

Greg McKeown

Quotes

Ifs, Thinking, Mean, Years, Choices, Important, Logical Reasoning, Moments, Done, Play, Saying Yes, Leadership, Trying, May, Way, Clear, Being Honest, Reality, House, Winning

Essentialism: only once you give yourself permission to stop trying to do it all, to stop saying yes to everyone, can you make your highest contribution towards the things that really matter.

~Greg McKeown

Take a deep breath. Get present in the moment and ask yourself what is important this very second.

~Greg McKeown

Discern the vital few from the trivial Many.

~Greg McKeown

Done right, a strategic intent is really one decision that makes 1,000 decisions.

~Greg McKeown

I think we are in a non-essentialist bubbleâ€”everything seems importantâ€”so of course nothing is.

~Greg McKeown

Remember that if you don't prioritize your life someone else will.

~Greg McKeown

Play stimulates the parts of the brain involved in both careful, logical reasoning and carefree, unbound exploration.

~Greg McKeown

I think we've been oversold the value of more and undersold the value of less.

~Greg McKeown

We often think of choice as a thing. But a choice is not a thing. Our options may be things, but a choiceâ€”a choice is an action. It is not just something we have but something we do.

~Greg McKeown

The ability to choose cannot be taken away or even given away-it can only be forgotten.

~Greg McKeown

There should be no shame in admitting to a mistake; after all, we really are only admitting that we are now wiser than we once were.

~Greg McKeown

If it isn't a clear yes, then it's a clear no.

~Greg McKeown

The word priority was singular for 500 yearsâ€”what does priorities meanâ€”many many first things.'

~Greg McKeown

I'd rather be honest and lose than be dishonest and win

~Greg McKeown

One of the best ways to seed an opportunity is to allow someone to discover the opportunity for him- or herself.

~Greg McKeown

If I didn't already own this, how much would I spend to buy it?

~Greg McKeown

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