

Say It Loud Assignment 2

1. Complete your Week 2 Check in **by noon on Wednesday, June 4** if possible, but earlier is fine. This gives me time to review your answers and prepare for our live call. The Check In is designed to help you integrate what you are learning and to help me know what to address in the upcoming Q&A call.
2. Review the **Action Playbook** and companion videos found here: <https://isabelparlett.com/say-it-loud-0525-course-page/>. The Playbook contains the details while the videos are there for context.
3. Spend five minutes at the beginning of your day every day visualizing or imagining feeling calm, creative, curious, and courageous about creating content to share your voice with the world. You can do this on your own, or follow along with the one we did on the live call (42:50) or the one I've posted on the course page. Make your mental images of yourself as vivid, sensory, and emotional as you can.
4. Decide what your stretch is for these next three weeks. Is it sharing when you haven't shared in a while? Sharing more often? Sharing in a new place? Sharing more boldly? Post your stretch goal in the Facebook group if you would like.
5. Decide on your **Content Creation Container**: where and when will you work on creating content. Decide if you will be using a time limit for your content creation or not (meaning you will publish after a set period of time). You can post this in the Facebook group as well.
6. Explore what creating content means specifically for you. For example, if you are recording video, what level of preparation do you need to hit record? I've included a video sharing how I prepare for video recording, but my process may or may not work for you.
7. Pick one of the categories of prompts to focus on this week: Sound Bites, True Spirit Spin Offs, Stories, or our Miscellaneous category. Use your Content Creation Container time to develop content using that category of prompt. Allow yourself to play rather than be perfect.
8. If you would like feedback on your content, post in the Facebook group asking for feedback. You may post written content, preparation for video content, or video

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content. Please include what you like about your content and your specific question you would like me to address for feedback.

9. Post or publish! You can share in the Facebook group when you've done that so we can cheer you on!