



A GIRL ON PURPOSE **Book Club**

STEP 1. Ask yourself “why am I starting this book club?” Ask yourself this question first because your answer will help you figure out the rest of the questions in this guide 😊

STEP 2. Decide what kind of book club you want to have. Your club can be whatever you want it to be. However, we do suggest several formats:

- Women-only
- Girls-only¹ (age 8+)
- Women/girls together

If possible, clubbing as women and girls is the ideal format because it's how the book was intended. However, a women-only or girls-only club can totally work too. As with anything, it's what you make of it!

¹ For girls-only or women/girl clubs, we suggest that the girls all be of similar age. Also, for girls-only clubs, we recommend that a mom, teacher, mentor or coach help get the group started.

STEP 3. Who should be in my book club and how do I find participants?

To find participants, start with the people you know. Think about whom else might be interested in the topic of building self-confidence in women and girls. It could be other moms, but also any teacher, mentor or coach who has a young girl in their life they care about deeply.

- Spread the word by asking folks at school, church or in your girl scout troop.
- Put out a request on a local FB group.
- I can also help you locate other people in your area if you need it!

STEP 4. How big should my book club be? The size of your book club is totally up to you. However, we do recommend that it be no more than 10 members maximum in order to fully benefit from your discussions. If you are a women/girls club, that would mean 5 pairs total.

STEP 5. Where should we meet?

After figuring out who will be in your club, next decide where you will meet. Sometimes it's nice to meet in the same person's living room every time. But don't forget that that person should be a willing host. We actually recommend gathering in a different location for each meeting because this will keep things fresh. You might even try meeting in some unlikely places like a park or a restaurant!

STEP 6. How often should we meet and for how long? Book clubs typically meet every month and

discuss a different book each time. However, with your book club, you're probably only reading and discussing one chapter at a time. This means it might make more sense to meet more frequently than once a month, for example every week or every other week. The meetings themselves should last 1-2.5 hours.

Do what works best for your schedule. Girl on Purpose has ten (10) chapters so if you met every week and read one chapter per week, it would take 10 weeks or 2.5 months to complete the book as a group. If you met every other week, it would take double that – about 5 months. Basically, the idea is to not let too much time go by between meetings so that your group doesn't lose any momentum.

STEP 7. What should we talk about in my book club? We recommend that clubbers read one chapter at a time in order to fully absorb the material and to be able to answer all the questions and do the exercises.

- Some clubs may want to read the chapters on their own and then go through the questions and exercises together at the group meeting.
- Other clubs may want to both read and do questions and exercises on their own and then discuss everything each time they meet.
- Further still, you might prefer to both read and go through questions/exercises together as a group at your meetings. Depending on how long your meetings are, this option is

totally doable, especially since the chapters are not that long.

- A final suggestion is to assign different discussion leaders for each chapter/meeting and to check ahead to see what materials you might need!

STEP 8. Get your swag! As soon as you decide to start your book club, let us know and we'll send you a set of Girl on Purpose bookmarks as well as a Girl on Purpose t-shirt! (Additional shirts available for just \$17.95/shirt.)

After, when your club completes the book, contact me again and we'll send you a special gift to celebrate your accomplishment!