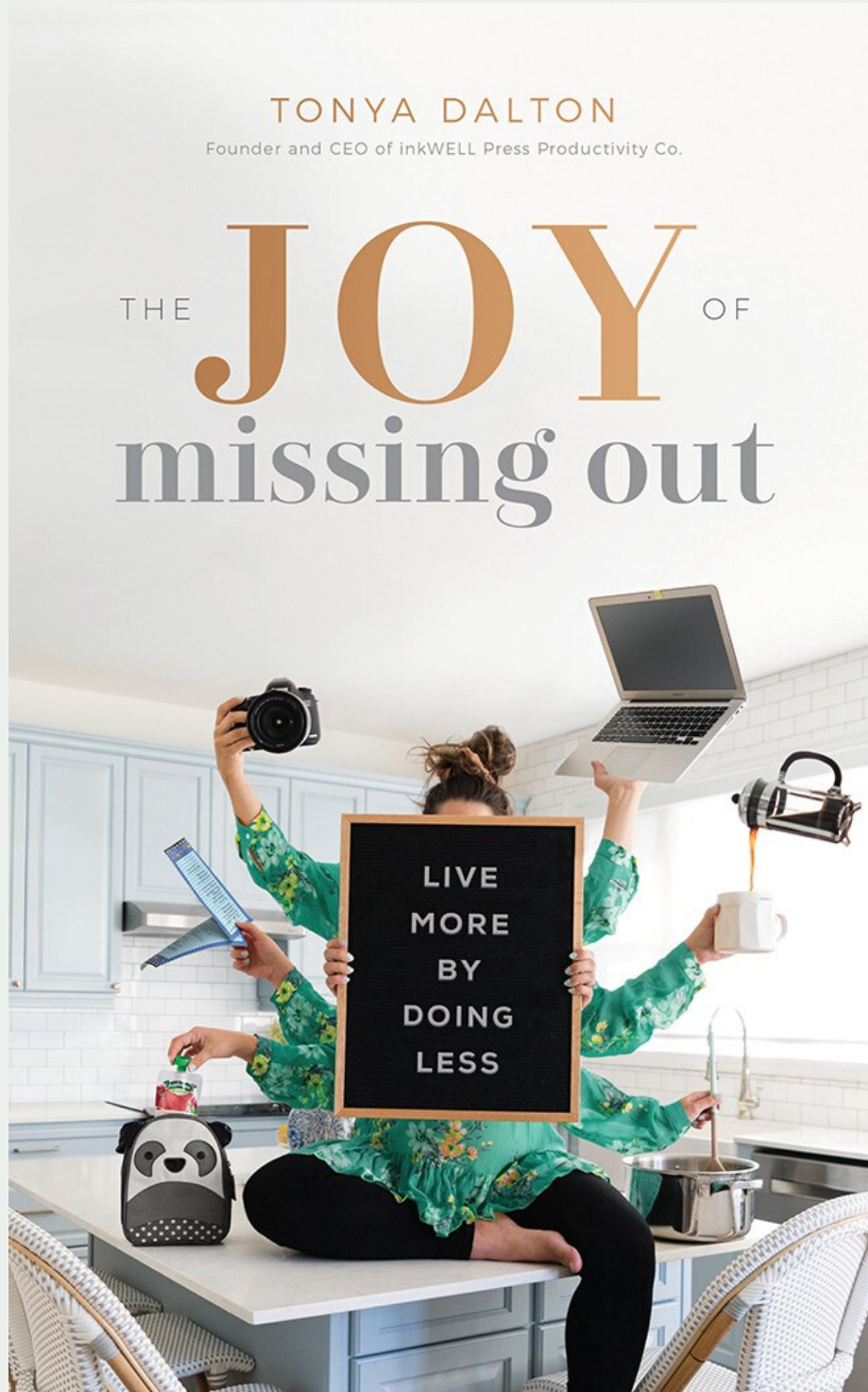


BOOK CLUB KIT



**Everything you need for a
book club meeting on
The Joy of Missing Out by Tonya Dalton**

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Author Interview

Why did you decide to adopt “the joy of missing out” as a concept for this book?

I heard the phrase and I loved it—the whole idea of choosing to miss out and letting go of the worry that we need to do more. All of the information I found on JOMO focused solely on technology and choosing to turn it off or choosing to be alone. I wanted to go deeper into what that joy could look like by diving into the idea of choosing to create days where we let go of the crammed schedules, the comparisons, and chasing after busy. I wanted women to discover the joy that is already there in our everyday lives when we choose to miss out on being busy.

What’s the biggest misconception people have about productivity?

The biggest misconception is that being productive means you have to be checking a thousand things off a list. I want women to redefine productivity and to understand it’s not about doing more, it’s doing what’s most important. Being productive means spending time with the people and the activities we love, it means intentionally choosing rest and making the decision to spend more time on the things that matter most.

What new lessons did you learn when writing this book?

What I love about the writing process is that it allows you to dive so much deeper into concepts you feel like you already know. I have spent years working with women to help them understand the ideas I cover in the book. But when I gave myself space to really go deeper, I found that I learned even more about myself and how I’ve fallen into the trap of being busy. I was able to pull a lot of those lessons into the book through stories about my own life while weaving in stories about other women too.

What are some personal development books that have helped you?

I love *On Fire* by John O’Leary, *Developing the Leader Within You* by John C. Maxwell, *The Power of Habit* by Charles Duhigg, and *Atomic Habits* by James Clear—among many others.



Author Interview

Throughout the book, you share stories from people who have struggled with productivity. Is there an interaction that stands out for having changed your thinking or inspired you in a new way?

I loved getting to share stories from so many different women from so many different walks of life. I don't know if there's one in particular that stands out among the others, but I can tell you that when I met with these women and we really talked about their struggles and their wins, it made me realize how much we all have in common. I believe that when we share those stories, we connect deeper with the ideas and we realize we are not alone.

You also include different methods for scheduling, prioritizing, and planning. How do you recommend inspiring groups (such as coworkers or family) to stick to the process?

Having an accountability partner to help is always going to lead to greater success when making shifts in your life. I really wanted to encourage women to come together and create groups to apply a lot of those strategies and methods. That's one of the reasons I included an in-depth discussion guide with the book—I wanted it to spark conversation! Having regular check-ins and points where you meet up is really key to having a successful accountability group. The other important part of any accountability group is honesty—being open and real with the parts of your life that are difficult. When you have a group that is based on truth, you want to show up again and again for each other, which makes it more likely that all of you will succeed.

What's the best advice you've ever received and why?

You have to make your own way. I moved 11 times before I turned 18, which makes being the “new kid” at school a constant role. My parents told me that I could choose to give in to the crowds and change myself every time we moved in order to fit in... or I could stand tall and true to who I am. I could choose to stand on my own merit and create my own path. I think that served me incredibly well as the new kid and as an adult.



Author Interview

You end the book on a really personal note. Did you know when you started writing that you wanted to open up and share with your readers in that way?

I had no intention of ever telling that story publicly. But writing a book is an intensely personal experience. It's not just words on a page; it's pieces of you and parts of your story. I was knee-deep into the third section of the book when I went for a walk through the woods to think and clear my head. I came out of those woods knowing that I needed to close the book by sharing that story. I knew that the message I was sharing—of choosing your mindset—was one that some women might question or wonder if it was really possible. I knew that by sharing a difficult story from my own life and how I choose to move forward would be a powerful reminder that we all have scars in our past; we all have obstacles we have to navigate. I truly believe that if I can do that, then the readers would see that they could too.

At the time of this interview, we're currently under stay-at-home orders as the world responds to the COVID-19 pandemic. What advice would you give to readers who are struggling to find balance and feeling incredibly overwhelmed in these uncertain times?

Let go of expectations of what is "normal" or what you think you "should" be doing. We can't sit on the couch for weeks on end bingeing *Tiger King*, but it's okay to take quite a few things off your plate. In the book, there's a section where I mention that when it comes to our priorities we often don't know what to throw overboard until our boat is sinking. In an emergency it all becomes a little more clear what we need to hold tight onto and what we can release. Right now it probably feels like your boat is sinking, so use this time to really take a good look at what you are doing to fill your days and then throw what's not important overboard. Take time to rest, take advantage of being at home to find pockets of joy with your loved ones, but most importantly, take care of you. You can't take care of others, if you aren't taking care of yourself.



Discussion Guide

- 1) How do you approach self-help books—with an open mind or with a more cautious one?
- 2) Have you ever had the same moment that Tonya Dalton did of being too overwhelmed with a list of things to do to even begin your task list? How did you manage that moment in the past, and do you think you'll manage future moments differently after reading this book?
- 3) In the Discover Yourself chapter, Tonya Dalton talks about standards that pressure us to try to follow a path that isn't right for us (for example, "A good mom stays home"). What standards have you encountered in your life and how have you learned to not succumb to their pressures?
- 4) Having read this book, what is something you hope to prioritize in your life moving forward and what steps will you take to accomplish that?
- 5) Did any of the personal stories Tonya Dalton shared particularly resonate with you? Which one, and why?
- 6) Were you skeptical of the book's advice at some points? How come? Did your perspective change as you continued reading?
- 7) What is your North Star? What is your mission statement?
- 8) Tonya Dalton talks about trying to live without regrets. Do you think it's possible to live a life without any regrets?
- 9) What piece of advice most resonated with you, and why?
- 10) How can the advice here apply to your book club?



PRIORITY LIST

"To-do lists take energy away from the important tasks... We want a priority list. A priority list helps us look at the limited time we have so that we can choose where to spend our precious energy."

Escalate

Tasks that pushing us toward long-term goals and have a pressing deadline.

Cultivate

Tasks focused around future planning and self-improvement with no looming deadline

Accommodate

Tasks with a pressing deadline that don't help us focus on long-term goals.

Date: _____



What to Read Next

If you want to read more about letting go of fear...

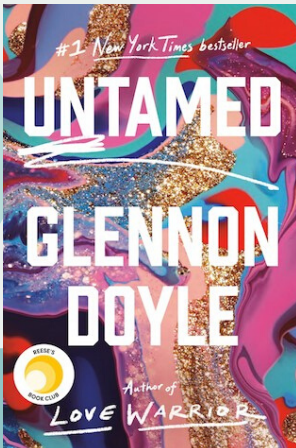
***Big Magic* by Elizabeth Gilbert**



Dalton talks about the way fear holds us back, even using a quote from Elizabeth Gilbert in *The Joy of Missing Out* to show how easy it is for fear of failure to disguise itself in the form of perfectionism. In *Big Magic*, Gilbert shares the secret to being fearlessly creative. The book tackles finding inspiration, meeting challenges head-on, and how to embrace your gifts. Whether you're an artist, a writer, or simply someone who needs to apply innovative solutions to workplace problems, you're sure to find what you need in this book.

If you're looking let go of the "stories" we tell ourselves...

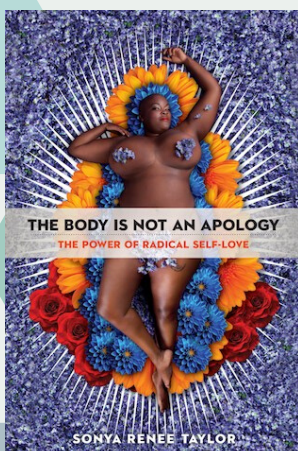
***Untamed* by Glennon Doyle**



In *The Joy of Missing Out*, Dalton talks about the "stories" that pressure us to fit into a mold (for example, "A good mom stays home"). If you're looking for a book that explores how to let go of those pressures, pick up Glennon Doyle's *Untamed*. This Reese's Book Club selection explores the standards women are expected to live up to, and encourages women to bravely and unapologetically be themselves. Doyle shares how she found herself and built a life around her individual dreams, desires, and goals in this bestselling memoir.

If you're looking to prioritize self-love....

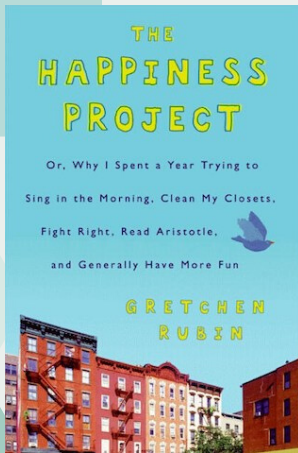
***The Body Is Not an Apology* by Sonya Renee Taylor**



Prioritizing is an essential method described within *The Joy of Missing Out*, but it doesn't need to be limited to work. Dalton talks about prioritizing family time, relationships, and yourself. In *The Body Is Not an Apology*, poet and activist Sonya Renee Taylor encourages the idea of radical self-love and empowerment while tackling issues such as body shaming and the objectification of bodies.



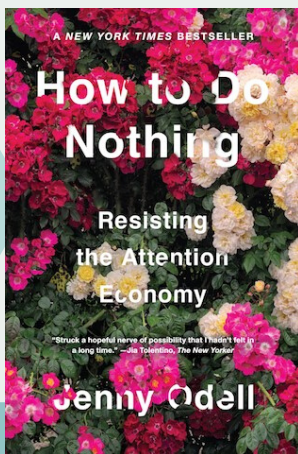
What to Read Next



If you want to make happiness a daily habit....

***The Happiness Project* by Gretchen Rubin**

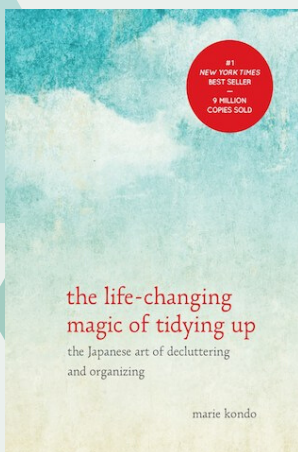
The Joy of Missing Out explores the ways we deprioritize our happiness in order to be more productive and how to break that cycle. If you want to ensure your happiness remains a priority, pick up *The Happiness Project*. Gretchen Rubin dedicated a year of her life to the concept of happiness, taking into account both scientific research and her own experiences. Here, she shares what she learned about being happy.



If you need help ignoring endless distractions...

***How to Do Nothing* by Jenny Odell**

Like Dalton, Jenny Odell knows the world is filled with distractions that make it easy to lose sight of your personal goals. In *How to Do Nothing*, Odell explores how the endless stream of media impacts our lives in ways we don't always realize and shares how unplugging can be, in itself, an act of resistance. If you appreciated how *The Joy of Missing Out* challenged our views of productivity, you'll find a lot to think about in *How to Do Nothing*.



If you're looking to sort through the clutter...

***The Life-Changing Magic of Tidying Up* by Marie Kondo**

In *The Joy of Missing Out*, Dalton shares how her methods have helped her family to stay organized and productive at home. If you're looking for even more tips, you can't go wrong with the classic *The Life-Changing Magic of Tidying Up* by Marie Kondo. The KonMari Method breaks down the items in your home into categories to better help you sort through the clutter and to focus on the things that truly bring you joy.



Bookmarks

Do not
undervalue
work that
feeds
your soul



Live More
by Doing
Less



Embrace
the Joy of
Missing Out

Bookmarks

A good North Star guides
you to know what
decisions to make and
how to start



**Nobody, in the history of the
universe, ever accomplished
great things by trying to
do everything.**



STARTING A SUCCESSFUL BOOK CLUB

Use the blueprint below to create a successful book club!

THE PURPOSE OF OUR BOOK CLUB IS...

For example: supporting other moms, building our businesses, socialization

What kind of books should we read?

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Fiction | <input type="checkbox"/> Biography |
| <input type="checkbox"/> Mystery | <input type="checkbox"/> Poetry |
| <input type="checkbox"/> Sci-Fi | <input type="checkbox"/> Memoirs |
| <input type="checkbox"/> Self-help | <input type="checkbox"/> Business |
| <input type="checkbox"/> Classics | <input type="checkbox"/> History |

How many members do we want?

TIP: 6-12 works best... enough for discussion if some are absent, but small enough for meaningful conversations!

TOTAL MEMBERS

How often should we meet?

- | | |
|---|--|
| <input type="checkbox"/> Every other week | <input type="checkbox"/> Every other month |
| <input type="checkbox"/> Once a month | <input type="checkbox"/> _____ |

When should we meet?

Think through job and childcare needs for your members

WEEK

- ☐ First
- ☐ Second
- ☐ Third
- ☐ Fourth

DAY OF THE WEEK

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

TIME OF DAY

- ☐ Morning
- ☐ Lunchtime
- ☐ Afternoon
- ☐ Evening

Where should we meet?

- | | |
|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Home | <input type="checkbox"/> Restaurant |
| <input type="checkbox"/> Library | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Church | <input type="checkbox"/> _____ |

What should we call our group?

Try to give your club an identity so that members will be accountable and engaged

How will we keep in touch?

- | | | |
|--------------------------------|---|--------------------------------|
| <input type="checkbox"/> Email | <input type="checkbox"/> Private Facebook Group | <input type="checkbox"/> Slack |
| <input type="checkbox"/> Text | <input type="checkbox"/> Voxer | <input type="checkbox"/> _____ |

BONUS TIP!

To make it fun when your group meets, gather food and music ideas ahead of time.

STARTING A SUCCESSFUL BOOK CLUB

JOMO BOOK CLUB KIT

One of the purposes behind The Joy of Missing Out is bringing women together to **ENCOURAGE AND SUPPORT ONE ANOTHER**. In my own life, I have found that having a supportive group of women in my corner has helped me through the tough times — they've also been my team of cheerleaders who have celebrated my wins alongside of me. That's what I want for you.

I want to encourage you to pull together a group of friends to read the book and work through the questions together. Agree to meet often to go through the exercises and activities, to **CHEER ONE ANOTHER ON** and pull one another up when you stumble (because there will be stumbles). Talk about what you agree with — and what you don't.

Strip aside the facades of the perfect life and share with one another. Be real and honest with one another — and yourselves. We are much stronger together.

Tonya

DISCUSSION GUIDE

Conversation is a key element in any book club. To make a JOMO Book Club even more interesting, Tonya has created a discussion guide that's like a mini workbook that will make conversations easy!

JOYOFMISSINGOUT.COM/GUIDE

MUSIC

What's a party without the music? It's fun to have themed music to go along with the book, and I think JOMO is no different. I've created a song list with some strong women themes that build upon the ideas shared in the book.

JOYOFMISSINGOUT.COM/MUSIC

GOOD FOOD

Let's be honest, the JOMO movement is all about making life easier and stressing less! Keep in mind that you (as the host!) don't have to do everything! Here are a few ideas to make it easier:

📁 **APP-TASTIC:** Make the menu simple with appetizers. After all, appetizers are one of the best parts of any meal... right? Have your friends be in charge of the desserts and drinks.

📁 **POTLUCK:** Everyone brings a favorite dish. While this method means less cooking for you, it does mean a little more organization so you don't end up with 5 salads!

📁 **THE EASY MAIN COURSE:** Choose a main course that's easy and flexible. One of my favorites is chili with fun fixings (cheese, sour cream, etc) for my friends to choose from.

To make your JOMO book club menu even easier, I've pulled together my favorite recipes in a Pinterest Board:

JOYOFMISSINGOUT.COM/FOOD

About the Author

Tonya Dalton

Tonya Dalton is the founder and CEO of inkWELL Press Productivity Co, a business focused on helping women create fulfilling lives around their priorities. As a productivity strategist and speaker, Tonya teaches others how to customize systems for achieving their dreams. Her popular 'Productivity Paradox' podcast has been downloaded more than a million times since it started in 2017, and her inkWELL Press products have been featured in many media outlets, including BuzzFeed, HGTV online, Today online, and PopSugar. Tonya is also the wife of John and the mom of Jack and Kate. They reside in Asheville, North Carolina, where John doesn't just work by her side; he sits across the desk from her. They spend their days planning, laughing, and working together as she once dreamed they would.

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