

Mini Mastermind Group Instructions

OPTIONAL (YET HIGHLY RECOMMENDED) MASTERMIND GROUPS

Directions:

Once a month throughout your program, I recommend you meet with your smaller mastermind group for a collaborative, uplifting, heart storming session on whatever will support you, your business if you have one, your life commitments, and your dreams the most!

This is the safe space for you to show up and be free to be you, speak what's on your heart + mind in a non-judgmental, all-encompassing space, taking full responsibility for your emotions/life experiences, and ask for whatever kind of support/feedback/ideas/strategy/blind spot identifications you desire from the group. If you just need a space to hear yourself think out loud that's fine too! Just ask for what you need.

This is your time.

Some guidelines: Each monthly meeting is 2 hours. You can do them virtually, by phone, or in-person if possible. Some people plan to do a dinner/meetup during or afterwards too if you want. You write the rules as a group. (You can also Skype someone in if they can't be there physically).

Structure for Mastermind

1. Group Centering (3 min meditation to get present + really arrive). (See included meditation I provided).
2. Each person gets 30 minutes to mastermind.
 - a. Start with an intention - let the group know how they can support you best, how you want to use the time or what you want to get from your time.
 - b. Set a timer with your phone alarm for 25 minutes so that it lets you know when you have 5 minutes left to complete.
 - c. In those last 5 minutes, outline what your clear next steps are. Think about what the most leveraged things you can do or stop doing are. You can set deadlines for either before your next mastermind group or accountability tracker to help you hold yourself to it, but be specific. You can also share insights or take aways from your hot seat time.

3. At the end of your turn, share something you are grateful about in yourself and then go around and receive an acknowledgment from everyone in the group. Then rotate to the next person and start process all over again.

Enjoy this accountability and added value!