

The Pretty Truth

Book Club Guide

An honest guide for sharing your own



Pretty Truth



with your book club besties.

Created for you by: Maria Williams

Hey Bestie—

If you're holding this guide, first of all... YAY! You've said *yes* to something bigger than just reading a book. You've said yes to yourself, your growth, and your besties who are walking right alongside you.

This guide is here to help you pause, reflect, and share the *pretty truths* that matter most. Think of it as your coffee-date companion: the questions I'd ask if we were sitting across from each other, laughing, crying, and calling out the real stuff together.

You don't need perfect answers (spoiler: perfection's overrated). All you need is honesty, an open heart, and maybe a pen that makes you feel a little extra fancy.

Here's how to use this guide:

- Read a chapter, then come back here for questions and challenges.
- Journal your thoughts, or talk them out with your Book Club Besties.
- Share the *wins*, *the fails*, *the messy middle*—because that's where the magic is.

This isn't homework. This is home. A space to show up as you are, and to remind yourself that you are already enough.

Now grab your favorite drink, turn the page, and let's get into some pretty truths together.

xo,

Maria

Chapter 1: You're Pretty Amazing at Aging (No, Really!)

♥ What messages did you grow up hearing about aging? How have they shaped the way you see yourself now?

♥ Maria says: "Curiosity is the new collagen." What do you think she means by that? How can you apply it in your own life?

♥ ✨ Bestie Challenge: Share one thing you love about your current age with the group.

Chapter 2: BE Kind of KIND

♥ Where in your life has kindness turned into people-pleasing?

♥ Which “NO” phrase from the chapter would you like to practice this week?

♥ ✦ Bestie Challenge: Write down one boundary you’ll set and share how you’ll follow through.

Chapter 3: Self-Care: More Than Just a Manicure

♥ What's your definition of real self-care (not maintenance)?

♥ Which of Maria's self-care practices resonate with you most?

♥ ✨ Bestie Challenge: Create a "self-love" act you'll commit to daily this week (ex: early bedtime, journaling, a walk).

Chapter 4: Stop Trying to Do It All

♥ Where in your life are you juggling too much?

♥ Who or what could you ask for help with today?

♥ ✨ Bestie Challenge: Drop one thing from your to-do list this week and replace it with rest.

Chapter 5: Perfection? Overrated!

♥ Maria says: “Perfection is a scam with good lighting.” Do you agree?

♥ How has perfectionism shown up in your life?

♥ ✨ Bestie Challenge: Share one recent mistake and what it taught you.

Chapter 6: Confidence: The Real Game Changer

♥ What small promises can you keep to yourself to build trust and confidence?

♥ When have you done something scared and grown because of it?

♥ ✨ Bestie Challenge: Write yourself a hype-girl affirmation and read it out loud daily.

Chapter 7: Friendships Lift You Up, Not Weigh You Down

♥ Who in your life truly “lifts you up”?

♥ How do you know when it’s time to step back from a friendship?

♥ ✨ Bestie Challenge: Send a text or voice note to a friend who has supported you.

Chapter 8: Compare Your New Self to the Old

You

♥ Who do you find yourself comparing to most—and how can you shift that energy inward?

♥ What's one way you're different from your younger self that makes you proud?

♥ ✦ Bestie Challenge: Write a thank-you note to your past self.

Chapter 9: Minimal (ish): Do You Need That Shirt?

♥ What's the hardest thing for you to let go of—and why?

♥ How does clutter (physical or emotional) affect your energy?

♥ ✨ Bestie Challenge: Fill one donation bag this week.

Chapter 10: Put Your Positive Pants On

♥ How does negativity show up in your self-talk?

♥ Which of Maria's positivity practices would you like to try?

♥ ✨ Bestie Challenge: Start a group gratitude chain—everyone shares 1 small joy daily.

Chapter 11: Change Is Inevitable

♥ What's the biggest change you've ever faced—and what did you learn?

♥ How do you usually handle transitions?

♥ ✨ Bestie Challenge: Write down one change you're currently resisting and reframe it as an opportunity.

Chapter 12: Healthy over Skinny

♥ What old beliefs about food, fitness, or body image are you ready to release?

♥ How do you define healthy now?

♥ ✦ Bestie Challenge: Swap one “skinny mindset” habit for a “healthy mindset” habit this week.

Chapter 13: Unbottle the Best Version of Yourself

♥ How has alcohol (or not drinking) shaped your social life?

♥ What do you think “sober curiosity” could look like for you?

♥ ✨ Bestie Challenge: Try Maria’s mocktail recipe at your next gathering!

Chapter 14: Wellness Without Overwhelm

♥ What's one simple daily habit that makes you feel your best?

♥ Where do you overcomplicate your wellness journey?

♥ ✨ Bestie Challenge: Choose one “non-negotiable three” for your week (water, movement, protein).

Chapter 15: Just One More Pretty Truth

♥ Which “Pretty Truth” hit you hardest in this book?

♥ How will you carry this message into your next season of life?

♥ ✨ Bestie Challenge: Write down your own Pretty Truth and share it with your book club besties.

Bestie, you made it!

You just walked through every chapter of *The Pretty Truth* with honesty, courage, and a willingness to laugh at the messy parts. That's no small thing and I hope you're as proud of yourself as I am of you.

Remember: this guide isn't the end. It's just the beginning of living your own Pretty Truth out loud. Keep asking the hard questions, keep choosing yourself, and keep showing up exactly as you are, because *you are more than enough*.

I would love to stay connected with you beyond these pages. Come hang out with me online. I share daily doses of Pretty Truth encouragement, bestie chats, and a few good laughs along the way:

💎 Website: **theprettytruth.com** 💎 Instagram: **theprettytruth_official**

💎 TikTok: **theprettytruth_official**

Tag me when you're doing your Book Club Bestie challenges or journaling prompts—I want to cheer you on!

Until then, keep shining, keep laughing, and keep telling your own Pretty Truth.

xo,

Maria