

MANIFEST

THE OFFICIAL BOOK CLUB DISCUSSION GUIDE

***‘CALL THE BOOK CLUB,
TELL THEM YOU’VE
FOUND NEXT MONTH’S
MUST-READ!’***

FASHION WEEK DAILY

QUESTIONS

How would you describe manifesting? Does your definition of manifesting differ to what you believed about it before?

Which step did you find the most transformative for you personally?

Which step did you find the most challenging?

In what ways has this book changed or impacted your day-to-day life?

In Step 3, Roxie talks about self-sabotage cycle. Did you reflect on any times you have self-sabotaged?

Have you implemented any of the gratitude practices that Roxie suggests in Step 5, and if so what changes did you see as a result?

In Step 7, Roxie asks the reader to look out for serendipitous moments or coincidences to help you strengthen your trust in the universe. Have you had experienced any of these types of events recently?

Did you have anything specific you wanted to manifest, and has this book inspired you to go for it?

***‘SELF-HELP JUST GOT
COOL AGAIN’***

BRITISH VOGUE

MANIFEST - DIVE DEEPER

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QUESTIONS

In Step 2, Roxie talks about ‘healing the wound and not the symptom’. Did this encourage you to want to dig a little deeper into your own healing journey, or connect with your inner child?

Roxie talks about toxic positivity in the book. How did that passage make you feel? Did you perhaps feel relieved that you didn’t need to feel happy all the time to manifest?

In Step 4, Roxie asks the reader to ‘Learn to say No’. How did you feel about this passage? Were you able to implement the lesson, and say no more often?

Did you relate to Roxie’s story about changing her views on happiness and adopting a ‘slow drip dopamine’ life?

What did you learn about yourself while reading this book?

Roxie encourages people to celebrate each other’s success. Do you feel that this is something people generally tend to struggle with this? Has it changed how you have shown up for your friends since reading it?

What change have you seen in your life since reading the book?