

Say It Loud Assignment 4

1. Complete your Week 4 Check in **by noon on Wednesday, June 18** if possible. 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. If you can't complete it by the deadline, please complete it when you can.
2. 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 ones I've posted on the course page. Make your mental images of yourself as vivid, sensory, and emotional as you can.
3. Decide what your stretch is for this coming week. What will represent your doing something that isn't currently your norm? You can post in the FB group if you would like.
4. Decide if the **Content Creation Container** you've chosen is working. If not, you can change it to something you think will work better. You can post this in the Facebook group as well.
5. Pick a category of prompt to focus on this week. Use your Content Creation Container time to develop content using that category of prompt. Allow yourself to play rather than be perfect.
6. 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 content. Please include what you like about your content and your specific question you would like me to address for feedback.
7. Post or publish! You can share in the Facebook group when you've done that so we can cheer you on!