A Bold Path to Ferocious Courage and Rule-Breaking Kindness That Can Heal the World



# YOUR FIERCE LOVE JOURNEY

Fierce Love

# **DISCUSSION QUESTIONS AND WRITING PROMPTS**

In order to make fierce love a dynamic practice in your life, here are some discussion questions and writing prompts to help you dive in more deeply.

Use these while reading and reflecting by yourself, or with your posse. Remember: Rumi says that when we do work from our soul, it is a river, a joy.

Welcome to this soulful joy-work; welcome to the water of life!



# CHAPTER ONE: Love Yourself Unconditionally

"In order to be good to others, you must practice being good to yourself."

- Do you think it is different to learn self-love in today's world, as opposed to times past? Why or why not?
- How do you define self-love? Do you have a moment in your life when you put that definition into practice?
- What are the upsides of loving yourself?
- What do you think are some of the real-world consequences of people not loving themselves?

### Journal writing prompts

Journaling—whether on paper or using a keyboard—is a powerful way to process your thoughts and emotions. This exercise is about accepting yourself, accepting your story, and learning from it so you can write your next chapter the way you want. If you find yourself wanting to walk away as you write, that's okay. But do try to find a way to come back and keep going.

# Chapter 1 writing prompt:

Write your story: What have you learned from the amazing moments and painful ones? Do you see moments in your story where you could love you better? What will that look like going forward?

### CHAPTER TWO: Speak Truthfully. It Will Set You Free.

"We all need someone to walk with us through the ring of fire that leads to a new self-understanding."

- Are there times when you didn't tell the truth, or were afraid to?
- Is there someone in your life with whom you could share your truth? How might you ask them to bear witness to it?
- What might be some of the consequences of holding our secrets inside?

### Chapter 2 writing prompt:

**Part 1:** Is there something you've been holding onto for a long time, but never spoke about? Write your truth here. No one will read it without your permission, so write freely and openly. If it starts to get difficult, just take deep breaths and go back to writing *when you're ready*.

**Part 2:** Now read what you wrote and write back to yourself—as if you were your best friend, the one who had the honor of hearing this truth. What would a best friend say? What words would you use? What compassion could you offer? Start off with "Thank you so much for sharing your story with me . . ." and go from there.



### CHAPTER THREE: Travel Lightly. Downsize the Burdens You Carry.

"Your weighty stories will also become lighter to carry once you have examined them and squeezed lessons from them."

- Can you identify with Jacqui's story of love, marriage, divorce, and rebuilding herself?
- How have the burdens you carry affected you? Your choices? Your relationships? Your reactions to life?
- What might our lives look like if we laid our burdens down?

### Chapter 3 writing prompt:

Looking at the first two prompts—your story, your truths—can you see moments or patterns of behavior that have affected your life and relationships. If so, list what you see there below. Which ones are you willing to let go of?



# **CHAPTER FOUR:** Show Kindness and Affection Wildly. Make Fierce Love Real.

"Fierce love is rule-breaking, border-crossing, ferocious, and extravagant kindness that increases our tribe."

- What Samaritans have shown up in your life?
- Have you ever had a chance to show up for a stranger? What made you do it? How did it make you feel?
- What have you been thinking about doing—a way to your fierce love—but haven't done yet? What is keeping you from trying it? What would life look like if you did?
- Do you think it's easier to show fierce love to a stranger or to someone you know?

### Chapter 4 writing prompt:

What does fierce love in action look like to you? Write down all the examples you can think of.



# **CHAPTER FIVE:** Confront Boldly. Transform Your Circumstances With Moral Courage.

*"Tve come to understand that honoring my parents also meant confronting the troubling places between us. Confronting hard things was what real love looked like."* 

- Have you ever had to confront "troubling places" with someone you loved? If not, why not? What might "confronting with love" look like for you?
- When did confrontation with someone you love go wildly wrong? Why do you think it didn't work?
- Have there been times when you've just kept your mouth shut? What does keeping silent do? How does it make you feel?

### Chapter 5 writing prompt:

Write a letter to a loved one with whom you have tension; confront the troubling places between you. What would you say? This is a letter you may never send, so don't censor yourself.



# CHAPTER SIX: Think Inclusively. They're Your People, Too!

"Welcome to being human. Do your best, right where you are, to love someone into healing. When you are off your game, someone else on the team will step up and do the work."

- What would happen if you laid down your previous belief system and let a new one emerge?
- What beliefs are you willing to move on from?
- Have you ever misjudged someone only to realize they were your people? How do you carry that lesson going forward?
- "That's why you're here," was a powerful and profound affirmation for Jacqui. Have you had a moment when you felt seen? Describe it. Did it put you on a path?

#### Chapter 6 writing prompt:

We all have a spark inside us, waiting to be lit. What has your heart known, but your lips never uttered? Look at the stories you wrote down from earlier prompts. What gifts—born out of pain and/or love—do you see that you can share with the world?



### CHAPTER SEVEN: Live Justly. Choose Fairness and Equality Every Day

"Every day, like we floss and brush our teeth, like some of us pray or meditate, we can make choices towards justice, fairness, and equality."

- What does a daily regimen of "choices towards justice, fairness, and equality" look like to you?
- Do you have children in your life? How do you exemplify justice, fairness, and equality for them? What kinds of discussions do you have with them about race and culture and people's differences?
- What does it mean to be a "fierce love warrior"?

### Chapter 7 writing prompt:

Now it's your turn to answer the simple question Jacqui's mother posed to her: What would love have *you* do today?



### CHAPTER EIGHT: Find Joy Daily. It Is The Water Of Life.

"Identifying and amplifying things that give you joy will sustain you during the times you're weighed down by life's injustices—those aimed at you or at others. Joy is fuel for fierce love."

- Discuss why you think joy and grief are often spoken of together. How does joy differ from happiness?
- Share a recent moment when you felt joy. What was happening? What did joy feel like to you?
- In what ways can you quickly tap into joy?

### Chapter 8 writing prompt:

List your superpowers. How can you use them to bring joy to the world?

### CHAPTER NINE: Believe Assiduously. Have Faith in Love.

"We are bound together; our liberation and thriving are tied together. When we can't see each other, when we don't see the connection, we are less human."

- If you were to create a religion, what would it look like?
- "Believing is seeing." What does that phrase mean to you? Have there been times when you haven't been able to see something?
- Throughout the book, Jacqui talks about Ubuntu ("I am because we are.") What does that word mean to you?

### Chapter 9 writing prompt:

Reflecting on all the lessons throughout the book and your own reflections, how do you now define "fierce love"? How will it show up in your life?



You did it! You've started walking the path of Fierce Love and begun the work of loving the world into healing. The tools you've picked up can help you navigate peaks and valleys, weather rain and shine. Feel free to revisit these questions and writing prompts on your journey as your "love revolution" *evolves*.

Jacqui