BOOK CLUB GUIDE · LISTS OF 30

The 30-Minute Book Club

For *My Life in Lists of 30* and *Our Life in Lists of 30* by Clemens Wan. A tight agenda for groups that would rather talk than schedule.



THE 30-MINUTE AGENDA

0–5
Warm-up
Everyone shares their favorite item number and reads it out loud. No explaining yet.

5–15
Rapid fire
The host pulls prompts from the 30 below. One minute per answer, max.

15–25
Write your own
Everyone writes 10 items for one shared topic. Fastest to 10 picks the next book.

25–30
Item #30
Each person reads their best item. Vote for the group's #30.

30 RAPID-FIRE DISCUSSION PROMPTS

1. Clemens opens My Life with the quarter-life crisis question "Now what?" What was your "Now what?" moment?
2. My Life starts at 25, Our Life at 30. Which book matches the decade you're in, and which one do you wish you'd read earlier?
3. Which list made you laugh out loud? Read your favorite item to the group.
4. Which list would you have written completely differently?
5. Item #30 is usually a personal joke or a step back. Which #30 hit hardest?
6. The Epic 30 Day Challenge started with "What if the world ends?" What would your 30 days look like?
7. Is a list of 30 a memoir? What does the format reveal that paragraphs would hide?
8. Pick one Random Observation/Comment that you'd put on a mug.
9. "30 Things to Teach my Future Kid" was written years before Evie. Did any item age badly, or better than expected?
10. Our Life is co-written with Vinessa. Where do you feel two voices?
11. The Decentralization chapter has buzzwords from 2015 to 2023. Which one did you have to look up?
12. Which career list would you hand to a new grad: Early Career Advice or Things in the First 30 Days?
13. "30 Micro Resolutions" says little actions make big changes. Which micro resolution will you try this week?
14. Which travel tip have you already learned the hard way?
15. The books mix serious and silly lists side by side. Did that work for you?
16. If you could add one list to either book, what would its title be?
17. Which list felt most like a time capsule of its year?
18. "30 Signs of Parenting Addiction": parents in the room, how many do you have?
19. Which list would you send to your partner? Your boss? Your mom?
20. Clemens says the real value comes from writing your own lists. Do you agree?
21. What's one item from the books you've already acted on?
22. Which list title would make the best book of its own?
23. Rapid fire: name one food, one place, and one app from the books.
24. Which list was the hardest to read, and why?
25. Who in your life writes like this? (Every friend group has one.)
26. If the books had a soundtrack, what's track one?
27. "A writer writes. Try to create as much content as you consume." How's your ratio?
28. What would the title of your Self-Proclaimed Titles list be?
29. What would your Life in Lists of 30 be called, and what's chapter one?
30. One word: how do you feel after finishing the book?

HOST NOTES

Running it in 30

BEFORE

- Pick which book (or both). Most groups read one, and the other makes a great next pick.
- Print the 30 Prompts sheet (free at book.listsof30.com) for the write-your-own round.
- Bring a timer. Phones work. Kitchen timers are funnier.

DURING

- Keep the rapid fire actually rapid. If a prompt sparks a debate, park it for drinks after.
- For the write-your-own round, pick a topic everyone knows, like “30 Things Our Group Always Does.”
- The group’s #30 is the souvenir. Write it down.

AFTER

- Post your group’s list of 30 and tag it #listsof30.
- Leave a 30-word review (yes, exactly 30 words). The kit is at book.listsof30.com.

OUR GROUP’S LIST OF 30

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30