

Stop Pretending You Are Fine

THE Quiet ROAR

Book Club Host Guide

*A simple guide
for honest conversations that matter*

FIRST, SETTLE IN

Get everyone comfortable. Thank everyone from me then say: *There are no right or wrong answers, no fixing and no need to pretend we are fine, we are here to let our conversations go where they want to go. Then ask permission to jot down notes for your Book Club Reflections.*

1 BEGIN TOGETHER - ONE WORD

Go around the room and ask each person to share one word for how the book left them feeling. *Jot down their words.*

2 START THE CONVERSATION - ASK

1. Which part made you laugh, cry - or both?
2. Which TrueSoul® Whisper or Truth Bomb stayed with you?
3. What spoke to the woman you were earlier in your life?
4. Since reading the book, what have you noticed or done differently?
5. What is your joy - and are you making enough time for it?

3 I'M FINE, BUT...

Ask everyone to finish the sentence:

*"I'm fine, but from today
I will ..."*

Ask them to write it down and say it out loud so the universe hears it - and they own it.

4 GROUP REFLECTIONS

1. Is this a book we'd happily recommend?
2. Would we be happy to review it and share on social media?
3. Who came to mind while reading - someone you'd love to gift a copy to? -

5 ENCOURAGE EVERYONE

To scan the QR code inside the book to join The Quiet Roar Movement to start receiving the monthly letter from me. *And a follow on social media would be amazing. and APPRECIATED.*

6 MAKE IT MATTER

Once you have shared reflections with the group, stand up, smile at each other and celebrate the conversation. Clap, have a group hug or even a little dance - whatever feels fabulous in the moment.

PLEASE DO SHARE your book club photo and reflections with me:

Share and tag me @louise.budgen or contact me via louisebudgen.com

You may even feature as one of The Global Quiet Roar Book Clubs helping women to *Stop Pretending They Are Fine*

Love Louise X