

4 Weeks reading guide for *The Gifts of Imperfection* by Brené Brown

Each week includes reading sections and discussion prompts to deepen engagement.

Week 1: Introduction & Understanding Perfectionism

Reading: Introduction, Courage, Compassion, and Connection & Guideposts 1-3

Key Topics: Vulnerability, authenticity, and letting go of perfectionism.

- **Discussion Questions:**

1. What resonates with you about Brené Brown's perspective on perfectionism?
2. How do courage, compassion, and connection play a role in your life?
3. Reflect on Guideposts 1-3 (Authenticity, Self-Compassion, and Resilient Spirit). Which one do you find most challenging?

Week 2: Cultivating Self-Compassion & Embracing Vulnerability

Reading: Guideposts 4-6

Key Topics: Gratitude, play, and rest as foundations of self-acceptance.

- **Discussion Questions:**

1. How can practicing gratitude influence self-compassion?
2. What role do play and rest currently play in your life?
3. Which of these Guideposts (Gratitude, Play, Rest) feels most impactful to you, and why?

Week 3: Embracing Creativity & Trusting Intuition

Reading: Guideposts 7-9

Key Topics: Creativity, intuition, and building trust in yourself.

- **Discussion Questions:**

1. How comfortable are you with exploring creativity, even if it means imperfection?
2. When has intuition guided you effectively?
3. Which parts of these guideposts feel most inspiring or intimidating?

Week 4: Practicing Calm & Cultivating Meaningful Work

Reading: Guideposts 10-12 & Conclusion

Key Topics: Cultivating calm, practising meaningful work, and final reflections.

- **Discussion Questions:**

1. Reflect on the journey of these Guideposts. How have your views on imperfection shifted?
2. What does meaningful work mean to you, and how can you bring it more into your life?
3. How can you continue integrating the concepts from *The Gifts of Imperfection* into your daily life?

Enjoy the Journey!