

READING GROUP GUIDE

Get Your Shit Together

By Sarah Knight

*This reading group guide for **Get Your Shit Together** includes an introduction, discussion questions, and ideas for enhancing your book club. The suggested questions are intended to help your reading group find new and interesting angles and topics for your meeting. We hope that these ideas will enrich your conversation and increase your enjoyment of the book.*

Introduction

“An honest, prescriptive guide to skipping the self-sabotage and, frankly, getting off the couch and getting going on all those things you’ve always wanted to do but seem to perpetually put off.” —*Parade* magazine

In *The Life-Changing Magic of Not Giving a Fuck*, bestselling author Sarah Knight introduced readers to the joys of mental decluttering, providing practical tips to eliminate the annoy and increase the joy in your life.

Get Your Shit Together takes things one step further, helping you organize the fucks you do want (and need) to give—and offering actionable guidance to break the cycle of self-sabotage and, as Knight says, “win at life.”

Topics & Questions for Discussion

1. Knight begins her book with the assertion that “we all have our *Oh shit* moments.” (p. 3) Have you ever been motivated to make a change based on one of these moments? Did you? Why do you think it’s so hard to do? Were there any strategies that Knight offered throughout *Get your Shit Together* that you found particularly helpful? How are your attempts to get your shit together going so far?
2. Sarah Knight has been called an “anti-guru,” by the *Observer* magazine in the U.K. and *Vogue* praised *Get Your Shit Together* as “anti-self-help self-help.” Do you think these descriptions are fitting? Have you read traditional self-help

books? How do Sarah Knight's books and methods differ? Why do you think so many readers are responding to them? What appealed to you most about *Get Your Shit Together*?

3. Explain Knight's "keys, phone, wallet" metaphor. How does each item represent a skill set that you need in order to get your shit together? How are you with these skills? How have you improved them since finishing the book?

4. Let's talk about the power of the list. Were you a list-maker before reading *Get Your Shit Together*? What's the value in having a "must-do" versus a "to-do" list? What's on yours? What?! You don't have one?!? Time to get your shit together and start one! Reread page 71 for pointers.

5. When it comes to emailing, do you find yourself getting stuck in the "Constant Cycle of Reply" (p. 100)? What is it? How is it detrimental to productivity?

Real talk: How many emails did you send to schedule this book club meeting? If the answer is "too many," put what you've learned in *Get Your Shit Together* into practice. Schedule your next book club meeting right now with everyone present. If you're feeling particularly ambitious, select the title you'll be discussing. Don't you feel accomplished?

6. Knight says that in her book, "Get your shit together is not an admonition. It's a rallying cry." (p. 14) Explain the difference. Did reframing the phrase as a "rallying cry" change the way you thought about it? If so, how? Did you feel more positive about making changes as a result?

7. In the section titled "The case of the disappearing girl," Knight's tone changes to one that's more serious. Why do you think that she shares this personal story? What's the effect of finding out that Knight asked for help? Are you more inclined to ask for help when you need it as a result?

8. Knight says "I don't believe in 'too hard.'" (p. 49) Explain the rationale behind her belief. What's the difference between saying something is "hard" and that it's "too hard"? Having finished *Get Your Shit Together*, do you agree with Knight's stance on the phrase "too hard"? Why or why not?

9. Let's discuss the other f-words: failure and fear. How can the fear of failure be an obstacle to getting your shit together? Explain Knight's advice to "accept that failure is an option" (p. 237). Can you think of instances when you've failed in

the past? How did you handle it? Were there any important lessons that you learned as a result? Share them with your book club.

10. Knight writes, “You might be surprised at how often I look back on the unhealthy/unhappy times in my life.” (p. 248) Why does she do so? Try it for yourself. Share an unhappy time in your life—for example a bad job experience—with your book club, telling them how you were able to get out of the situation. Now think about the changes you want to make today. Can you apply any of the same techniques from the bad situation that you discussed to the current one? Don’t wait, do it!

11. Knight writes that “Alvins make the rest of us...nervous.” (p. 22) What are the character traits of an Alvin, and why might they cause others to have a lack of confidence in them? How do each of the chipmunks illustrate an archetype of someone who needs to get his or her shit together? Had you seen *Alvin and the Chipmunks* before you read *Get Your Shit Together*? If not, did you still understand the archetypes Knight describes? Why or why not?

12. Time to discuss the “myth of multitasking” (p. 45). What exactly is multitasking, and why isn’t it possible? Explain how this same logic applies to getting your shit together. Have you tried to stop multitasking? What were the results?

13. In order to get your shit together, one of the crucial steps is being able to protect your time or, as Knight says, being able to “set boundaries and enforce them.” (p. 176) What are your boundaries? It’s time for a list! Write them down and really take them to heart. If and when your boundaries are encroached upon, you know what to do.

14. As Knight says, “people who have their shit together don’t suffer needlessly.” (p. 146) Do you agree? Can you think of other markers of people who have their shit together? What are they? Now that you have your shit together, what do you hope people notice about you?

Enhance Your Book Club

1. In order to get your shit together, Knight says you have to get yourself away from distraction. For example, she suggests using unroll.me to get a digest of your newsletters, thereby reducing the amount of email in your inbox that can distract you. Are there other tools like this that you can use? Share them with

your book club. If you can't think of any, next time you feel the need to procrastinate, search online in order to find some. Responsible procrastination, for the win!

2. In the section about missed connections, Knight touches upon how being “‘too busy’ to ‘do everything,’ [is] an excuse that is constantly leveled when we can’t manage to get together with friends as often as we might like.” (p. 150) Think about the people that you’re “too busy” to see. Is this a case of not finding the time or not wanting to find the time? It’s time to determine if you want to spend your fucks on them! Read Knight’s *The Life Changing Magic of Not Giving A Fuck* for guidance on how to figure out which category these friends fall into and how to take your next steps if they don’t make the cut.

3. It’s time to get judgy! In the last question of the survey, Knight asked participants to “Name something OTHER people do that makes you think they don’t have their shit together.” (p. 255-256) Review Knight’s list with your book club and discuss it. Are there any other qualities (or lack of them) that you would add? Why? Discuss them with your book club. Then come up with an action plan to help other people *cough cough* who do these things.

4. According to Knight, “prioritizing takes you BEYOND the magic of not giving a fuck, into a land of ass-kicking and name-taking.” (p. 83) Knight uses feeding one’s family as an example and shares strategies to accomplish the goal while freeing up time. If this one of your priorities, ask members of your book club to share some easy cook-and-freeze recipes so you can plan ahead and have more time to do other things you’ve wanted to accomplish. Or nap! You do you. You’ve earned it.

5. To learn more about Sarah Knight, go to her official site, <https://nofucksgivenguides.com>. There you can watch her TEDx Talk, read articles she’s written, find information about her other books, and sign up for her “No-Fucks-Given Newsletter.”