



VALIDATION IS FOR PARKING

book club guide!

Before You Get Started:

Did you know that if your book club purchase 10 or more books, and each participant writes an honest review, that you can have Nicole Kalil virtually join your book club meeting*?!? I mean, is there a better way to kick off a book discussion than to be able to pick the brain of the person who wrote it? Email info@nicolekalil.com for details!

You have a book club! Which means you are automatically “my people”. Do you smell your books too? Or is that just a weird thing I do that I really shouldn’t tell people about? Probably the latter.

Anyhoo, I love books and the fact that you’re making *Validation Is For Parking* your book of the month fills me with indescribable joy.

Whether it’s a large, well known book club, or just you and your BFF, here are some questions to spark your conversation. And if you really want to capture the essence of the author, you’ll include a cheese plate and your favorite cocktail. But you do you.

Questions for Discussion: (feel free to ask them all or pick out your favorites):

01. Prior to reading this book, what did confidence mean to you? How would you have defined confidence and what did you think built it?
02. What would you do if you trusted yourself, firmly and boldly... what decision would you make, risk would you take, or dream would you chase?
03. Which chapter resonated with you the most, and why?
04. Were there any parts of the book that had you wanting to share it with someone in your life? (i.e. so-and-so would benefit from hearing this message!)
05. What do you think your inner knowing would tell you, if you were truly listening? (reminder: it may tell you something challenging, but it will be kind and loving. If it’s mean, it’s not your inner knowing).

**If you read *Validation Is For Parking*, you know I love footnotes. In this case, I need to share some important info: book club virtual discussions are set up by emailing info@nicolekalil.com, will be 30 minutes in length, will not be recorded, and must be scheduled by 6/30/23*

06. What are the Things You Know To Be True About YOU, At This Point In Your Life? Pro tip: have book club members add a few to each person's list... what do you see as this person's strengths, talents, unique abilities, and super powers?
- For a FREE template, **[please click here.](#)**
07. Is knowing who you are easier or more difficult than owning who you're not?
08. Which of the confidence derailers do you face the most in your career, relationships, or life? How is it impacting you?
09. Were you surprised by any of the confidence derailers and/or confidence builders? Did you disagree with any of them, or feel anything was missing?
10. What, if any, of the tactical tips, guides, or step by steps provided in the book did you test out in your life? What did you learn?
11. If you could pull just one lesson, quote, or thought from this book that you could embrace in your life over the next 30 days, what would it be?
12. In the final chapter, Nicole offered 10 ways to build internal trust – which one(s) are you testing out? Was there anything you felt should be added to the list?

If you are looking for additional *Validation Is For Parking* resources, visit:
www.nicolekalil.com/book

Another option if you REALLY want to dig deep and take your time:
[Click Here to Access the 40+ Page Workbook Companion](#)
that goes along with each chapter and provides tools and
tactics for minimizing confidence derailers and implementing the
confidence builders into your everyday life!



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CONFIDENCE:

When you know who you are,
own who you're not,
and choose to embrace all of it.

Nicole Kalil