



THE PRETTY TRUTH

The Pretty Truth Workbook

A 6-Week *Confidence* Companion

*A self-paced workbook for telling yourself the truth,
finding your voice again, and coming back to the
woman you already are.*



by Maria Williams

Hi Bestie

I'm so glad you're here.

Here's the deal. If you are holding this workbook, something in *The Pretty Truth* probably poked at you a little bit. Maybe it was the part about being honest with yourself. Maybe it was the part about no longer trying to do it all. Maybe it was the uncomfortable little whisper that said, bestie, you are tired of pretending everything is fine.

First, same. Second, welcome. This is not a test, a class, or a shiny new way to make you feel behind. We are not doing that here. You have had enough people, calendars, laundry baskets, school forms, work emails, and mystery sticky spots on the kitchen counter asking for more from you. This workbook is not asking you to become a brand-new person by Friday.

It is asking you to tell yourself the truth in a softer way. It is asking you to notice where you shrink, where you say yes with your mouth while your whole body says no, and where the real you has been waiting patiently under everyone else's needs.

Use this however you want. Write in it. Dog-ear it. Spill coffee on it. Skip a page and come back later. Take six weeks, six months, or one very dramatic Saturday with snacks. There is no gold star for doing it perfectly. There is only the beautiful relief of coming home to yourself.

I will be right here, cheering for you like I have a megaphone and no shame. Because I do.

Xo, Maria

How This Works

Six weeks. Twenty-ish minutes. No rules police.

This workbook is built as a companion to *The Pretty Truth*. Bring the book with you if you have it nearby. Each week points you back to a chapter, not because you need to study it like there will be a quiz, but because sometimes the right sentence hits differently the second time.

A good rhythm is one module per week, about twenty to thirty minutes at a time. If you miss a week, you are not behind. If you need to sit with one question longer, stay there. If a prompt makes you cry in the carpool line, bless it, close the page, and come back when you have a minute and maybe a better tissue situation.

WEEK 1

Where You Are Now

Tell the truth about your baseline without judging yourself for being there.

WEEK 2

Stories You Carry

Name the labels, voices, and old sentences you do not have to keep.

WEEK 3

Boundaries

Practice real scripts for saying no without turning into someone cold or mean.

WEEK 4

Joy Again

Remember what made you feel like you before busy became your whole personality.

WEEK 5

Taking Up Space

Notice where you shrink, then practice the smallest honest move forward.

WEEK 6

Your Pretty Truth

Pull the pieces together and write the truth you are ready to live into.

The Pretty Truth Promise

A little clarity before we begin.

This workbook is a gentle structure for the woman who is ready to stop performing fine and start paying attention to what is true. It is not here to fix you. I do not believe you are broken. I believe you are probably exhausted, overextended, and a little too good at making sure everyone else is okay before checking on yourself.

This Is

- Permission to be honest without calling yourself ungrateful.
- Real-life reflection, scripts, and tiny actions you can actually use.
- A safe place to write the things you have been editing out loud.
- A bestie-style nudge back toward confidence, joy, and your own voice.

This Is Not

- Therapy, medical advice, or a replacement for professional support.
- A 12-step program with a clipboard and a disappointed face.
- Homework you can fail.
- A guilt trip dressed up in cute fonts. Absolutely not.

The only promise I want you to make is this: be kind to the woman doing the work. She has carried a lot. She deserves a softer voice in her own head.

The Pretty Truth About Where You Are Now

You know that moment when someone asks, “How are you?” and your mouth says, “Good!” before your heart even gets a vote? There you are, smiling in the grocery store aisle, holding bananas, pretending the word good covers the entire situation. Bestie, sometimes good is doing way too much heavy lifting.

This first week is not about fixing anything. It is about telling the truth about where you are standing. Not where Instagram thinks you should be. Not where the old you hoped you would be by now. Not where everyone assumes you are because you keep showing up with clean-ish hair and the ability to answer emails.

There is freedom in admitting you are tired. There is freedom in saying, I have been pretending. There is freedom in looking at your actual life, with all its beautiful people and weird stressors and laundry that has somehow become a permanent resident, and saying, okay, this is where I am.

No shame. No dramatic self-attack. Just honesty. You cannot build confidence on a version of your life you made up to keep everyone comfortable.

PULL THIS FROM THE PRETTY TRUTH

Introduction and **Chapter 6, Confidence: The Real Game Changer**. Maria writes that honesty with yourself is the start of freedom, and confidence begins with knowing who you are right now.

PRETTY TRUTH STATEMENT

You can't change what you won't admit. And admitting it isn't failing, it's the start of finally telling yourself the truth.

Energy Audit

No judgment. We are just looking at where your hours and energy actually go, then where you wish they had a little more room to breathe.

DAY	WHERE MY ENERGY ACTUALLY WENT	WHERE I WISH SOME ENERGY WENT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

BESTIE CHALLENGE

This week, have one conversation where you say the truer thing instead of the easier thing. One. Doesn't have to be huge.

One more honest page

If Week 1 opened a little door, let yourself write through it. The page can handle it.

A large rectangular area with horizontal lines, intended for writing. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting or typing.

The Stories You've Been Carrying

There are sentences we pick up so early that we forget we did not write them. Be easy. Don't be too much. Keep everyone happy. Smile. Be grateful. Don't make it awkward. Somewhere along the way, those little sentences can become a whole personality. Bless our hearts, no wonder we are tired.

This week is about noticing which stories belong to you and which ones were handed to you by family, school, culture, old friendships, one rude person in seventh grade, or a version of yourself who was just trying to survive the moment she was in.

You are allowed to put down a story that helped you get through one season but keeps you small in this one. You are allowed to say, that sentence may have been loud in my life, but it is not the truth about me anymore.

We are not blaming everybody. We are just cleaning out the closet in your head. If it does not fit the woman you are becoming, it does not get to take up prime real estate.

PULL THIS FROM THE PRETTY TRUTH

Chapter 8, Compare Your New Self to the Old You and **Chapter 5, Perfection? Overrated!** These chapters name the old scoreboard and invite you to stop living by someone else's measuring stick.

PRETTY TRUTH STATEMENT

Half the things you believe about yourself were handed to you. You don't have to keep carrying them.

I Am No Longer The Woman Who...

Write five declarations you want to keep. Make them honest, not fancy.

I am no longer the woman who...

I am no longer the woman who...

I am no longer the woman who...

I am no longer the woman who...

I am no longer the woman who...

BESTIE CHALLENGE

This week, catch yourself once. Just once. Then rewrite the sentence.

Old story. Truer sentence.

Use this page when you hear the old voice. We are not pretending it never shows up. We are just refusing to let it have the microphone all day.

OLD STORY I HEARD	THE TRUER SENTENCE I CHOOSE

Boundary Scripts & Permission Slips

There is a very specific kind of exhaustion that comes from saying yes while your soul is quietly packing a bag. You agree to the thing, smile, add it to your calendar, and then spend the rest of the day mad at everyone except the person who actually said yes. Hi. It was us.

This week is for the part of you that learned kindness meant availability. Always answering. Always helping. Always making sure nobody was disappointed, even if that meant you were disappointed in your own life.

Bestie, boundaries are not a personality transplant. You do not have to become harsh, cold, dramatic, or weirdly formal. You can be loving and clear. You can be kind and unavailable. You can disappoint someone and still be a good person. I know, wild concept. Let's practice.

PULL THIS FROM THE PRETTY TRUTH

Chapter 2, BE Kind of KIND and **Chapter 4, Stop Trying to Do It All**. These chapters are the people-pleasing wake-up call: kindness without self-respect gets expensive fast.

PRETTY TRUTH STATEMENT

Kindness without boundaries isn't kindness. It's slow self-abandonment with good manners.

Boundary Scripts You Can Copy

You do not have to reinvent the wheel every time. Borrow these until your own voice gets stronger.

WHEN YOU WANT TO OFFER WHAT IS POSSIBLE

The yes inside the no

“I’m not able to do that, but here’s what I can do.”

Why this works: It keeps you generous without handing over your whole week.

WHEN YOU FEEL CORNERED ON THE SPOT

The universal stall

“Let me get back to you on that.”

Why this works: It gives your honest self time to catch up with your polite reflex.

WHEN FAMILY NEEDS LOVE AND CLARITY

The kind no

“That doesn’t work for me, but I love you and I want to find something that does.”

Why this works: It says the relationship matters, and so do you.

Two More For Your Back Pocket

These are for the moments when your calendar and your peace need you to be brave for about eight seconds.

WHEN YOU CARE AND YOU ARE STILL NOT GOING

The I love you and I'm not coming template

"I won't be able to make it. Tell me how it goes."

Why this works: It does not over-explain, over-apologize, or leave the door open for negotiation.

WHEN WORK TRIES TO OVERFLOW INTO EVERY CORNER

The plate is full no

"My plate's full this week. I won't be able to take that on."

Why this works: It names capacity without proving your exhaustion in court.

BESTIE CHALLENGE

Use one of these scripts this week. Just one. Don't apologize for it afterward.

My Boundary Rehearsal

*Write the request you expect to get, the script you want to use, and the extra sentence you are not allowed to add afterward.
You know the one.*

THE REQUEST	MY SCRIPT	THE APOLOGY I AM SKIPPING

Permission Slip Page

Cut these out, tape them up, tuck one in your planner, or photocopy them until your printer asks for a boundary too.

I am allowed to...

I am allowed to...

I am allowed to...

Coming Back to Yourself

There is a certain age where you can suddenly name everyone else's favorite snack, appointment time, sweatshirt size, and emotional weather pattern, but when someone asks what you do for fun, your brain opens a blank document. Bestie, that is not because you are boring. It is because you have been busy being useful.

This week is not about booking a wellness retreat, buying all new hobbies, or becoming a woman who casually says things like, "I just came back from pottery." Good for her, truly. We are starting smaller. We are looking for the little sparks you used to follow before productivity became the boss of everything.

You are allowed to enjoy something that does not improve anyone, earn money, burn calories, organize a closet, or make dinner magically appear. Joy counts even when it is tiny. Especially then.

PULL THIS FROM THE PRETTY TRUTH

Chapter 3, Self-Care: More Than Just a Manicure and **Chapter 14, Wellness Without Overwhelm**. Maria's point is simple: caring for yourself has to be livable, or you will not keep doing it.

PRETTY TRUTH STATEMENT

You didn't lose yourself. You just buried her under everyone else's needs. She's still in there.

Tiny Rituals That Actually Stick

Pick three from the menu, then add three of your own. Keep them tiny enough that real life cannot scare them away.

Coffee on the porch in silence.

A song on full blast in the car.

A ten-minute walk without earbuds.

A book chapter before scrolling.

Chocolate in the desk for emergencies. Obviously.

Five minutes of stretching before the house needs you.

My tiny ritual:

My tiny ritual:

My tiny ritual:

5-Minute Joy Menu

For the days when you do not have a full afternoon to find yourself, because who does?

Text the friend who makes you laugh.

Put on lipstick for absolutely no reason.

Step outside and let the sun hit your face.

Play one song from your younger self's soundtrack.

Write down one thing that went right today.

Drink water out of the cute glass.

Look at an old photo and bless that version of you.

Light the candle you keep saving for company.

Say no to one tiny thing that was never yours.

Walk to the mailbox like you are getting paid in peace.

Dance in the kitchen, even badly. Especially badly.

Do one thing slowly on purpose.

BESTIE CHALLENGE

Do one thing this week purely because you used to love it. Not for productivity. Not for anyone else. Just because.

Showing Up Differently

Have you ever walked into a room and immediately started adjusting yourself? Not your shirt, although maybe that too. I mean your laugh, your opinion, your story, your enthusiasm, your face. Suddenly you are doing advanced emotional math: how much of me is acceptable here?

This week is about visibility, but not the flashy kind. You do not have to start a podcast, wear sequins to the grocery store, or make an announcement at brunch. Showing up differently can be as small as saying what you actually think, ordering what you actually want, wearing the thing you keep saving, or letting your laugh be the volume it naturally is.

You are allowed to take up space without apologizing for the square footage. The people who love the real you need access to her. The people who only liked the edited version may need a minute. That is okay. Let them have their minute.

PULL THIS FROM THE PRETTY TRUTH

Chapter 6, Confidence: The Real Game Changer and **Chapter 15, One More Pretty Truth**. Maria points back to authenticity, voice, and using your life on purpose.

PRETTY TRUTH STATEMENT

You weren't put here to make yourself smaller so other people don't feel uncomfortable.

Before-You-Shrink Check-In

Tear this out, photograph it, or keep it where your brave self can find it fast.

1. Whose comfort am I protecting?

Sometimes it is kindness. Sometimes it is fear wearing a cardigan.

2. Am I doing this because it is right or because it is familiar?

Familiar is powerful, but it is not always wise.

3. What is the smallest honest thing I could say instead?

You do not have to burn the whole script down. Start with one truer line.

BESTIE CHALLENGE

One thing this week you'd normally hold back. Say it. Send it. Wear it. Try it. Then notice you didn't die.

One Small Honest Thing

Use this page to plan the smallest visible step. We are practicing, not auditioning for a motivational movie montage.

WHERE I USUALLY SHRINK	WHAT I WILL TRY INSTEAD	WHAT HAPPENED

The Pretty Truth You're Living Into

By now, you have told some truths. Maybe tiny ones. Maybe quiet ones. Maybe one that made you stare at the wall like, well, that explains a lot. This is the part where we gather the pieces and stop acting like confidence is something that arrives fully dressed with a blowout and a five-year plan.

Confidence is built in the small moments you keep a promise to yourself. It is built when you tell the truth faster. It is built when you stop handing your whole life to whoever looks disappointed first. It is built when you choose joy without making it earn its spot on the calendar.

You do not have to become someone new. Honestly, that sounds exhausting and we have enough going on. You are coming back to the woman who was already there, the one with a voice, a laugh, a spine, a soft heart, and a future she gets to help design.

PULL THIS FROM THE PRETTY TRUTH

Chapter 11, Change Is Inevitable and **Chapter 15, One More Pretty Truth**. The closing movement of the book is about growth, voice, kindness, and creating your own version of happiness.

PRETTY TRUTH STATEMENT

You don't have to become someone new. You just have to stop pretending you're someone you're not.

Your Personal Pretty Truth Manifesto

Print it. Frame it. Fold it into your planner. Make it yours.

I'm done pretending...

I'm allowed to...

I'm letting go of...

I'm coming back to...

I'm taking up space for...

My pretty truth is...

All 6 Pretty Truth Statements

Tear this out and tape it up.

You can't change what you won't admit. And admitting it isn't failing, it's the start of finally telling yourself the truth.

Half the things you believe about yourself were handed to you. You don't have to keep carrying them.

Kindness without boundaries isn't kindness. It's slow self-abandonment with good manners.

You didn't lose yourself. You just buried her under everyone else's needs. She's still in there.

You weren't put here to make yourself smaller so other people don't feel uncomfortable.

You don't have to become someone new. You just have to stop pretending you're someone you're not.

Read This When You're Spiraling

Hi. Whatever is happening right now, you are going to be okay. Read that again, slower this time. You are going to be okay.

You do not have to solve your whole life in the next five minutes. You do not have to answer the text, fix the mood in the room, figure out the future, or become the calmest woman alive by dinner. Take the pressure down a notch. Then another one.

Put one hand somewhere you can feel yourself breathing. Your chest. Your stomach. Your cheek if that feels right. Now inhale like you are making space inside your own body. Exhale like you are letting one tiny piece of pressure leave.

Ask yourself one question: what is the truer thing here? Not the loudest thing. Not the scariest thing. Not the thing your anxious brain wrote in all caps. The truer thing.

Maybe the truer thing is that you need rest. Maybe it is that you are disappointed. Maybe it is that someone crossed a line. Maybe it is that you are safe, but activated. Maybe it is that this is hard and you can still take the next right step.

PRETTY TRUTH STATEMENT

You do not have to become someone new. You just have to stop pretending you're someone you're not.

One more breath, bestie. Inhale. Exhale. Start there.

I Am Allowed To...

I am allowed to...

I am allowed to...

I am allowed to...

Print extras. Give one to a friend who needs it. Keep one where your old habits usually find you.

I No Longer Have To...

I no longer have to...

I no longer have to...

I no longer have to...

You are allowed to stop carrying what was never yours to begin with.

I Am Giving Myself Permission To...

I am giving myself permission to...

I am giving myself permission to...

I am giving myself permission to...

Permission counts more when you practice using it.

Now Keep Going

Thirty tiny check-ins for the woman you are becoming.

DAY	KEPT A PROMISE	DIDN'T SHRINK	SPOKE TRUER	CHOSE JOY	SET A BOUNDARY
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now Keep Going

DAY	KEPT A PROMISE	DIDN'T SHRINK	SPOKE TRUER	CHOSE JOY	SET A BOUNDARY
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

No perfect streaks required. A checked box is a little witness that you showed up for yourself.

With Love, Maria

Bestie, look at what you just did. You made space to tell the truth. You named the stories. You practiced boundaries. You remembered joy. You gave your voice a little more room. That is not nothing. That is a woman deciding she is worth paying attention to.

I hope you are proud of yourself. Not in a loud, perfect, everyone-look-at-me way, unless that is your thing today, then please enjoy. I mean the quiet kind of proud. The kind where you know something shifted inside you, even if the laundry is still there and no one else noticed yet.

This workbook was never about becoming flawless. Perfection is overrated, remember? This was about becoming more honest, more awake, more you.

So keep going. Keep telling the truth. Keep choosing the tiny ritual. Keep using the script. Keep asking whether you are shrinking because it is right or because it is familiar. You have more life to live, and I hope you take up every bit of space meant for you.

This is not goodbye. I am still cheering.

Xo, Maria

A Gentle Door

If you want to keep going, start simple. Re-read the chapter from *The Pretty Truth* that met you right where you were. Sometimes the second read is where the sentence finally lands.

You can also share this workbook with a bestie and talk through one week together. Not in a formal book club way unless you love a cheese board and a plan, which I respect. Just one honest conversation with someone who can say, same, and mean it.

And if you want to talk it through with me, I would love that. You can head to theprettytruth.com/coaching and book a time for us to sit with what came up, what you are practicing, and what you want your next brave step to be.

No pressure. No big dramatic ending. Just the next right thing, whenever you are ready.

PRETTY TRUTH STATEMENT

Your life isn't a group project. You always get the final vote.

I am rooting for you always. Xo, Maria