

WELCOME TO THE STYLE STATEMENT

Group Guide

Gather your best friends or bond with some new friends of friends. Funny thing about being genuine, we often can see ourselves more clearly in a group of others. Contrast. Support. The power of more-than-one gathered for the same intention... to define themselves on their own terms.



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Feel free to use these questions as conversation-starters. We'd love to hear what comes up for you!

1. **Divine Contradictions:** The Messy, Beautiful, Sometimes-Confusing Truth of Being Your Whole Self...Do you look like yourself? Are you at home in your life?...for everyone who wants to sharpen their personal edge, steer steady through transitions, or reclaim their mojo, Style Statement is a call to inspired and authentic living. *Tell the group your Style Statement and the story of what motivated you to 'do' the book.*

2. **Self-expression is not an either/or formula.** You can be serene and flamboyant, traditional and avant-garde, opportunistic and socially responsible. It's all good if it's all real. Your truth is not meant to be tamed. *What are some of the divine dichotomies that you juggle? How has knowing your Style Statement made a difference in the true you showing up every day?*

3. **Every aesthetic and material choice sends a message to the world about who you are—and the world responds accordingly.** The design of your life can inspire you or mire you. True style—the kind that fills a room, sends a clear signal, and attracts the best—is anchored to your soul. Do your outsides match your insides? *Using the Life Style Map, name a realm or two in your life where your self-expression is crystal clear. And pinpoint an area of your life where there's an authenticity deficit—where the true you is nowhere to be seen.*

4. **When we feed ourselves a diet of ideas about success and happiness that other people have cooked up, then our genuine character begins to starve and we make weak choices about what we bring into our lives and put out into the world.** **Be brave.** *Tell the group about one of your ridiculous choices and share your sense of what was out of whack.*

5. **Making Powerful Choices:** A powerful choice is one that honors your mind, body, and soul. Every day is filled with opportunities to choose powerfully. Deep delight only comes when your choices are in harmony with your true nature. Guided by your Style Statement, *name three powerful choices you yearn to make.*

6. **One of the most powerful questions you can ask is, *what am I drawn to?*** From your ambitions to your accessories, art work to ideals, *what lifts you up, feels right, pulls you closer?* And as importantly, *what weighs on your spirit, turns you off, or makes you cringe?*