

DEMI AUSTIN-THOMAS



NO MORE EXCUSES

Are You Ready  
to

*Sizzle*  
**BOLDLY**

SIZZLE BOLDLY BOOK CIRCLE

# Hey Sizz!

## Welcome to The Sizzle Boldly Book Club

**Listennn!!** I'm SO thrilled you're here! Writing Sizzle Boldly was definitely an emotional journey, but it was also rewarding because I get to share it with women like you—women ready to dig deep, shed old beliefs, and reignite the parts of themselves that have been waiting for their moment to shine. This isn't just a book club; it's a community, a space to find and support each other as we step fully into lives that are true, bold, and real.

As you go through these questions, know that you're **surrounded by sisters on the same path**. I invite you to show up authentically—bring your hopes, your dreams, and even your hidden fears. This is a place for you to be seen, heard, and celebrated. Together, we'll explore the layers that hold us back, push past the limits we've accepted for too long, and cheer each other on as we reclaim our own sizzle.

My **intention with this Book Circle is to create a safe, inspiring space** where each of us can rediscover who we truly are, step by step. Let's set down the weight of "fine" and embrace the life that's waiting for us—a life filled with purpose, joy, and unapologetic boldness.

Thank you for being here. Let's sizzle, together.

**Hearts and Sparks!**

Demi

# SIZZLE BOLDLY

## Reflect, Discover, Own Your Inner Fire

**Welcome to the journey of Sizzle Boldly!** Use this worksheet to explore each question with honesty and depth. Allow yourself to reconnect with who you truly are and what you truly want. Be bold, and let your reflections lead you to new insights and steps forward.

1. Where in your life have you been telling yourself, “This is just the way things are,” when you know you deserve more?

Reflection:

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2. What “emotional armor” do you wear to protect yourself, and when did you first feel the need to put it on?

Reflection:

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3. When was the last time you truly looked at yourself and recognized the person you’ve become? Does she feel aligned with the woman you want to be?

Reflection:

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4. What limiting beliefs have held you back the longest, and where do you think they originated?

Reflection:

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5. What people-pleasing habits have become part of your routine, and how have they impacted your happiness?

Reflection:

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6. In what ways have you “borrowed” parts of your identity from others?

Reflection:

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7. Which of your dreams or goals have you been postponing, thinking “one day” or “maybe later”?

Reflection:

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**Sizzle Boldly Book Club Worksheet**

Reflect, Discover, Ignite Your Inner Fire

8. What negative self-talk have you caught yourself repeating, and how has it affected your self-worth?

Reflection:

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9. What would your life look like if you were truly living for yourself and not by others' expectations?

Reflection:

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10. When you think about your biggest achievements, do you own them, or do you downplay them? Why?

Reflection:

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**For More Resources,  
Visit [DemiAustinThomas.com](http://DemiAustinThomas.com)**

