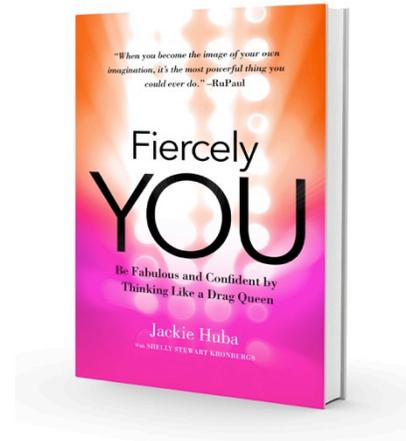


# *Fiercely You* Discussion Guide

Welcome to the discussion guide for the book [\*Fiercely You: Be Fabulous and Confident by Thinking Like a Drag Queen\*](#). *Fiercely You* is a creative, playful approach to the serious problems that people face regarding confidence and risk taking. At a particularly low point in her life, bestselling author Jackie Huba serendipitously stumbled upon the wonderful world of drag queens and was inspired. They were supremely self-assured, utterly fearless, strong, powerful, and unabashedly and completely themselves. Jackie even became a drag queen herself: Lady Trinity. Drawing on her own experiences and interviews with the world's top drag queens, Huba and coauthor Shelly Kronbergs offers five Keys to Fierce that will help readers find the courage to ignore criticism and live the life they truly want to live every day.



## **Before We Begin**

This book is about the power of taking action. Plenty of self-help books invite you to think about the ways that you live your life, so that you can understand how to make changes. And while we respect the value of this, our focus is more on experiential learning. So this guide is intended for use as way to process the impact that the exercises in the *Notes from Your Drag Diary* sections had on you, and an opportunity to share and encourage others on the journey to be *Fiercely You*.

Before your group gets together, make sure everyone in your discussion group has read the book and has had a chance to work through the *Notes from Your Drag Diary* sections. The agenda for our discussion will follow the 5 Keys to Fierce from the book.

## **The First Key: Create Your Drag Persona**

Take turns introducing yourself to the group with your new drag name. Explain briefly how you came up with it, what your persona embodies for you, and how it feels to claim this.

### **The Second Key: Always Look Sickening in Everyday Drag**

Let's talk about how we are learning to dress for power. Share with the group the changes you are making with your wardrobe.

- What "Oatmeal" items have you replaced?
- What is the most fabulous item that you now wear?
- If you have a wig, have you worn it in public yet?
- How have these outward changes impacted your inner self?

### **The Third Key: Strike a Pose and Embody Your Power**

Let's get everyone up and moving! Try one or all of these movements:

- Have everyone stand and practice power poses. Begin with the Wonder Woman pose, with arms up and fists pumping. How do they feel after doing them?
- Set up a runway and practicing walking it. Play upbeat dance songs to set the move. You use our Dragercising playlist at our website:  
[EnterTheQueendom.com/dragercising](http://EnterTheQueendom.com/dragercising)
- Take turns making a dramatic entrance.

Share with each other how doing these things feels and how you can translate it to your everyday life.

### **The Fourth Key: Tell Your Critics to Sashay Away**

Drag queens can shake off criticism with the flip of their wig. Now let us work on this:

- Share the top 5 self-criticisms from each person's list and have someone compile a big group list. How many are the same? Does this surprise you?
- Now take the five most common criticisms and share ways to throw shade at that Felicia.
- Next (and don't be surprised if this is harder to share), compile a group list of the top five affirmations. Speaking in the voice of your inner drag queen, take turns saying them aloud to yourself and to each other.

### **The Fifth Key: You Better Werk!**

Drag queens know how to small risks to propel themselves on to taking even bigger ones. Discuss these questions with the group about risk-taking.

- What is the biggest risk that you have ever taken?
- What fear did you overcome?
- What risks did you take in this process?
- Share the photos that you have taken on your journey to be Fiercely You.

- Make a digital collage of the group's photos and post them to social media tagging @JackieHuba #FiercelyYou.
- How have you changed in this process?

### **Living Fiercely Everyday**

Close the session by going around and each person answering these questions:

- If you could overcome any fear, what is the risk you would most like to take?
- How can your inner drag queen empower you to do that?

And finally, set up a time for everyone to meet up at a local drag show. Wear something fabulous! And post a group photo on social media tagging @JackieHuba #FiercelyYou.

---

Find more information on "Fiercely You" drag workshops, WWDQD? apparel and other offerings at our web HQ, [EnterTheQueendom.com](http://EnterTheQueendom.com).