

COUNTESS 100 POUND BOOK CLUB

Pages 1-20 worksheet in Brene Brown's book: The Gifts Of Imperfection



What areas of my life do I need to be more courage?



How can I start applying that courage today? (I AM A LION.)



How can I be more compassionate to myself? To others?



Where do I need more connection? Who will I try to connect with?



"The Wholehearted journey is not the path of least resistance. It's a path of consciousness and choice." Page 21 What areas of my life do I now choose? What areas am I now awake in my life?

www.countessoflowcarb.com

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