

Expanding The #BragOutLoud Practice



A guide to more impactful group conversations and a transformational #BragOutLoud experience.

Instructions:

The following questions are intended to be a self guided opportunity to explore the deeper layers of #BragOutLoud and how they specifically impact **your** daily life. You can use them as journaling prompts, as opportunities for a #BragOutLoud post, or to lead a small group discussion.

Take each set of questions slowly -- this isn't a race. Use the questions as a starting point to make #BragOutLoud a life changing experience for you - so you can show up as who you want to be more easily, more often, and for longer and longer periods of time.





Chapter 1 - Living An Unedited Life

- # How do you currently edit your life?
- # What areas of your life are you most likely to edit?
- # Who do you edit your life for the most?

Chapter 2 - The Birth of #BragOutLoud

- # What areas of your life currently feel burnt out?
- # How would you describe your life right now, if you were being transparent and truthful?
- # What does “Yay” feel like for you, in your body?

Chapter 3 - 90 Seconds A Day

- # What is your current definition of “brag”?
- # What is your current definition of “celebration”?

Chapter 4 - A Cultural Revolution

- # How were you socialized to share your accomplishments?
- # How did those around you speak about their struggles?
- # What would you tackle or take on if you had more joy every day?

Chapter 5 - What Does “Brag” Mean?

- # What do you consider a “good” brag?
- # What do you consider a “bad” brag?
- # How do you deflect or ignore your “bad” brags?

Chapter 6 - Bragging In Action

- # What makes you feel safe?
- # Where do you feel the most safe?
- # When do you feel the most unsafe?

Chapter 7 - The Tough Stuff

- # Have you ever beared witness?
- # Do you have a memory or experience of ever being witnessed without judgment?
- # What phrase will you use to show you’ve witnessed someone as whole and complete during their own “underdog days”?



Chapter 8 -BragS and Inspiration

- # What was your favorite brag example?
- # How will you remind yourself to look for a brag at the end of the day?

Chapter 9 - What Does “Celebration” Mean?

- # When were you allowed to celebrate as a child?
- # What does “joy whiplash” feel like to you?

Chapter 10 - Dancing In The Kitchen

- # What’s your new, go-to, mega-simple celebration?
- # How will you remind yourself to add in a celebration after every #BragOutLoud Moment?

Chapter 11 - Celebrations And Inspiration

- # What celebration example inspired you most?
- # How will you add in 30 seconds of refueling joy each day?

Chapter 12 - What If I Don’t Have A Brag?

- # What is a personal example of a #BragOutLoud for each of the following categories:
 - A Blast From The Past
 - Eyeing The Future
 - Brag. Repeat. Brag. Repeat.
 - Trying Is Enough
 - Taboo Brags: Sex, Money, Religion, Boasting, & Other “No Nos”
 - Vulnerability Versus Shame
 - Find Inspiration
 - Be Bold: Go Tiny
- # Which of these categories are you most resistant to delving into?

Chapter 13 - Obstacles On The Path

- # What’s most likely to stop you from participating in #BragOutLoud?
- # How can you combat this, without stressing out?

Chapter 14 - The Finish Line

- # Who will you share this with and invite into the #BragOutLoud Movement?
- # What’s your first full, #BragOutLoud & Celebration?



What comes next?

1. Review your answers, do you see patterns and growth?
2. Make sure you've joined our community online:
<https://www.facebook.com/groups/BragOutLoud/>
3. If you would like to bring this to a larger group of your co-workers or friends, please reach out to inquireis@BragOutLoudBook.com. There are programs already created to adapt the #BragOutLoud framework for the workplace and for small, intimate circles no matter where you are located around the globe.