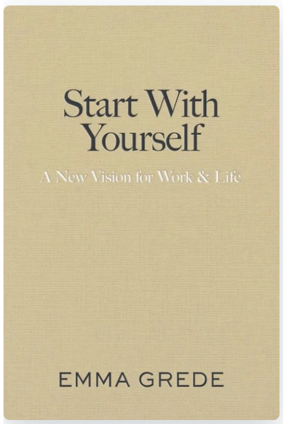
Your reading plan for *Start With Yourself*

By Emma Grede · hosted by Alissa Todd, CEPA® & Brianne Soscia, CFP®



You're in. Here's the easy part: the book is about 282 pages, so roughly **56 pages a week over five weeks** gets you to the finish line comfortably by event night. Read in whatever format you love, the hardcover, the ebook, or the audiobook read by Emma herself.

The weekly themes below follow the book's own parts, so they're a light guide rather than a strict page count. If you fall behind, the audiobook is a fast way to catch up, and unfinished readers are always welcome. Come for the conversation, however far you get.

THE 5-WEEK PLAN

Week 1

Vision & Managing Emotions

The introduction, Part One (Vision), and Part Two (Managing Emotions), the beliefs and feelings that quietly shape how we show up at work, at home, and with money.

Week 2

Old Thoughts: Trade-Offs & Money

Into Part Three (Old Thoughts). The trade-offs we make and the money stories we carry, including why women so often stay quiet about it.

Week 3

Old Thoughts: Career & Family

Keep going through Part Three: the old thoughts we carry about career and family. Notice which beliefs you didn't know you held.

Week 4

Old Thoughts: Building A Brand In Business

Part Three continues into building a brand and a business.

Week 5

Leadership, Then Action

Finish Part Three (Leadership) and move into Part Four (Action), Emma's basic rules for success. Come ready to talk about what stuck.

Get the most out of it

- Keep a note on your phone as you read. When a line stops you, write it down. Those lines are exactly what we'll trade on the 30th.
- Bring one favorite passage and one question. That's the whole prep list.
- Reading with a friend? Invite them. The book club is open, and it's more fun together.

Wednesday, September 30 · 6:00 to 7:00pm PT

Live on Zoom · your join link is in your registration confirmation