

# BOOK CLUB KIT



# Author's Note

*Dear Reader,*

Girls are surrounded by expectations about how they should look, act, and show up in the world. One of the most powerful things you can learn is how to think for yourself.

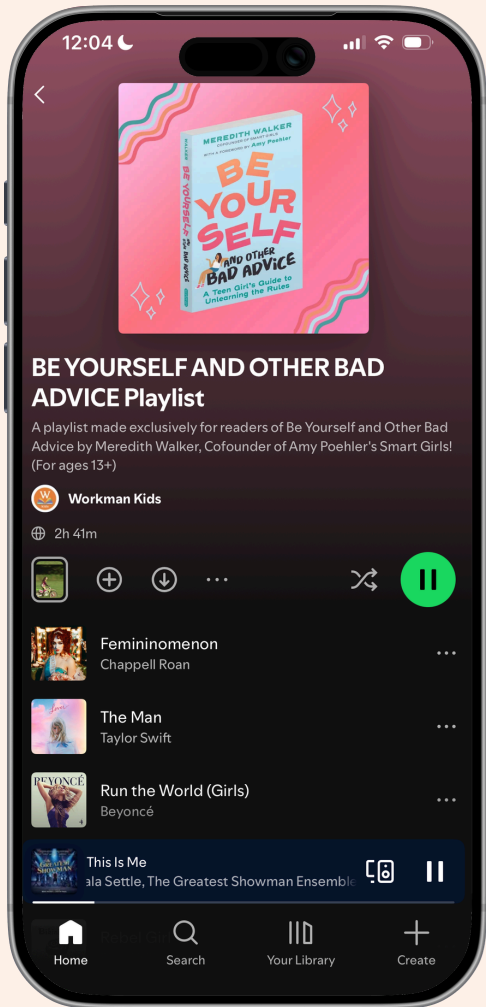
I wrote this book to help you get to know yourself through stories, prompts, and thought starters, and to use that self-knowledge to build a life that feels like your own.

No matter what your age, this is a book for finding out more about yourself, the person you are now, and the person you are becoming.

*Meredith Walker*  
Cofounder of Smart Girls



# LISTEN TO THE PLAYLIST



**FEATURING**  
TAYLOR SWIFT,  
OLIVIA DEAN,  
SZA,  
KATSEYE,  
AND MORE!

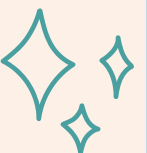
*“Watch this madness, colorful charade.  
No one can be just like me anyway.”*

**P!NK, “JUST LIKE FIRE”**



# Discussion Questions

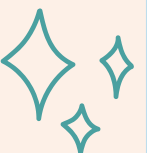
- In Chapter 1, turn to the section titled, "Fitting in vs. Being Real." Meredith discusses the experience of pretending to be someone you're not. Can you remember a time when you pretended to be someone that didn't reflect how you feel inside?
  - a. What motivated you to put on this facade and what feelings came up after putting the mask away? Sometimes we pretend to be someone we're not in order to gain acceptance, protect others, or simply out of habit.
  - b. Looking forward, what are some things you can do to prevent yourself from wearing that mask and truly embrace the qualities and interests that make you who you are?
- In Chapter 2, turn to the section titled, "Why Emotions Feel So Intense Right Now." Because the brain continues to develop until around the age of twenty-five, emotions can feel especially heightened in your teen years. Managing these emotions can be challenging, and suppressing them makes things harder. Meredith encourages releasing these "Big Feelings" in physical ways, such as slamming pillows, banging on drums, going for a run, and more.
  - a. What outlets do you use to release your "Big Feelings?" How do these outlets affect how you feel afterward?
- In Chapter 3, Meredith emphasizes the importance of values in everyday life. In her examples of people she admires, she mentions her friend, Emmy. Think of a person outside of your family whom you spend the most time with. List five qualities you admire about them. Then, consider these questions:
  - a. Do they share your values?
  - b. What positive attributes do they bring into your life?
  - c. Reflect deeply on these questions, then use your insights to answer this final question:  
What does a valuable friend mean to you, and does the person you thought of align with that image?





# Discussion Questions

- In Chapter 5, turn to the section titled, "How to Learn from Failure." Think about a time you've failed. It could be a situation as simple as a time you failed a test, or as complex as a time you let someone down.
  - a. If someone you cared about experienced the same exact failure and came to you for advice, what would you say to them?
- In Chapter 7, Meredith discusses the idea of "scrolling smarter" on social media. Take a moment to open TikTok or Instagram and look through the most recent posts you've liked.
  - a. What themes, messages, or values show up in that content?
  - b. Since your feed is curated based on your activity, what does it reveal about your values, interests, and priorities as a person?
- After concluding *Be Yourself and Other Bad Advice*, which prompt stood out to you the most?
  - a. In what ways have you taken in Meredith's advice and applied them to your lifestyle?





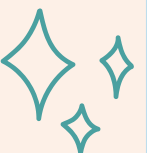
# Mother Daughter Questionnaire

## 10 Questions to Ask Your Mother

- 1) Who was your best friend growing up and what made them a good friend?
- 2) What was your first job and what do you remember most about it?
- 3) What three adjectives would you use to describe me?
- 4) What makes you feel nostalgic?
- 5) What do you hope for my future?
- 6) Is there a moment or event that drastically changed the way you viewed the world?
- 7) What's your earliest memory of your mother?
- 8) What makes you feel most confident?
- 9) What was the hardest thing you went through as a teen? How did you overcome it?
- 10) What's one thing you want me to always remember about you?

## 10 Questions to Ask Your Daughter

- 1) How do you think your friends would describe you?
- 2) When do you feel most like yourself?
- 3) What's one thing you wish we did more of together?
- 4) What kind of adult do you aspire to be one day?
- 5) What makes you feel most loved?
- 6) What's something new you'd like to learn this year? How can I help you achieve that?
- 7) What do you love about your home?
- 8) Who makes you feel the best about yourself? Why?
- 9) When was the last time you cried?
- 10) What is your earliest memory of me?



# NAME YOUR EMOTION

Twice a week for the next two weeks, write down how you feel in the morning and then in the evening. Use the list of emotions you came up with when reading chapter 2! Be as descriptive as possible!

WEEK 1	Days of the Week						
	SON	MON	TUES	WED	THUR	FRI	SAT
AM							
PM							

WEEK 2	Days of the Week						
	SON	MON	TUES	WED	THUR	FRI	SAT
AM							
PM							

# CREATE A HAPPINESS JAR

Cut along the dotted lines, then place the slips of paper in a mason jar.

Pick one whenever you need a mood booster!

THINK FOR YOURSELF

FOLLOW YOUR OWN PATH

YOU DESERVE RESPECT

YOU ARE ALREADY WHOLE

BEING YOURSELF IS A VERB

LIVE UP TO YOUR VALUES

WHO ARE YOUR HEROES?

HOW ARE YOU FEELING RIGHT NOW?

DRESS HOW YOU WANT

TAKE OWNERSHIP OF YOUR ACTIONS

TAKE THREE DEEP BREATHS

DO SOMETHING FUN TODAY

LISTEN TO YOUR FAVORITE SONG

NAME YOUR EMOTION

I FEEL CONTENT AND CALM

STAND UP FOR WHAT'S RIGHT

BE HONEST

MAKE SPACE FOR DIFFERENT PEOPLE

FIND A MOMENT TO LAUGH

BE COMPASSIONATE

WHAT ARE YOUR STRENGTHS?

EXPLORE NEW INTERESTS

YOU DON'T HAVE TO HAVE IT ALL FIGURED OUT

FAILURE IS FINE

LEARN FROM YOUR MISTAKES

BE KIND TO YOURSELF

YOU DON'T NEED TO BE FLAWLESS

PRACTICE POSITIVE SELF-TALK

SAY THANK YOU

THINK OF SOMETHING GOOD IN YOUR LIFE

AMPLIFY THE BEST PARTS OF YOURSELF

SPEND TIME OUTSIDE TODAY

CELEBRATE YOUR ACCOMPLISHMENTS

DON'T BE AFRAID TO ASK FOR HELP

THINK FOR YOURSELF

LAUGH AS LOUD AS YOU WANT

IMPERFECTION IS NORMAL

TALK TO SOMEONE YOU TRUST

YOU ARE UNIQUE

YOU ARE WONDERFUL JUST AS YOU ARE

NOBODY GETS IT RIGHT ALL OF THE TIME

TREAT YOURSELF LIKE YOU TREAT YOUR FRIENDS