

Brené Brown

Welcome to Your

INTEGRATION

INDEX

**THE GIFTS OF
IMPERFECTION**

10th Anniversary Edition

Integrating

Let's set up your integration index. As you read in the preface, this system was adapted from Maria Popova's "alternative indexing" approach. This is personal, so rather than assigning any categories for you to index, I've provided a list of suggestions and blank pages for you to make this your own process. Always feel free to add or change as you move through the book.

When you come across something that's important to you, highlight and tag it. Then write the page number down under the related index category. When you're done, you haven't just read the book, you've

inhabited it. There's no secret message in your completed index - the process of doing this is "the integration work."

In other words, simply slowing down, rereading something that's resonating with you, frustrating you, or maybe even confusing you, highlighting and tagging it, then figuring why it's important and where you want to file that in your mind, in your life, and in your index - this process is the engine of integration.

Here are some suggestions. They're in alphabetical order because that's how I usually do my index so I can find the subject headings faster.

THESE ARE STANDARDS THAT I USE IN ALMOST ALL MY BOOKS:

- Beautiful words:
- Definitions (there are a lot of definitions in this book):
- I don't get it:
- I want to work on this:
- Quotes:
- Read more:
- SO HARD:
- Takeaways:
- Talk about with _____:
- Dig into research (always on my nerd alert):

The book-specific topics will always vary according to the themes of each particular book. Here are some example topics for *The Gifts*.

- At work:
- Belonging:
- Love:
- Parenting:
- Perfectionism:
- Shame:
- Vulnerability:

INTEGRATION IDEA #1

Idea:

PAGE NUMBERS:

NOTES:

INTEGRATION IDEA #2

Idea:

PAGE NUMBERS:

NOTES:

INTEGRATION IDEA #3

Idea:

PAGE NUMBERS:

NOTES:

INTEGRATION IDEA #4

Idea:

PAGE NUMBERS:

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INTEGRATION IDEA #5

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INTEGRATION IDEA #6

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INTEGRATION IDEA #7

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INTEGRATION IDEA #8

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INTEGRATION IDEA #10

Idea:

PAGE NUMBERS:

NOTES: