

# A LITTLE LESS OF A

# Hot Mess

## Discussion Guide

1. What was your initial reaction to the title of the book? Do you feel like “a hot mess” to begin with? Did you feel defensive? Was it relatable?
2. Chapter 1 opens by introducing readers to the “Three Rs of Modern Growth and Evolution”—rewriting, restoring, and reclaiming. Which “r” did you resonate with the most? Which one do you need to work on?
3. Let’s check in on one of the practices at the end of Section 2, “Restore Your Authentic Self.” How has the pandemic affected your mental health, specifically in relation to motherhood? What went through your head as you responded to this prompt?
4. What was your biggest takeaway from A Little Less of a Hot Mess?
5. Which “invitation” has been easiest to incorporate into your life? Which one has been the most difficult?
6. What next steps do you want to start taking as a result of reading this book?

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### ON EVOLVING AND PERSONAL GROWTH

1. What are the barriers to growth and evolution for modern day moms?
2. Why do we find it so easy to say “Yes” to everyone and everything, except for ourselves.
3. What are the 3 Rs of Imperfect Growth and Evolution?
4. How was the topic of mental and emotional health talked about/dealt with in your family of origin?
5. What drew to you this book, on a personal level, and what do you hope to get out of it?

### ON REFLECTING BACK AND REWRITING YOUR STORY

1. What are some of the pivotal moments from your past that might have shaped your core beliefs? In the book, Kaitlin shares about her experience of figure skating as a young child and how it influenced her sense of worth and body image. What were some of your experiences that influenced the way you feel about yourself or the world around you?

2. Some beliefs continue to serve us throughout our life, some don't. What are some of the beliefs that you would like to be able to rewrite and let go of?
3. How might your life be different if you were able to change the core/limiting beliefs that keep you feeling stuck or small?

## ON RESTORING

1. When you read the chapter about finding your “why,” what came up for you? Do you feel that you have a strong sense of your values? If so, can you share your top 5 core values? (Let's just assume family and love are values that are top of your list...I give you permission to choose some other ones too).
2. How do you feel about uncertainty, and how does that hold you back from fully stepping into your life with both feet?
3. What would you have more room for in your life if you decided to try your best to live more in line with your values and less in line with your fear?

## ON RECLAIMING

1. When you hear the word “boundary” what emotions come up for you?
2. Where are you at in your journey to set boundaries?
3. What/who holds you back (besides yourself) from setting and holding boundaries that will allow you to move towards your values?
4. Where are you on the spectrum of people-pleasing?

5. When you have chosen other people's needs over your own, something we do often as women and moms, how do you notice you feel, and what happens as a result?
6. How will you start saying "yes" to yourself and the invitation to move towards a life led by you, instead of your fear?

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**Thank you for participating!**