



# WANT TO START YOUR OWN EPIC [EXTRAORDINARY, POWERFUL, IMPACTFUL, COURAGEOUS] GOAL GROUP? Here are the steps...

- 1) Get between 1-4 people to commit (a larger group may not leave time for everyone to share).
- 2) Set a time every month where the four of you can meet virtually for an hour (Doodle is a great app for coordinating schedules).
- 3) Before your first meeting, fill out your first goal in your workbook, write out your WHY and paste your images.
- 4) Show up at your first meeting.

## MEETING FORMAT

These groups work best when there's no leader. Simply take turns sharing. To share, read out your goal and your why. Share your images with the group.

When talking about your goal, welcome feedback. Other members may be able to help you build on your original goal and you some may have contacts or ideas that can help you be even more successful in your mission.

Come up with your ACTION list at the end of your share with the help of the other group members.

Once everyone has shared, make sure all members are committed to following the items on their ACTION list.

If one person wants to "secretary" the meeting by keeping a list of everyone's ACTION items and circulate it afterward to the group, they can but it isn't necessary. If the person who hosted the virtual meeting wants to download and circulate the video, they can do that as well.

Over the next month, glance at your WHY and images every week and go through your ACTION items often enough that you can have them all completed by your next meeting. If your original goal evolves over the weeks, make revisions in the original space where you first logged the goal in your workbook or go to the next section and write out the new goal, along with your WHY before pasting your images.

Show up at the next meeting, whether you've conquered your ACTION items or not.

Repeat until you have reached your goal, and it has turned out to be far more EPIC than you ever could have imagined.