

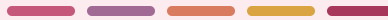
Pretty Sisters

FOR BOOK CLUBS, SMALL GROUPS, AND FOUR-PACKS

Think Pretty Book Club Guide

Five meetings, five beliefs, and questions that get a room past the weather.

A meeting format that works, discussion questions organized by belief, a group reflection exercise, and a monthly action challenge that turns reading into something that shows up in a life.



BEFORE THE FIRST MEETING

How to run this

Two ways to do it. Pick one now so nobody has to decide by committee later.

THE FIVE-MONTH ARC — RECOMMENDED

One belief per month for five months. Everyone reads the relevant chapters beforehand. This is the version that changes people, because there is time between meetings for something to actually happen.

Month 1: You are pretty · **2:** You are not alone ·
3: You can do it · **4:** You are meant for joy · **5:**
Love is the answer

THE SINGLE EVENING

One meeting, whole book, two hours. Choose two beliefs to go deep on rather than skimming all five — a group that covers everything usually covers nothing.

Ask at the start: “Which belief was hardest for you?” Then spend the night on the two that get the most hands.

The reading, honestly

Half your group will not finish. That is true of every book club that has ever existed, and it is not a moral failing. Say at the first meeting: “Come whether or not you read it. We will catch you up in two sentences.” The women who show up unread are often the ones who need the conversation most.

FOUR-PACKS EXIST FOR THIS

Think Pretty is sold in four-packs on purpose. One for you, three for the women you want at the table. Handing someone a book with a note in the front cover is a much harder invitation to decline than a text message.

Ground rules, read out loud at meeting one

- **What is said here stays here.** Ask before repeating anything, even kindly.
- **Pass freely.** “I’ll pass tonight” is a complete sentence.
- **No fixing.** We listen. Advice is offered only when asked, and offered once.
- **Everyone gets airtime.** Fill less if you fill; take more if you disappear.

Gentle note: Think Pretty resources offer encouragement and reflection, not therapy, medical advice, or crisis care. If you are in crisis or immediate danger, contact your local emergency number or a licensed professional. In the U.S., call or text 988.

THE SHAPE OF A NIGHT

Meeting format

Ninety minutes to two hours. The times matter less than the order — check in, go deep, land somewhere, leave with something.

MINUTES	WHAT HAPPENS	NOTES FOR THE HOST
0–15	Arrive and settle	Drinks, hugs, no agenda. Do not start on time if people are still walking in — start five minutes late on purpose.
15–25	Check-in round	Name and one word for how you are arriving. No commentary on anyone's word.
25–35	The belief	Read the belief and one short passage out loud. Ask: what did this stir up?
35–75	Discussion	Three or four questions, not ten. Host answers first, briefly and honestly.
75–90	Group reflection	The shared exercise on page 6. This is where the night becomes a room instead of a panel.
90–105	Action challenge	Each woman names one brave, small thing before next month. The group says only “yes.”
105–120	Close	One specific kind thing to the woman on your right. Set the next date before anyone leaves.

IF THE ROOM GOES QUIET

Count to eight before you rescue it. Silence is usually someone deciding whether to say the real thing. If it stays quiet, answer your own question a second time, more honestly than the first time.

IF ONE WOMAN DOMINATES

“That is so good — I want to make sure we hear everyone, so let’s go around.” Going around the circle solves ninety percent of airtime problems without anyone feeling corrected.

DISCUSSION QUESTIONS — PART ONE

Questions by belief

Choose three or four per meeting. Leave the rest. A group that covers every question has usually had a shallow night.

BELIEF 1 You are pretty

Kindness is your true beauty.

Open with: *When did you first learn that “pretty” was something you had to earn?*

1. Whose voice do you hear when you look in the mirror, and did you ever agree to let it stay?
2. What is something about you that has nothing to do with how you look, and everything to do with how people feel around you?
3. Who has made you feel beautiful without ever mentioning your appearance? What did they do?
4. What do you say about your own body in front of the girls in your life?

If the room is ready to go deeper: *What would change in your week if you actually believed kindness was the point?*

BELIEF 2 You are not alone

Sisterhood is the antidote to comparison.

Open with: *Where does comparison get you most reliably — which app, which person, which hour?*

1. When was the last time you felt genuinely known, and what made that possible?
2. What has stopped you from reaching out to a woman you would like to be closer to?
3. What are you carrying right now that you have not told anybody in this room?
4. Who has been a pretty sister to you — and have you ever told her?

If the room is ready to go deeper: *What would it cost you to be the one who goes first in a friendship this month?*

BELIEF 3 You can do it

Confidence is a decision you practice.

Open with: *What is a promise you made to yourself and quietly let go of?*

1. What is the dream you have stopped saying out loud, and when did you stop?
2. What would you attempt this year if you knew nobody would think you were foolish?
3. Where did you learn that you were not the kind of person who does things like that?
4. What is one small promise you could keep to yourself this week?

If the room is ready to go deeper: *If nothing changes for three years, what does staying the same actually cost you?*

DISCUSSION QUESTIONS — PART TWO

BELIEF 4 You are meant for joy

Joy is a lifestyle, not a reward.

Open with: *What are you waiting to finish before you let yourself enjoy your life?*

1. What did you love doing at ten years old, and when did you last do anything like it?
2. When did you last laugh until you could not breathe? Who was there?
3. What small joy is already available this week that you keep skipping?
4. Where did you learn that rest had to be earned?

If the room is ready to go deeper: *What would you do more of if you truly believed you did not have to deserve it first?*

BELIEF 5 Love is the answer

Lead with love and the rest falls in line.

Open with: *Where are you waiting for someone to deserve your kindness before you offer it?*

1. What would love do in the situation you have been avoiding?
2. What is the most loving thing anyone has done for you — and did you ever tell them?
3. Who needs you to go first right now?
4. What is the difference between being nice and being loving? Which one are you better at?

If the room is ready to go deeper: *What relationship would change if you led with love for thirty days without keeping score?*

Questions that work in any meeting

- Which belief was hardest for you to read, and why do you think that is?
- What is one line from this book you keep thinking about?
- Who were you reading this for — yourself, or somebody you love?
- What would you tell a fifteen-year-old girl about this chapter?
- What has changed for you since we last met? Be specific and be generous with yourself.

A HOST TRICK WORTH STEALING

Write each question on its own index card and put them face down in the middle. Let women draw. It removes the sense of being called on and it stops the host from steering the night toward her own favorite topic.

THE LAST TWENTY MINUTES

Group reflection

Talking about a book is pleasant. This is the part that makes a group into something women rearrange their evenings for.

EXERCISE ONE · THE PRETTY SISTER ROUND

Go around the circle. Each woman turns to the person on her right and names one specific thing she has noticed about her — not about how she looks, about who she is. Specific beats sweet: “you ask better questions than anyone I know” lands harder than “you’re so kind.”

Give it a full three minutes. Do not narrate it or explain it first. Just start.

EXERCISE TWO · THE ONE SENTENCE

Everyone writes one sentence — the one thing they are taking from tonight — on a slip of paper, unsigned. Fold them, put them in a bowl, and pass it around. Each woman draws one and reads it out loud.

Hearing your own sentence read in someone else’s voice is strangely powerful, and anonymity lets people write the true thing.

EXERCISE THREE · THE EMPTY CHAIR

Leave one chair empty. Near the end, ask: “*Who is not here who should be? Not to gossip — who needs this room?*” Each woman writes a name. Next month, everyone brings one.

This is how Pretty Sisters has always grown. One woman handing the word to another.

OUR GROUP'S NOTES

What we talked about tonight:

Next meeting — date, host, belief:

_____	_____
_____	_____
_____	_____

BETWEEN MEETINGS

The action challenge

One per month, matched to the belief — the difference between a group that read a book and a group that lived one.

MONTH	THE CHALLENGE	WHAT WOMEN REPORT
BELIEF 1 You are pretty	Say the kind thing out loud, every day, for thirty days. The one you would normally only think.	The hardest part is not the saying. It is noticing how much you were already thinking and swallowing.
BELIEF 2 You are not alone	Reach out to one woman a week — four in a month. Specific compliments, not check-ins.	At least one of those four will say “I really needed this today.” It happens almost every time.
BELIEF 3 You can do it	Twenty minutes, four days a week, on the thing you have been putting off. Name it out loud tonight.	Eighty minutes a week is more than most people ever give the thing they say they want.
BELIEF 4 You are meant for joy	Keep a Joy Proof File: three small joyful things, written down, every night for thirty days.	The list changes what you notice during the day, which is the actual mechanism.
BELIEF 5 Love is the answer	One unrequested, unannounced kindness a week. Nobody finds out it was you.	Unwitnessed kindness is the version that changes the giver.

MAKE IT STICK

- Say it out loud in the room. Unspoken commitments evaporate.
- Start a group text. One line a week is plenty.
- Pair up. Two women checking on each other beats a group of ten.
- Open the next meeting by asking how it went — kindly, with no shame for anyone who did not.

MY CHALLENGE THIS MONTH

My partner in it:

*A book read alone is information.
A book read together becomes a friendship.*

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