



The I Don't

GIVE A FECK

PARADOX

WORKBOOK

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HEY THERE BEAUTY

You're here because you give a fck.

Lots of fcks.

You know you're here to make an impact and you're done lying to yourself about all the fcks you give.

Because showing up authentically and unapologetically in your brand and on socials requires you to leverage those fcks AND continue to give no fcks to the ones not meant for you.

I can't wait to see you live on Wednesday, but until then, here are some journal prompts to dive deeper in your fcks!



PROMPT 01

What fucks do you give?

(think about the impact you're here to make, the problems you help your clients solve, the legacy you're leaving and the life you're building for you and your family)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PROMPT 02

What fucks do you no longer give?

(you've been doing the work to detach from external validation so brag a little here and own the fucks you no longer give to "them" and how your expression has been liberated because of it)

[illegible]

PROMPT 03

What fucks do you still have around how your perceived?

(be honest here, there's no shame in admitting where you're still worrying about what "they" will think. Your vulnerability here will be the key to unlocking more fucks to give for your mission)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PROMPT 04

How would you rate your expression of the fucks you give/don't give?

(think about how well you're communicating your values, desires, unique perspectives with your audience...would they be able to tell you what you do and don't give a fuck about?)

[illegible]

PROMPT 05

**Over the next 3 months,
what fucks are you committed to giving/not giving?**

(journaling about this is cool and all but if you're not doing anything with the awareness, then what's the fucking point amiright? Decide right now how you'll shift in the fucks you'll give/not give and HOW you'll express it!)

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