SIP
A Growing Together ADVENTURE

Let's SIP!

Self-awareness. Intentionality. Practice.

A fresh way to practice being pretty—one delicious sip at a time!

At PIAPI, pretty is about who you are, what you choose and what you do.
SIP brings girls and women together to explore all three through creative drinks, playful challenges and a little unexpected discovery.



1 The Personality Pour

Self-awareness | Create

What's your flavor?

Mix a signature drink that captures something uniquely you. Choose your ingredients, name your creation and celebrate your personal blend.

For example: A refreshing mint-lime cooler might become *The Cool Thinker,* while a bold fruit blend could be *The Wild Card.* There's no single recipe for pretty!



2 Mix It Up!

Intentionality | Collaborate

Two tastes. One terrific twist.

Partner with someone whose tastes differ from yours. Listen, share ideas and make thoughtful choices to create a drink you'll both enjoy.

For example: One person loves familiar flavors; another craves surprises. Combine your favorites, add an unexpected twist and invent *The Happy Medium.*



3 The Taste Test

Practice | Experiment

Dare to try something different?

Sample three mystery drinks, challenge your assumptions and experiment with new combinations. Every attempt is a chance to learn.

For example: Try apple-cinnamon, cucumber-lime or pineapple-mint. Add a splash of juice or swap an ingredient. Your next favorite might surprise you!

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Practical Setup Guide



Participants
Girls and women, independently or across generations. Younger participants need adult guidance.

Time
15–20 minutes per activity.

Supplies
Nonalcoholic drinks, juices, sparkling water, fruit, herbs, garnishes, cups, ice, mixing utensils and optional recipe cards.

Setup
Arrange an accessible mixing station with labeled ingredients. Prepare three small mystery samples for The Taste Test.

Keep it comfortable
Check allergies and dietary needs, offer alternatives and make tasting optional.

Make it yours
Enjoy one activity or all three with friends, family or a group.

Sip. Discover. Repeat.

Because PIAPI Pretty isn't something you simply are. It's something you discover, define and practice— in your own delicious way.

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Beyond the Last SIP!

The drinks are mixed. The discoveries don't have to stop!

SIP is about more than what's in your glass. It's about discovering what makes you you, making room for other people's ideas and finding out what happens when you try something different.

Keep the conversation flowing, or turn your favorite discoveries into another adventure!

Something to Sip On

A few questions worth sharing.

1 Self-awareness | Know Your Flavor

- What did your signature drink reveal about you?
- Did you choose ingredients you already love or surprise yourself?
- What else makes your personal blend uniquely yours?

2 Intentionality | Make It Meaningful

- What helped you and your partner find common ground?
- Did someone else's idea change your mind?
- Where else could a little give-and-take make something better?

3 Practice | Keep Experimenting

- What surprised you most during the taste test?
- Did something turn out differently than you expected?
- What's one new thing you'd like to try beyond the mixing station?

Another Round?

Three ways to keep the discoveries coming.



The Signature SIP Collection

- Create a drink inspired by someone you know. Think about what makes them special, choose ingredients to match and give your creation a name. Invite them to taste it and share what you had in mind.



The Great Flavor Exchange

- Everyone contributes one ingredient to a shared mixing station. Take turns choosing additions and negotiating combinations. Can you create something everyone wants to try?



The Remix Challenge

- Revisit a drink you created today. Change just one ingredient, adjust the proportions or try a different technique. Compare versions and decide what you'd keep, change or try next.

An Invitation to Keep Growing

The best part of SIP isn't finding the perfect recipe. It's discovering that you can celebrate who you are, make thoughtful choices and keep experimenting.

And that deserves a toast!

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Three Dimensions of PIAPI Pretty

Self-awareness

Discover who you are, what you value and what brings you joy.

Intentionality

Make choices about the qualities, abilities, relationships and experiences you want to cultivate.

Practice

Put your choices into action, learn along the way and allow yourself to evolve.

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