

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

## Module 4

# *Checklist*

# Module 4 Checklist

- ☐ **Take a look at your weekly schedule.** Block off 5-10 hours (consecutive *or* intermittent) each week for two weeks to do the Module 4 assigned readings, videos, audios, workbooks, and activities.
- ☐ **Daily Morning Practice**
- ☐ **Create Google Doc versions of all M4 workbooks in your personal Google Drive folder (to fill out), or use whichever format you prefer.**
- ☐ **Listen to the Module 4 Intro audio**
- ☐ **Read and print the Module 4 Checklist**
- ☐ **Watch [Brené Brown's TED Talk: "Listening to Shame"](#)**
- ☐ **Listen to the Module 4.1 audio AND**
- ☐ **Do the Module 4.1 "How Did We Get Here?" Workbook**
- ☐ **Begin reading ["Love Yourself Like Your Life Depends On It"](#) by Kamal Ravikant**
- ☐ **Listen to the Module 4.2 audio AND**
- ☐ **Do the Module 4.2 Workbook**
- ☐ **Watch Brené Brown's TED Talk: ["The Power of Vulnerability"](#)**
- ☐ **Watch Kristen Neff's TED Talk: ["The Space Between Self-Esteem and Self-Compassion"](#)**
- ☐ **Read Tim Urban's article ["Taming Your Mammoth: Why You Should Stop Caring What Other People Think"](#)**
- ☐ **Begin reading ["The Gifts of Imperfection"](#) by Brené Brown**
- ☐ **Dive into the "Self Love Toolbox" and select 3+ tools to implement each week (and *definitely* take yourself out on a "Self Date":)**