

30-day reading guide for *The Gifts of Imperfection* by Brené Brown

This approach offers small daily readings and reflections to make it easy to fit into your holiday schedule.

Days 1-5: Setting the Foundation

Day 1: Read the Foreword (p. xv-xvii)

Day 2: Read the Introduction (p. xix-xxiii)

Day 3: Read Courage, Compassion, and Connection (p. xxv-xxvii)

Day 4: Reflect on Brown's ideas of courage, compassion, and connection. What role do they play in your life?

Day 5: Write about an area in life where you'd like to practice more self-acceptance.

Days 6-11: Guidepost 1 - Cultivating Authenticity

Day 6: Read Guidepost 1 (p. 1-8)

Day 7: Reflect on authenticity. How comfortable are you being yourself around others?

Day 8: Read Brown's thoughts on letting go of what people think (p. 9-12)

Day 9: Identify a situation where you felt pressured to please others. How could you have responded differently?

Day 10: Journal about the difference between fitting in and belonging.

Day 11: Reflect on how authenticity feels in different settings (work, friends, family).

Days 12-17: Guideposts 2-4 - Self-Compassion, Resilience, Gratitude

Day 12: Read Guidepost 2 (p. 13-18)

Day 13: Reflect on self-compassion. What are your biggest self-criticisms?

Day 14: Read Guidepost 3 (p. 19-24)

Day 15: Consider a difficult time in your life. What role did resilience play?

Day 16: Read Guidepost 4 (p. 25-30)

Day 17: Start a gratitude list with three things you're grateful for today.

Days 18-23: Guideposts 5-7 - Intuition, Play, Calm

Day 18: Read Guidepost 5 (p. 31-36)

Day 19: Reflect on intuition. How often do you trust your gut?

Day 20: Read Guidepost 6 (p. 37-42)

Day 21: Recall a recent moment of play or creativity. How did it feel?

Day 22: Read Guidepost 7 (p. 43-48)

Day 23: Identify situations that challenge your calmness and practice taking deep breaths in those moments.

Days 24-28: Guideposts 8-10 - Calm, Meaningful Work, Laughter

Day 24: Read Guidepost 8 (p. 49-54)

Day 25: Think about meaningful work. What parts of your life feel the most fulfilling?

Day 26: Read Guidepost 9 (p. 55-60)

Day 27: Reflect on how laughter and lightness impact your well-being.

Day 28: Identify ways to bring more joy and lightness into daily routines.

Days 29-30: Conclusion & Reflection

Day 29: Read Conclusion (p. 61-64)

Day 30: Reflect on the book's impact on you. Write a summary of any insights, changes, or goals.

This daily reading guide helps build a deeper connection with each concept and makes the book's insights manageable and actionable. Enjoy the journey!