

THE PRETTY TRUTH

# Book Club *Guide*

*An honest companion for sharing your own pretty truth with the besties walking it out beside you.*



*by Maria Williams*

# Hi Bestie

*First of all, YAY.*

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If you're holding this guide, you said yes to something bigger than just reading a book. You said yes to your own growth, to a real conversation, and to the besties who are walking it out right beside you. That is a beautiful kind of brave.

This is the coffee-date companion I wish someone had handed me a long time ago. The questions in here are the ones I'd ask if we were sitting across from each other, laughing, crying, and calling out the real stuff together. No perfect answers required. Spoiler: perfection's overrated, remember?

Here's how to use it. Read a chapter from *The Pretty Truth*. Come back and sit with the questions. Journal them on your own, or talk them out loud with your book club besties. Share the wins, the fails, and the messy middle. That last part is where the magic actually lives.

This isn't homework. This is home. A space to show up exactly 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*

# How To Run Your Book Club

*No clipboard. No agenda. Just real talk.*

There's no one right way to do this. Pick the rhythm that fits your friends, your calendar, and your snack budget.

## The Five Meeting

Three chapters per gathering. Cozy, casual, and gives everyone time to actually live with the ideas. Best for new groups.

## The Three Meeting

Five chapters per gathering. Bigger conversations, deeper rabbit holes. Best for groups who already know each other well.

## The Slow Burn

One chapter per meeting. Fifteen weeks of small, beautiful, honest gatherings. Best for groups who want this to last.

## The Solo Bestie

Doing this alone? Treat it like a journal. One chapter at a time, your favorite mug, and the absolute permission to skip around.

## Bestie ground rules to share at meeting one

- ♥ What's said in the group, stays in the group. Always.
- ♥ No advice unless someone actually asks for it. We listen first.
- ♥ The rule of three. Three honest things per night, one truth at a time.
- ♥ Tears are welcome. Snorts of laughter are mandatory.
- ♥ Nobody has to share an answer they wrote down. Pages can stay private.

# You're Pretty Amazing at Aging (No, Really!)

*Where we stop letting culture write the story of our age and start writing our own.*

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PRETTY TRUTH STATEMENT

*Curiosity is the new collagen.*

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

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♥ *How could you live out "curiosity is the new collagen" this week?*

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BESTIE CHALLENGE

*Share one thing you genuinely love about your current age. Not a polite thing. A real thing.*

## BE Kind of KIND

*Because kindness without boundaries quietly turns into self-abandonment with good manners.*

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

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♥ *Which “no” phrase from this chapter do you want to actually try this week?*

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**BESTIE CHALLENGE**

*Write down one boundary you’re going to set this week, and tell the group exactly how you’ll follow through.*

## Self-Care: More Than Just a Manicure

*Real self-care is not always pretty, scented, or shareable. Sometimes it's a no, a nap, or a sandwich.*

♥ *What's your honest definition of real self-care, the kind that's not just maintenance?*

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♥ *Which of Maria's self-care practices hit hardest for you, and why?*

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**BESTIE CHALLENGE**

*Pick one self-love act you'll commit to daily this week. An early bedtime. A walk. Five minutes in the sun. Tiny counts.*

# Stop Trying to Do It All

*Doing it all is not a personality. It's a slow leak in your peace.*

♥ *Where in your life are you juggling more than is actually yours to carry?*

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♥ *Who or what could you ask for help with today, even something small?*

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**BESTIE CHALLENGE**

*Drop one thing from your to-do list this week and replace it with rest. Yes, all the way replace it.*

# Perfection? Overrated!

*Spoiler: the version of you that's a little messy is usually the version everyone actually likes best.*

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PRETTY TRUTH STATEMENT

*Perfection is a scam with good lighting.*

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♥ *Where has perfectionism shown up in your life, and what has it cost you?*

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♥ *If perfection is a scam with good lighting, what would “done is enough” look like for you this week?*

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BESTIE CHALLENGE

*Share one recent mistake out loud with the group, and what it actually taught you. No spinning it positive. Just tell the truth.*

# Confidence: The Real Game Changer

*Confidence isn't a personality. It's the receipt of every promise you keep to yourself.*

♥ *What small promises could you start keeping to yourself to build real trust with the woman in the mirror?*

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

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**BESTIE CHALLENGE**

*Write yourself a hype-girl affirmation. The kind you'd say to your favorite friend. Then read it out loud daily for the rest of the week.*

# Friendships Lift You Up, Not Weigh You Down

*Pay attention to how your shoulders feel after the conversation. Your body is keeping the receipts.*

♥ *Who in your life truly lifts you up, and what is it about them that does it?*

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♥ *How do you usually know it's time to gently step back from a friendship?*

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**BESTIE CHALLENGE**

*Send a text or voice note to a friend who has shown up for you. Don't overthink it. Just say the thing.*

## Compare Your New Self to the Old You

*The only fair comparison is between the woman you were last year and the woman you're becoming.*

♥ *Who do you find yourself comparing to most, and how could you turn that energy back inward?*

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

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**BESTIE CHALLENGE**

*Write a thank-you note to your past self. The one who got you here. She deserves it.*

## Minimal-ish: Do You Need That Shirt?

*Clutter, the closet kind and the heart kind, has a sneaky way of taking up the room your peace was supposed to live in.*

♥ *What's the hardest thing for you to let go of, and what do you think it's really tied to?*

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♥ *How does clutter, physical or emotional, actually affect your energy?*

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**BESTIE CHALLENGE**

*Fill one donation bag this week. One. That's the whole assignment.*

## Put Your Positive Pants On

*Not toxic positivity. Just the small, daily choice to talk to yourself like someone you actually like.*

♥ *How does negativity sneak into your self-talk? Whose voice does it usually sound like?*

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♥ *Which of Maria's positivity practices feels actually doable for you right now?*

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**BESTIE CHALLENGE**

*Start a group gratitude chain. Everyone shares one small joy a day in the group chat. No qualifying it. No "this is silly, but..."*

# Change Is Inevitable

*You can't outrun change. You can only decide whether to fight it or finally let it teach you something.*

♥ *What's the biggest change you've ever faced, and what did it end up teaching you?*

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♥ *How do you usually handle transitions? And what would you like to do differently next time?*

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**BESTIE CHALLENGE**

*Write down one change you're currently resisting. Then reframe it as an opportunity. Even if you don't fully believe it yet.*

# Healthy Over Skinny

*Your body is not a project. It is the place you live. Treat it like home, not a renovation.*

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

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♥ *How do you define healthy now? Has that definition changed in the last few years?*

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**BESTIE CHALLENGE**

*Swap one “skinny mindset” habit for a “healthy mindset” habit this week, and tell the group what shifted.*

# Unbottle the Best Version of Yourself

*No judgment, no preaching. Just an honest look at what you actually want your social life to feel like.*

♥ *How has alcohol, or not drinking, shaped the social parts of your life?*

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♥ *What could “sober curiosity” look like for you, even just as an experiment?*

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**BESTIE CHALLENGE**

*Try Maria’s mocktail recipe at your next gathering. Bonus points if you make a bestie try it with you.*

# Wellness Without Overwhelm

*If your wellness routine needs a flowchart, it isn't working. Make it small enough to actually do.*

♥ *What's one simple daily habit that genuinely makes you feel like yourself again?*

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♥ *Where do you tend to overcomplicate your wellness journey?*

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**BESTIE CHALLENGE**

*Pick one "non-negotiable three" for your week. Maybe water, movement, and protein. Or sleep, sunshine, and one honest conversation. Your call.*

# Just One More Pretty Truth

*By now, you know the pattern. Truth, then love. Honesty, then a hug. One more time, with feeling.*

♥ *Which Pretty Truth in this book hit you hardest, and why do you think that one was for you?*

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

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**BESTIE CHALLENGE**

*Write down your **own** Pretty Truth, in your own words, and share it with your book club besties. This is the one that's yours.*

# The Pretty Truth Pact

*A promise from us, to us.*

Read this together at your first meeting. Sign it. Tape it to the inside cover of someone's book. Make it real.

1. We will **tell the truth** even when it's a little awkward, and we will let it land softly when someone else does.
2. We will **listen first**, and we won't hand out advice unless someone actually asks for it.
3. We will **keep what's shared in this group, in this group**. Always.
4. We will **cheer the wins**, including the ones that look small from the outside but feel huge from where she's standing.
5. We will **laugh and we will cry**, sometimes within thirty seconds of each other. That's not weird. That's the whole point.
6. We will **take up the space** we need. Nobody has to shrink to be welcome here.

*Signed by the besties of*

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# Bestie, You Made It

*Look what you just did.*

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You walked through every chapter of *The Pretty Truth* with honesty, courage, and a willingness to laugh at the messy parts. That is not a small thing. That is a woman who decided to actually pay attention to her own life, and I hope you are as proud of yourself as I am of you.

Here's the part nobody tells you. This guide isn't the end. It's actually the beginning of living your own pretty truth out loud, in tiny daily ways nobody else might notice but you. Keep asking the hard questions. Keep choosing yourself. Keep showing up exactly as you are. You are more than enough, and you always have been.

One last bestie thing. The next time one of these chapters comes back up in your real life, and it will, I want you to remember this guide. Pull it back out. Re-ask yourself the question. Confidence isn't a one-time download. It's the practice of coming home to yourself, again and again.

I'm still cheering for you. I always will be.

*Xo, Maria*

# Come Hang Out

*Daily doses of pretty truth, bestie chats, and good laughs.*

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## Tag me when you're doing your Bestie Challenges

I want to cheer you on for real. Show me your messy notes, your donation bag, your manifesto on the bathroom mirror. I'll be in your corner.

WEBSITE  
[theprettytruth.com](https://theprettytruth.com)

COACHING WITH MARIA  
[/coaching](https://theprettytruth.com/coaching)

INSTAGRAM  
[@theprettytruth\\_official](https://www.instagram.com/theprettytruth_official)

TIKTOK  
[@theprettytruth\\_of](https://www.tiktok.com/@theprettytruth_of)

*Until next time, keep telling your own pretty truth.*

*Xo, Maria*