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Step into Your Moxie
Book Club Guide





Whether you have an established book club or you want to convene a virtual or in-person group of friends, coworkers or business besties to dive deep and delicious into Step into Your Moxie, this guide will help you make your gathering a success!

TIPS FOR MAKING YOUR BOOK CLUB EVENT A SUCCESS

Before the Meeting

- Schedule a physical or virtual meeting location and time that works for the majority of participants. (Consider scheduling your event for 90 minutes – 2 hours.)
- Invite attendees and send reminders 2 weeks, 1 week, and 1 day before the event.
- Ensure all attendees have ample time (2 weeks at a minimum) to read the book or listen to the audiobook.
- Make a plan for how to facilitate the meeting. (Consider choosing one ice-breaker, approximately 10 guiding questions, and 1-2 Moxie Moment exercises.)

During the Meeting

- Begin the meeting no more than 5 minutes after it is scheduled to start.
- Allot 5-10 minutes for introductions (depending on the size of your group). Consider one of the ice-breakers below.

- Encourage participants to “step up” and “step back” in conversation and activities so that everyone has an opportunity to share her ideas and aha moments.
- Keep the event moving by establishing how much time you have for each component and managing time accordingly. *(i.e., We will take 3 shares for this question. Each person will have 2 minutes to share the boundary she is creating/ reaffirming.)*
- Bring extra books since some participants make forget their copy.

After the Meeting

- Share a picture from your book club event with the hashtag #StepIntoYourMoxie – and be sure to tag @AlexiaVernon!
- Consider facilitating monthly or quarterly meet-ups to practice communication concepts from the book (i.e., public speaking, daring conversations, negotiating, creating boundaries, and so forth).

MOXIE INSPIRED ICE-BREAKERS

1. Have each person introduce herself with the following prompts: *My name is _____ . A moment when I stepped into my moxie was _____ .*
2. Alternatively, have each person introduce herself as follows. *My name is _____ . And my definition of moxie is _____ .*
3. **(Moxie Art Show)** Give each participant 2-3 minutes to draw a picture that represents what moxie means to her. Afterward, everyone holds up her picture – without explaining her artwork. Then, each person finds a partner and shares with her the inspiration for her drawing. After both partners have shared (approximately 5 minutes), the group reconvenes and each person introduces her partner and what moxie means to her.
4. **(Cross the Room If...)** After introductions, the group stands and gathers on one side of the room/event space. The facilitator reads the following prompts, one-at-a-time. Whenever a statement is true for a participant, she crosses the room. Recommended prompts include:

Cross the Room if...

You realized while reading the book that your self-talk is a little (or a lot) cray-cray.

You default to being a bunny when you present your ideas.

A dragon.

A cheetah.

You get uncomfortable during money conversations.

You have negotiated – in any context.

You have created (or re-articulated) a boundary since reading the book.

You have given a speech – and loved it!

You know the legacy you want to leave.

Then, the facilitator can invite a few group members to come into the room and make their own Cross the Room If... statements. Again, if and when a statement applies, participants will cross the room.



RECOMMENDED BOOK CLUB QUESTIONS

While you are welcome to discuss any of the Questions for Reflection included in the book, here are some questions recommended specifically for book club discussions.

Introduction

- Have you experienced an on-again-off-again relationship with your voice? Why or why not?

Chapter One

- What was one of your “Come to Jesus” moments? How does it impact the story you have been carrying around about who you are as a communicator?
- What would be the impact (good, bad, or confusing) if you consistently spoke your truth in the world?

Chapter Two

- Which self-talk voice(s) do you default to (critic, cop, cheerleader, or coach)?

Chapter Three

- Which feminine leadership archetype could you most relate to: bunny or dragon?
- Which cheetah quality are you most excited to develop?

Chapter Four

- Which bunny and/or dragon words and phrases did you discover you use?
- Have you experimented with Stop and Smile? If so, how has it heightened your speaking confidence and reduced your vocalized thinking?

Chapter Five

- How does your intuition speak to you?

Chapter Six

- If you have experimented with reverse-engineering your communication, what has been the impact?

Chapter Seven

- What is one area in your life where you would like to “Go for the Holy Yes?”

Chapter Eight

- How do you experience “sensation” in high-stakes communication situations?
- How is visibility not only an opportunity but also a responsibility for you?



RECOMMENDED BOOK CLUB QUESTIONS

Chapter Nine

- What is a story from your life that could be used to create discovery for others?

Chapter Ten

- Do you usually avoid, wing, mentally script (and ruminate on), or strategically plan out (and role play) daring conversations?
- Which difficult behaviors do you default to – and why?

Chapter Eleven

- Where did you discover you have busted boundaries? If you have endeavored to (re)articulate them to the people in your life, what has been the impact?

Chapter Twelve

- What is a bum-bum biting moment from your life that you realize happened for you?

Chapter Thirteen

- What is an idea, issue, or cause that you care deeply about? How can you use your voice, step into your moxie, and advocate for the result you want to see?
- What did you see for yourself during the Legacy Visualization?

Additional Questions

- What was your top takeaway from the book, and how will you apply it?
- Did any of the stories, recommendations, or exercises in the book make you feel uncomfortable? If so, what were they and why do you think you were triggered?
- If you got to ask the author (ahem, me) a question, what would it be?
- If there were a follow-up book to *Step into Your Moxie*, what would you want it to focus on?



BRING MOXIE MOMENT EXERCISES TO LIFE!

One of my favorite parts of writing *Step into Your Moxie* was creating the Moxie Moment exercises at the end of each chapter to inspire you, my precious reader, to transfer your insights into action. Here are three of my favorite Moxie Moment exercises that you can quickly and easily do during your book club event. Each person can complete the exercise herself, and then each person can share her discoveries.

Moxie Moment: Power Up Your Inner Coach
(chapter 2, page 37)

Moxie Moment: Communication Audit
(chapter 3, page 49)

Moxie Moment: Hey, Boundary!
(chapter 11, page 179)



About Alexia

Alexia Vernon is the author of ***Step into Your Moxie: Amplify Your Voice, Visibility, and Influence in the World*** (New World Library and Penguin Random House Audio). Dubbed a “Moxie Maven” by President Obama’s White House Office of Public Engagement for her potent approach to women’s empowerment, Alexia Vernon has helped thousands of women to slay diminishing self-doubt and cultivate confidence. She is a sought-after speaking coach to female (and male) coaches, entrepreneurs, media personalities, and change makers who want to spread their ideas, positively impact people’s lives, grow their businesses, and advance their thought leadership. Alexia is the creator of the Spotlight speaking community, and she has supported thousands of speakers through her online training, live events, The Spotlight Speaker Accelerator coaching program, and her premier mastermind, the Spotlight Speakers Collective.

Since winning the Miss Junior America competition as a college freshman, Alexia has delivered transformational keynotes and corporate training for Fortune 500 companies, college campuses, professional associations, the United Nations, and she is a TEDxWomen speaker. Alexia has gotten her gab on with media such as CNN, NBC, ABC, CBS, Forbes.com, Inc.com, *The European Business Review*, and *Women’s Health Magazine*. Alexia lives in Las Vegas, Nevada with her partner in business and in life, Stephen, and their precocious, wide-eyed daughter.

My Wish for You

Wherever you are on your moxie trajectory, whether you are at the start of your career (or business), at the midpoint, or winding down, I invite you to stay open and continue to do the work I recommend in each chapter.

Take your discoveries and put them into action. If you find a story, question, exercise, or recommendation triggering, poke around and see why before discounting it or skipping over it. While I get that you will likely need to navigate some external, real-world limitations, and some self-imposed ones, to stepping into your moxie, let's get to making moxie a lifelong habit. You with me?

I'd love to hear about how you are flexing your moxie muscles. I lead a Facebook Group, the Spotlight Speakers Salon, where I pop in a few times a week to share inspiration, tips, and resources — and where fellow members provide awesome peer-to-peer support. [Join us here.](#)

