

ALPHA SIGMA ALPHA ALUMNAE BOOK CLUB DISCUSSION QUESTIONS  
JULY 2020 – “GIRL, STOP APOLOGIZING” BY RACHEL HOLLIS

1. What was your biggest takeaway from *Girl, Stop Apologizing*?
2. In the introduction, Rachel talks about reflecting over the areas in her life that she has refused to apologize for leading up to that point. Have there ever been areas in your life that you refuse to apologize for? Was it difficult or easy to come up with this list? Why?
3. What excuses do you find yourself having a difficult time letting go of? Why do you think that is?
4. Of the seven behaviors that Rachel discussed, which did you identify the most with? Did the book help you to come up with a plan to adopt that behavior? Were there any behaviors you did not identify with?
5. The author suggests six skills to acquire: planning, confidence, persistence, effectiveness, positivity and lead-her-ship. Are there any skills you've already acquired? What skills do you still need to work the most on?
6. Were there any pieces in the book that you did not agree with Rachel about? Explain the pieces and your reasoning behind not agreeing with them.
7. Was there a section of the book that was difficult for you to read? What made that section difficult for you?
8. Which area of the book provided you with the most “a-ha” moments? What were they?
9. What did you write down for your 10-10-1? How can your Alpha Sigma Alpha sisters help you in achieving this?
10. If you could ask the author, Rachel Hollis, one thing about *Girl, Stop Apologizing* what would it be and why?