

B J R i c h a r d s

WORKBOOK

COMPANION FOR

Girl, Stop Apologizing

By **Rachel Hollis**

A Shame-Free Plan for Embracing and Achieving Your Goals



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Companion For

Girl, Stop

Apologizing

*A Shame-Free Plan For Embracing and Achieving
Your Goals*

By Rachel Hollis

BJ Richards

Notification:

This workbook is based on and meant to accompany the original work by Rachel Hollis, *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*. It is not meant to replace the original work. If you have not read the original work, it is highly recommended you purchase it in conjunction with or prior to using this workbook.

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All references in this workbook to "Ms. Hollis" or "Ms. Hollis" are referring to Rachel Hollis, author of *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*.

All references in this workbook to "Ms. Hollis' original work" are referring to Rachel Hollis, author of *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*.

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Recommended Book

I'm sure you already have this, but if not, it's highly recommended you get a copy of the original work, as this workbook is a companion to it.

Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals by Rachel Hollis



Recommended: Get The Whole Set

The Perfect Journal for This Program:

You're going to need a place to write out your daily steps as you go through the program like: The ten things you're grateful for each day, your intention for the day, tracking your daily habits, notes, etc.

No problem... I have it covered for you! **My journal is designed specifically for the program presented by Ms. Hollis** in her original work, *Girl Stop Apologizing*. This will help you make your journey even easier! It's also interactive/editable as well as printable & downloadable.

Journal for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals by BJ Richards.

The Perfect Planner for This Program:

A planner will be essential to your journey. You'll want a place to set up, track and change your schedule on a weekly, monthly and yearly basis. It's also interactive/editable as well as printable & downloadable.

I have that covered for you, too! **My planner is designed specifically for the program presented by Ms. Hollis** in her original work, *Girl Stop Apologizing*. This will help you make your journey even easier!

Planner for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals by BJ Richards

You may also be interested in some of my other books:

1) Find out what coconut oil can really do for you without all the hype. Check out my best-selling book: *Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair* by BJ Richards

Check it out here: <https://www.amazon.com/Coconut-Oil-Breakthrough-Boost-Brain-ebook/dp/B01EGBA1FW/>

2) Do you have a dog? Here's another best seller you may be interested in. You'll find out to deal with a number of issues safely and inexpensively at home. Find out all about it in my best-seller: *Coconut Oil and My Dog: Natural Pet Health for My Canine Friend* by BJ Richards

You can check it out here: <https://www.amazon.com/Coconut-Oil-My-Dog-Natural-ebook/dp/B01MUF93U1/>

3) Did you know apple cider vinegar and baking soda have some amazing health benefits? Plus, you can use them for so many things in the home and save a ton of money.

You'll find out all about it my boxset: *Apple Cider Vinegar and Baking Soda 101 for Beginners Box Set* by BJ Richards

Check it out here: <https://www.amazon.com/Apple-Cider-Vinegar-Baking-Beginners-ebook/dp/B07DPCLWGB/>

You can also go **my website** to find even more books I've written and some recommended by other authors: <https://bjrichardsauthor.com>

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How To Use This Workbook for Greater Personal Growth



If you're beginner, that's great! My main goal for writing this workbook was so a complete newbie can start to get immediate help in implementing the lessons Ms. Hollis has presented in her book: *Girl Stop Apologizing: A Shame-Free Plan for Embracing And Achieving Your Goals*.

This workbook is as a companion guide to Ms. Hollis' original work and is not meant to replace it. I do recommend you purchase the original work by Rachel Hollis to get the most benefit from this workbook.

You'll find that the chapters are broken down into the following three parts to make it easier for you to implement the steps mentioned in Ms. Hollis' original work. Those parts are:

- Key Points
- Summary / Analysis
- Questions and/or Exercises and/or Worksheets

Key Points: Here I will outline key points I believe were most important in relaying the powerful message presented by Ms. Hollis in the original work.

Summary / Analysis: This is my summarization and analysis of the written content of the chapter.

Questions, Exercises and Worksheets: These are set up to help you personalize and implement the material found in Ms. Hollis' original work. This is done in such a way that you can use these steps and exercises to further develop a clear road map of your own toward your goal and unique personal growth.