



Dear Messenger,

Thank you for checking out this **free resource** (& [video tutorial](#))! I've been to many events over the years, and the one thing I've noticed is that no matter how life-changing the event was (or how many commitments I made to change my life afterward) I would always go back home and inevitably lose touch with my new friends, stop working on my personal growth, and fall back into old habits and ways of thinking. It wasn't until I had *a new experience* around event support that I noticed a *vast difference* in my experience, and was able to start creating *lasting changes* in my life! Now I want to teach others how to give their participants the same experience, all while keeping them engaged and "active" around their *personal event goals*.

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P. S. Be sure to check out our [other offer](#) for more helpful resources!

1. Re-Integration

Workshop Outline

- ✓ **Re-Integration “Meditation”:** Walk them through the experiences they had at the event
- ✓ **Journaling:** Let them journal about those experiences (favorite moments, what they've gotten from the event so far & their intention for integrating those experiences into their lives when they go home)
- ✓ **What's Next:** Have an interactive conversation with the group about what happens when they go back home (how might those conversations with friends/family about the event go? What are they going to tell others about their experiences? What potential problems might they run into with those conversations, with any new intentions/goals they've created, with staying connected with new friends & support from the event, and with re-integrating back into their daily lives?)
- ✓ **Re-Frame:** Remind them about the intentions they set for themselves, then from that “place”, have them solve those problems for each other... ask them what their solutions would be to those problems (reaching out for support, rephrasing their answers from a place of “intention”, setting up new patterns/commitments to break old habits, building a supportive environment for themselves, etc.)



2. Event Worksheet

Achieving Your Goals

What's 1 area of your life you want to work on?
Why? What result are you looking for? How will this change your life?

What obstacles may come up while trying to reach this? Who might support you? What happens (reward or result) if you achieve this? What happens (punishment or result) if you don't?

SMART Milestones

a	(mm/dd/yy)
b	/ /
c	/ /

- Specific ~ Target a specific area for improvement
- Measurable ~ Must be able to measure progress
- Achievable ~ Can realistically be accomplished
- Relevant ~ Results-based, related to the focus area
- Timely ~ Specify when the result(s) can be achieved

SMART Goal

(mm/dd/yy)

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SMART Steps

(mm/dd/yy)
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3. "Journey" Groups

Self-Led Group Calls

Call Leader: Set a call time each week, & a call length (1 hr. is good). Ask people to introduce themselves as they come on the call, make small talk (wait 5-10 min to start?). Have them say their names when they have something to say (you can call on them for some parts, like the check-in), and then call on them to speak (when they're giving feedback or support, etc.). You can ask people to stick to 1 minute for each check-in, or 5 min for each topic, or whatever you come up with. You can simply say "time" when their time is up so they know to wrap it up, or just let them know beforehand "you have 3 minutes" and trust them to stick to it (whatever works for you and your group).

Check-In: Make your own check-in! (call on each person and have them say their name, then how they're feeling, or a high and low for the week, or what they do for a living, or what their dream is, whatever... it can change each week. Call leader goes first to model it)

Business: Choose next week's call leader/topic (group announcements, whatever people want to bring up to talk about: call time changes, group member changes, things the group needs to vote on, etc.)

Agreement: (Create an agreement) Read the agreement each time as a reminder, & ask if everyone agrees. *Agreement ideas:*

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| <ul style="list-style-type: none">• Keep to agreed-upon time limits for sharing• Don't interrupt or speak out of turn• Don't be late!• Let the call leader know if you can't attend the call• It's OK to pass! | <ul style="list-style-type: none">• Make sure you are in a quiet environment free of distractions• Don't provide unsolicited feedback or advice• Stick to the purpose of the group (to inspire, encourage & support)• <i>No judgements!</i> We're not here to 'fix' each other, we're here to uplift/encourage• What is said in the group stays in the group |
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Inspiration: Ask people to share inspiring quotes or personal stories they have collected (related to the group topic), and tell what they mean to them (you can limit the number of shares if time becomes an issue). Give group members a chance to share any insights they got from others' inspiration, and encourage them to find and bring their own to the next call.

Discussion Topic (can be free-form): The call leader usually comes up with the topic for the week (could be pulled from books or workbook content). You explain the topic, then go around the circle giving each person a chance to share and then ask the group for what they want (just a chance to talk, insights, constructive feedback, ideas, etc.), and then give the group a chance to respond. (If time becomes an issue, you can prioritize people by asking who really needs to share) Brainstorm topics for future calls, so that call leaders have a reservoir to pull from.

Homework: Reflect on your Action Step (each person talks about what action step they took towards their personal growth that week and how that went, or whether or not they did it and why not [no judgment!], maybe asks the group for feedback, decides on a new Action Step for the coming week, if they want to).

Check-out: Make up your own check-out! (Have them say their name, how they're feeling now, or what insight they got from the call, etc... it can change each week. Call leader goes first to model it)

Partners: Assign partners from the call participants (1 may need to be a partnership of 3). These are people that the members can count on to hold them accountable to the promises they make in the group and to each other. Their assignment will be to connect with each other outside of the group each week so they can check in with each other and support each other on their Action Steps.