

# Hey, book clubber!

First and foremost, thank you for choosing my book for your book club. I'm so excited for you and your group to dive in and dig even deeper. When I wrote this book, I intentionally shared not just my personal stories, but also insights and practical strategies for challenging and overcoming our limiting beliefs to create a life filled with truth, purpose, and self-love. While each chapter has *moving forward* prompts to help guide you in deep reflection, I've rounded up some additional questions and prompts to help facilitate meaningful discussions and reflections within your book club.

## Initial Reactions:

- What were your initial thoughts and feelings upon reading the title of the book, *If We're Being Honest: Silencing the Lies We Tell Ourselves to Live a Life We Love*?
- Did the book meet your expectations? Why or why not?
- Did you personally resonate with any of the failure beliefs mentioned in the book? Which ones?

## Key Themes and Messages:

- What are the main failure beliefs outlined in the book? How do they manifest in women's lives?
- How do these failure beliefs contribute to self-doubt, imposter syndrome, or holding back from pursuing our dreams?
- Discuss the importance of self-awareness in identifying and challenging these limiting beliefs.

## Personal Reflection:

- Take a moment to reflect on your own experiences. Have you ever encountered any of the failure beliefs mentioned in the book? How have they influenced your decisions and actions?
- Share a time when you felt held back by a failure belief. How did you overcome it or what steps can you take to overcome it?

## Stories and Examples:

- The book includes various stories and examples to illustrate the impact of failure beliefs. Which stories resonated with you the most? Why?
- Is there a particular story that stood out to you as inspiring or empowering? Discuss the lessons or insights you gained from it.



## Empowering Strategies:

- Jennifer provides practical strategies for silencing the lies we tell ourselves. Which strategies resonated with you? How do you plan to incorporate them into your life?
- How can we support and uplift each other in challenging these failure beliefs? Share ideas or experiences of empowering and encouraging one another.

## Societal Influences:

- Discuss the role of society, media, and cultural expectations in perpetuating failure beliefs in women. How can we collectively challenge these narratives?
- Are there any systemic barriers that contribute to the reinforcement of failure beliefs? How can we address or dismantle them?

## Building a Life You Love:

- The book emphasizes the importance of living a life we love. What does that mean to you personally?
- What steps can you take to create a life aligned with your values, passions, and authentic self?
- How can self-love and self-compassion play a role in overcoming failure beliefs and living a fulfilling life?

## Book's Impact:

- How has reading this book impacted your perspective on failure beliefs and living authentically?
- Are there any specific takeaways or lessons that you will carry forward in your own life?
- Would you recommend this book to others? Why or why not?

## Closing Thoughts:

- Share any final reflections or insights you gained from reading, *If We're Being Honest: Silencing the Lies We Tell Ourselves to Live a Life We Love*.
- What are your key takeaways from this book club discussion? How will you apply them to your life moving forward?

Note: These questions and prompts are meant to stimulate thoughtful discussions and reflections. Feel free to adapt or modify them to suit the dynamics and preferences of your book club.

