ASSIGNMENT #1:
Directions: Choose one of the following books and complete the assignment that goes with it.

Book:
You are Enough by Cassie Mendoza-Jones
I Thought It Was Just Me (But It Isn’t) by Brene Brown
Why Has Nobody Told Me This Before? by Dr. Julie Smith

Assignment:
• Create eight video logs describing aspects of the book that you can apply to your life.
  You may choose which chapters to include in each Vlog.
• Each Vlog needs to be a minimum of 3 minutes.
• You need to discuss how you can apply, connect, or extend what you have read to your life, school, etc.