***Imperfection: The Gifts of Imperfection***

**Session #1 – May 18th**

Reading: Pages i to 65

Exercises: Complete all or only the questions speaking to you.

1. Complete Wholehearted Inventory at <https://brenebrown.com/wholeheartedinventory/>

(More information is in Enclosure (2).) What are your thoughts on the results? What surprised you?

1. What trends in your mind do you need to un-see? (Reference – Page xxi)
2. Where is your “comfort zone” on this spectrum –

1 5 10

Heart Work Head Work

What are your takeaways from this? (Reference = Page xxv)

1. How often do you profess love instead of practicing love? What can you do differently? (Reference – Page 39)
2. What are your shame “default settings” and shame “superpowers”? (Reference – Page 60)