

Say It Loud Assignment 1

This week:

1. Complete your Week 1 Check in by noon on Wednesday, May 28 if possible. This is the starting Check In so **you are NOT expected to have completed the following assignments** before checking in.

<https://docs.google.com/forms/d/e/1FAIpQLScNoVCULbPRpuYXPj4Nq2LnJcZf3tOCZ8n-PDMS8qyL7q09tQ/viewform?usp=sharing&ouid=107252408857959195650>

2. Use the **Pework Playbook** and companion videos found here:

<https://isabelparlett.com/say-it-loud-0525-course-page/>

3. **Evaluate** your Message using the questions on page 2 of the Pework Playbook.
4. Use **one of the provided exercises** to deepen and strengthen your Message.
5. **Decide WHERE you are going to share and what FORMAT you'll share** in the next three weeks.
6. **Consider what you need to DISSOLVE** that might limit the Trueing of your Message.
7. If you don't know how to record video (or audio) and post it yourself, this is the week to get the tech support so you know how to do that.