How to Bring More Time and Energy into Your Life](#)

[Simplifying Life and Work: 12 Things to Shed NOW](#)

Questions

1. There are three strategies that we often use today: go faster, tough it out, and find ways to be more productive. Each of these can work in the short term, but cannot be sustained in the long term. Which strategy do you tend to rely on? What are the consequences for you over time?
2. How much room is there in your day for quiet thought and reflection?
3. Are there things you are doing out of habit that are past their prime? What would you need to do to shed them?
4. Think through these categories: things, tasks, toxic relationships, thoughts. Can you identify one or two things you can shed to lighten your load?

Connect

[@leadwellnow](#)

[linkedin.com/taylorkris](https://www.linkedin.com/taylorkris)

evergreenleadership.com/blog



[Evergreen Leadership](#) helps leaders and their organizations learn to thrive in a changing world through community based leadership development programs, keynotes and workshops.

Visit evergreenleadership.com/overview/ or contact Kris Taylor at kris@evergreenleadership.com to learn more.