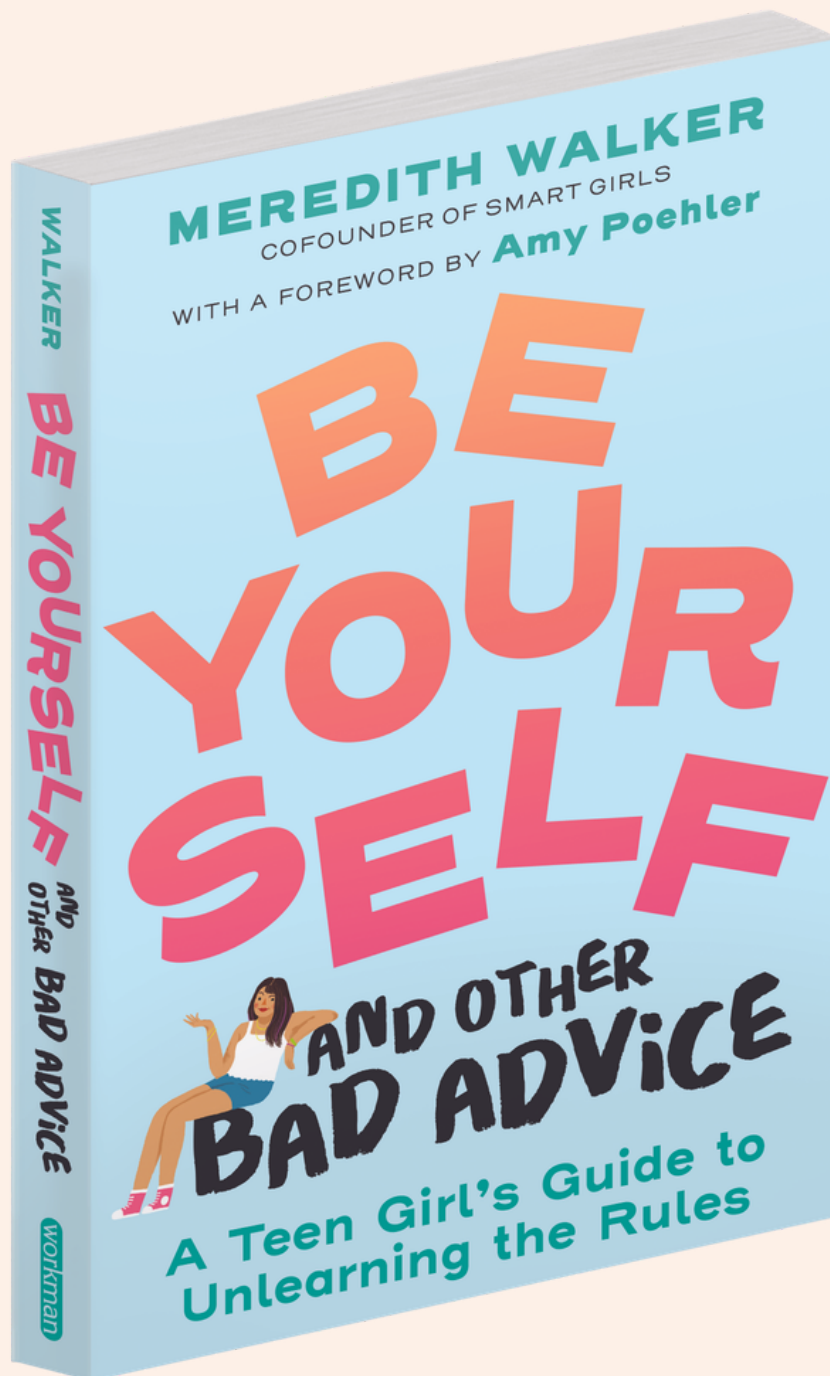




BOOK CLUB KIT



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.

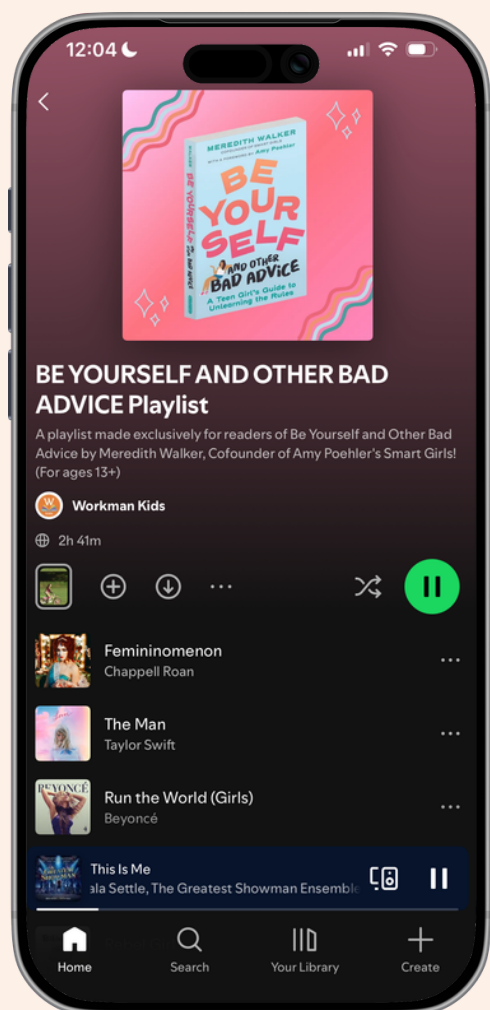
I wrote this book to help you get to know yourself through stories, prompts, and thought starters, and to use that self-knowledge to build a life that feels like your own.

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”

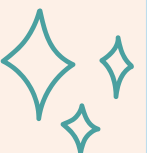


Book Discussion Questions

- 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?

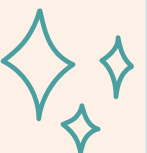
- In Chapter 3, Meredith emphasizes the importance of values in everyday life. In her examples of people she admires, she mentions her friend, Emmy. Think of a person outside of your family whom you spend the most time with. List five qualities you admire about them. Then, consider these questions:
 - 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?





Book Discussion Questions

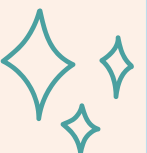
- In Chapter 5, turn to the section titled, "How to Learn from Failure." Think about a time you've failed. It could be a situation as simple as a time you failed a test, or as complex as a time you let someone down.
 - a. If someone you cared about experienced the same exact failure and came to you for 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?





Questions to Ask Each Other

- 1) Are there situations where you act like a different version of yourself? What do you think you're trying to gain (or avoid) in those moments?
- 2) What is something it seems like you're supposed to want that you aren't sure you want?
- 3) What are you doing when you feel most like yourself? Who are you with?
- 4) Look at the last several posts you liked or stopped to watch. What patterns do you notice? What does your feed seem to think you care about? Is that the same as what you actually value?
- 5) Think about someone you really admire. What qualities in that person stand out to you? What do you think those qualities tell you about your own values?
- 6) What is something you used to believe about yourself that you no longer believe?
- 7) Think about a time you failed at something or made a whopper mistake. If someone you cared about had done exactly the same thing, what would you say to them? Is that different from what you said to yourself? Why do you think that is?
- 8) When you look at where your time, attention, and energy actually go, what does that tell you about what's important to you?
- 9) When you're deciding what you think about something, how do you decide what information or evidence to trust?
- 10) What is a problem you'd like to help solve?



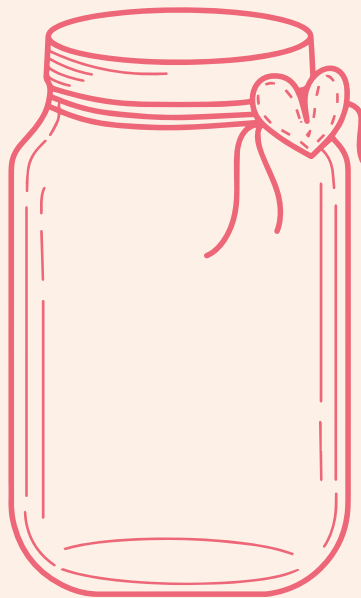


Create an Appreciation Jar

Using these blank strips, write down some things you notice and appreciate in your everyday life. They don't need to be huge or profound. Try to be aware of everyday comforts that make life better in one way or another. Fold up each one and put it in the jar. Add to it whenever you notice something that makes your day a little better.

For example: the first sip of an ice-cold drink on a hot day, a text from someone you care about, dog cuddles, clean sheets, a song that reminds you of a happy time, laughing, a really good sandwich, getting to hang out with a friend, an unexpected compliment, a home-cooked meal, those cool shoes!

On the last day of the month, go through the jar and appreciate them all over again. The point is simply to get better at noticing the good things all around you.



CREATE AN APPRECIATION JAR