



## Lesson Plan

This lesson plan is written to help you see how the lessons online match up with the book. You can feel free to do all the activities at your own pace or to do just what benefits you and what fits in your schedule. Stretch yourself but don't *stress* yourself!

Make sure you put a check when you've completed a step. You know it feels good!!

### **Getting Started**

- Purchase *Breaking Up with Perfect*
- Optional: Send a photo or scanned copy of the receipt to **breakingupwithperfect1@gmail.com** in order to receive a **free Participant's Guide** to download and print.
- Optional: Join **the private Facebook** group to access more resources. The link is on the Getting Started post on Amy's website.

### **Set 1**

#### **Reading Assignments:**

- Introduction
- Chapter 1

#### **Online Lessons:**

- Lesson 1: When God Shows Up
- Lesson 2: What's Your Shield? (Video)
- Lesson 3: Gifts of Love From a Resource Junkie (Download)

#### **Enrichment Activities:**

- Transformation Points for Introduction
- Going Deeper for Introduction
- Transformation Points for Chapter 1
- Going Deeper for Chapter 1
- Complete one activity from p. 197-199 "Fifty Ways to Leave Your Perfect"

## **Set 2**

### **Reading Assignments:**

- Chapter 2
- Chapter 3

### **Online Lessons:**

- Lesson 4: God Uses Even Our Worst
- Lesson 5: Living *With* God Not *For* God (Video)
- Lesson 6: A Fun Daily Reminder (Download)

### **Enrichment Activities:**

- Transformation Points for Chapter 2
- Going Deeper for Chapter 2
- Transformation Points for Chapter 3
- Going Deeper for Chapter 3
- Complete one activity from p. 197-199 “Fifty Ways to Leave Your Perfect”

## **Set 3**

### **Reading Assignments:**

- Chapter 4
- Chapter 5
- Chapter 6

### **Online Lessons:**

- Lesson 7: Defining God and Ourselves
- Lesson 8: Choosing Trust Over Perfection (Video)
- Lesson 9: A Devotion to Share (Download)

### **Enrichment Activities:**

- Transformation Points for Chapter 4
- Going Deeper for Chapter 4
- Transformation Points for Chapter 5
- Going Deeper for Chapter 5
- Transformation Points for Chapter 6
- Going Deeper for Chapter 6
- Complete one activity from p. 197-199 “Fifty Ways to Leave Your Perfect”

## **Set 4**

### **Reading Assignments:**

- Chapter 7
- Chapter 8
- Chapter 9

### **Online Lessons:**

- Lesson 10: A Grace for Where We're Placed
- Lesson 11: Serving in the Beautiful & the Messy (Video)
- Lesson 12: You're Right Where You're Supposed to Be (Download)

### **Enrichment Activities:**

- Transformation Points for Chapter 7
- Going Deeper for Chapter 7
- Transformation Points for Chapter 8
- Going Deeper for Chapter 8
- Transformation Points for Chapter 9
- Going Deeper for Chapter 9
- Complete one activity from p. 197-199 "Fifty Ways to Leave Your Perfect"

## **Set 5**

### **Reading Assignments:**

- Chapter 10
- Chapter 11

### **Online Lessons:**

- Lesson 13: How to Do Hard Things When You Think You Can't
- Lesson 14: 3 Simple Keys to Breaking Up with Perfect for Good (Video)
- Lesson 15: A "To-You" List (Download)
- Lesson 16: Some Final Thoughts

### **Enrichment Activities:**

- Transformation Points for Chapter 10
- Going Deeper for Chapter 10
- Transformation Points for Chapter 11
- Going Deeper for Chapter 11
- Complete one activity from p. 197-199 "Fifty Ways to Leave Your Perfect"