

Brave, Not Perfect Discussion Questions

First impressions? What did you think of the book overall?

Saujani describes perfection as something girls are encouraged to be whereas boys are encouraged to be brave. Do you agree? Do you have personal experiences that might reflect that dichotomy? Discuss.

Saujani aligns the quest for perfectionism with a fear of speaking your mind and going after what you really want and rather feeling the “need to please”. Do you agree? Discuss.

How do you define failure? What is one thing failure has taught you? Saujani writes, “Perfection is boring.” What are your favourite flaws about yourself? What makes you interesting?

Saujani debunks that bravery is naturally a trait owned by men. What are some examples of bravery by women that you can think of?

“It’s brave to rock who you are, loud and proud and without apologies.” What do you need to stop apologizing for?

“Bravery sets us free,” write Saujani. If you were at your bravest, what would you be free to do? What fears are holding you back from that now?

How can educators embrace the idea of brave, not perfect?

Saujani argues that prioritizing yourself (you’ve probably heard of self-care) will give you the fuel to be brave. What does that look like for you?

Of Saujani’s many strategies to “nix the need to please”, what resonates with you most?

Adapted from <https://thebeehive.bumble.com/canada-blog/bff-book-club>.

