



Living Life LOUD

Month 2, Week 3 Homework

MY GOALS FOR NOVEMBER:

1. _____
2. _____
3. _____

Tons of food for thought in this section of the book! I'll hit some high points, but feel free to bring up other thoughts, ideas, and conclusions in our Facebook group.

One of the most powerful and useful parts of this book so far for me is the creation of a process we can go through when we find ourselves hurt, struggling, angry, or otherwise “facedown in the arena.” Our tendency may be to run away, lash out, or hide. Instead, BB encourages us to dig deeper and “rumble” with the experience.

This is one part of the “rumbling” process:

- What story are you making up?
- Where are you in the process? (Act I, Act II, Act III)
- What are you rumbling with? (often an emotion)
- What do you know for sure?
- What is the NEW story you want to write?

1. Listen to the “Behind the Scenes” call as I run through this process for myself. Can you identify each stage?

2. What surprises or discoveries came to you as you listened?

3. Given the above framework, when you have a “facedown” moment this week, run through these questions in writing or with a trusted friend.

4. What discoveries did you make? (If nothing comes up this week, don't feel like you have to cause a conflict. :) Just keep the list on-hand for the future!)

5. An important element of “rumbling” is having someone to work through the process with. This group is a great safe place to do that sort of work. Do you have others in your life you can reflect with?