

# WORTH IT

THE BOOKCLUB GUIDE

# HEY FRIEND!

I CAN'T BELIEVE IT'S HERE!

THIS BOOK IS MY ATTEMPT TO DISRUPT THE  
NARRATIVES ALL AROUND US THAT TELL US WE CAN'T;  
CAN'T BE FREE, CAN'T BE WHO WE ARE, CAN'T CHASE  
OUR DREAMS OR CHOOSE LOVE...

FOR EVERY PLACE THE WORLD HAS TOLD YOU NO,  
I HOPE THIS BOOK TELLS YOU YES.

ULTIMATELY, I HOPE THIS BOOK REMINDS YOU THAT  
CHOOSING FREEDOM OVER FEAR IS ALWAYS WORTH IT.

FROM THE BOTTOM OF MY HEART THANK YOU.  
THANK YOU FOR BRINGING ALL YOU ARE TO THIS WORLD  
AND SUPPORTING THOSE WHO DO THE SAME.

HERE'S TO FINDING AND CHASING MORE FREEDOM  
WHERE YOU ARE RIGHT NOW,

xo,  


@BRITBARRON #WORTHITBOOK

**Chapter 1: Every Time I Thought I Had Arrived, I Was Wrong**

*“Many people in my life whom I love still hold onto beliefs that no longer serve them because they fear what might happen if they open their hands to new possibilities.”*

**If you begin to unravel some of your core beliefs, what would change?**

*“I understand how scary it is to begin to unravel those threads. But it has been incredibly painful to watch because we simply aren't meant to live with closed fists.”*

<b>Things you can let go of in your life:</b>	<b>New conversations you hope to have:</b>

***“The ground is shifting, and it's okay to let it move you.”***

**Chapter 2: The Cast That Expanded My Story**

***“The stories that we tell about people matter.”***

What are the stories I need to unpack or understand to begin to love more.

***“The quickest way to put distance between you and your neighbor, you and your friend, and even you and your enemy, is to keep that same distance between you and yourself.”***

***Who are people I need to add into the story to help me begin to understand the world better?***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

***How will those stories help me grow, learn, and change?***

**Chapter 3: Less Defending, More Being**

***“Being in a room just as we are is a revolutionary act.”***

***Take some time and picture yourself walking into a room where you get to “just be” -- describe that experience; what would it look like, feel like, sound like:***

**Repeat the following mantra aloud after me:**

***“Let your body just be, let your success be for you, let your ambition be your driver—not your revenge.”***

*I will let my body just be, I will let success be for me, I will let ambition be my driver—not my revenge.*

*I will let my body just be, I will let success be for me, I will let ambition be my driver—not my revenge.*

*I will let my body just be, I will let success be for me, I will let ambition be my driver—not my revenge.*

**Chapter 4: Choosing Freedom Means Choosing Change**

*“It’s not always about the change itself, who we will become, or what it might teach us. I think most of us are afraid of the loss that will come along the way.”*

**Where do you need to embrace change in your life?**

**What stage of change are you in (caterpillar, cocoon, butterfly)? What do you fear about being in that stage or leaving that stage?**

*“You will find more life than you imagined on the other side. That doesn’t make the change easy; it just makes it true.”*

**Chapter 5: Move Into Your Fear**

*What are the questions you are most afraid to ask yourself?*

1. \_\_\_\_\_?
2. \_\_\_\_\_?
3. \_\_\_\_\_?
4. \_\_\_\_\_?
5. \_\_\_\_\_?

*What would it mean to know you are loved because you know it, not because someone told you to know it?*

*Take a moment to reflect and ask yourself: "Am I okay?"*

**Chapter 6: Freedom is Risky**

***“Choosing freedom is hard, but it helps when you can learn from someone else choosing it ahead of you.”***

*Have you ever been stuck in a fear spiral? What was scaring you and keeping you there?*

*Who is one of the strongest people you know?  
Now, look in the mirror. Seriously, go look. Look long and hard.  
Now, how are you also one of the strongest people you know?*

***“So do the scary thing. It will probably be hard, but I promise you are strong enough—and if you don’t think you are, then borrow someone else’s strength until you believe it.”***

*If you are currently stuck in a fear loop, what is the scary thing you need to do to get out?*

\_\_\_\_\_

*Who do you need to call up so they are waiting with open arms outside for you?*

\_\_\_\_\_



**Chapter 7: We Need Each Other**

***“Sometimes we need the ripple of someone else’s life to shake ours up.”***

*Have you had to stand up for truth on behalf of others? Have others done that on your behalf? How did that feel?*

*Who are the people who have stood with you?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*If you have made hard decisions in your life, take some time to reflect on the ripples:*

***“We need to be willing to shake up the still waters, and that’s not something we can accomplish alone.”***

**Chapter 8: Shed the False Self**

*“Finally allowing myself to pull back the layers of that false self and begin to embrace who I truly am is probably one of the single best things that has ever happened to me.”*

<b>Characteristics of my false self:</b>	<b>Characteristics of my REAL self:</b>

*What do you need to shed from your false self so that you can be more true to your real self?*

*What is the question you have been waiting for someone to ask you and how can you start living the answer?*

*The question:* \_\_\_\_\_?

*The answer:* \_\_\_\_\_

**Chapter 9: Change is Not Always Going to Feel Good**

*Reflect on experiences/moments of joy in your life:*

---

---

---

---

---

---

---

---

---

---

---

*Reflect on experiences/moments of pain in your life:*

---

---

---

---

---

---

---

---

---

---

---

*Are some of those things that were hard and painful actually good and growth-filled? Are some of those joy-filled moments the result of something hard? Are some of those experiences from both lists linked together?*

***“Facing our fears, finding joy, growing, evolving--all of it will be hard, but we have to do it anyway.”***

*Is there something you need to do in your life that is hard, but also worth it?*

**Chapter 10: Fear is an Oppressor**

*“...the only way to confront the lie is to speak truth and send a beam of light into that darkness and keep speaking until the whole thing breaks open.”*

**What story do you need to tell to find freedom over fear? Tell it here:**

*“Go, grow as big as you can, and go as far as you can. Tell as many stories as you can, and never be afraid that you will outgrow goodness.”*

**Chapter 11: Freedom is Only Real When Shared**

*When you wrote your story to grow in freedom after reading the last chapter, who were the people you imagined sharing that story with first?*

---

---

---

*How would you hope they would encourage you in continuing your journey to freedom and healing?*

*“Your freedom and healing and my freedom and healing need each other.”*

**Chapter 12: Healing From the Most Unexpected Places**

*“Our healing doesn’t come from avoiding, pretending, or moving on. Our healing most times looks like going head-on into those wounds and reclaiming the things in our lives that we have lost.”*

*What do you need to reclaim in your life?*

*What do you need to heal from?*

*What do you need to feel?*

*Take a deep breath.*

*How will you keep going?*

*Final Worth It Notes:*