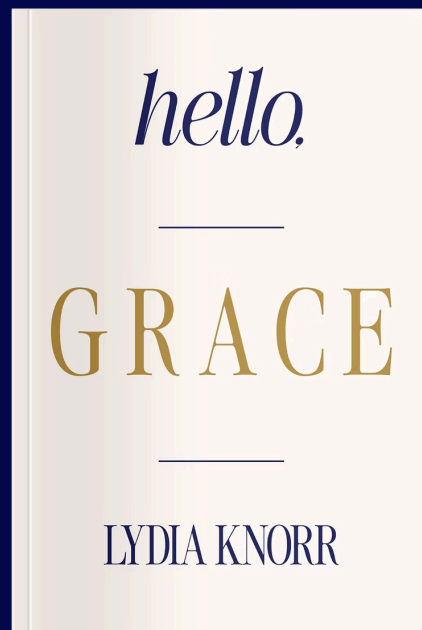


BOOK CLUB AND READING GROUP GUIDE



LETTER TO THE READER

Dear Book Club Friends,

Welcome—I'm so grateful you're here.

Hello, GRACE was born from the tender, often messy journey of navigating change, loss, and becoming. It's a deeply personal collection of stories, reflections, and truths that helped me find my way forward through grief, uncertainty, and transformation.

My hope is that this book becomes a gentle companion to you as well – one that speaks to your own experiences and opens the door for honest reflection and meaningful connection.

As you read together, may these pages spark open-hearted conversations about what it means to grow through life's hardest seasons. May you recognize pieces of yourselves and one another in these stories. And may you find, in your time and way, that grace is always present – even when life feels anything but graceful.

Thank you for choosing this book, and for showing up for yourselves and each other.

With love and gratitude,

LYDIA

KEY THEMES TO EXPLORE

GRATITUDE

RESILIENCE

AWARENESS

CONNECTION

EVOLUTION

DISCUSSION QUESTIONS

1. What role has gratitude played in helping you find light during a dark or uncertain chapter in your life?
2. Is there something in your life that once felt like a setback but that you're now grateful for? What shifted your perspective?
3. Think of a time when you were stretched beyond what you could handle. What helped you keep going?
4. How do you define resilience — does it always mean being strong, or can it also mean surrendering and asking for help?
5. What internal or external signals help you recognize that change is needed in your life?
6. When navigating change, how do you stay grounded in the present moment instead of getting stuck in fear or regret?
7. Who or what has offered you unexpected support during a time of transition or challenge?
8. How has sharing your story—or hearing someone else's—helped you feel more seen, heard, or connected?
9. In what ways have you evolved because of a difficult experience, and how do you honour the version of yourself that came before?
10. What does "becoming" mean to you—and how do you know when you are in the process of it?

PERSONAL REFLECTION

1. Which of the 5 pillars of GRACE resonated for me most (it can be more than one) and how will I consciously integrate them into my life?
2. What do I know now after reading this book that could have helped me with a difficult situation in the past?
3. What would I tell someone who really needs this book, why they should read it? What is so important in finding GRACE?

BOOK CLUB ACTIVITIES

01

DAILY GRATITUDE SNAPSHOT

Keep a small notebook nearby while reading hello, GRACE. Each day or each chapter, write down one moment or insight you feel grateful for. End each book club session with a one-minute round where each person shares their gratitude out loud.

02

GRACE JAR

Write down personal mantras, affirmations, or lessons learned from the book on slips of paper. Place them in a jar to pull from when you need encouragement. End each book club session with a one-minute round where each person shares what they pulled from their jar that day and how it inspired them.

03

PAUSE AND BREATHE CHECKIN

At the start of each book club session, pause for one minute of mindful breathing. Ask yourself: "What am I carrying today? Can I set it down for a moment to be here now?"

04

MIRROR REFLECTION RITUAL

At the end of each book club session, pass around a mirror and speak aloud one kind, truth about yourself.

05

CLOSING CIRCLE

At the end of hello, GRACE, have a one-minute round where each person shares a sentence beginning with: "I sense the next version of me is becoming someone who..."



SCAN HERE TO
LISTEN TO THE
PLAYLIST

COCKTAIL SUGGESTION

FRENCH 75 (FOR A CROWD)

In a large pitcher, stir 8 oz gin with ½ cup (125 mL) freshly squeezed lemon juice, ½ cup (125 mL) Simple Syrup and ½ cup (125 mL) cold water. (The water replaces the ice dilution that is incorporated when this cocktail is shaken.) Refrigerate until chilled, about 1 hour. When ready to serve, top with 1 bottle (750 mL) Champagne or sparkling wine. Pour into glasses. Garnish with lemon twists.

Simple syrup recipe as follows: Bring 1 cup (250 mL) water to a boil in a small saucepan. Add 1 cup (250 mL) granulated sugar. Stir until dissolved. Remove from heat. Let cool completely. If making ahead, syrup will keep well stored in a resealable container in the fridge for at least 2 weeks.

MOCKTAIL SUGGESTION

FRENCH 75 (SANS ALCOHOL)

For two servings, you will need: 2 cups ice, 3 ounces fresh lemon juice, 4 dashes lemon or orange bitters, 2 (6-8oz) bottles premium tonic water (such as Fever Tree or Q Tonic). Add fresh lemon juice and bitters to cocktail shaker filled with ice. Shake until frosty then divide into two champagne flutes or coupe glasses. Top off with tonic water until it reaches about 3/4 of the way up the glass. Add a dash of simple syrup to sweeten to taste.



CONNECT WITH ME

...and let's continue the conversation. I am available to speak to your book club virtually and answer any questions.

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FOLLOW ME ON INSTAGRAM



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