

The Disciplined **Manual** for Guides



Steps To Guide and Start New Groups!

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Short Summary of this manual

1. Understanding Your Role:

- Empower members to navigate their journey.
- The 5 Guide Tasks:
 1. Exemplify
 2. Propel members forward
 3. Offer clear direction
 4. Engage in prayerful support
 5. Assist in hosting our weekly group call
- Not your task: have all answers & deliver intense emotional/spiritual care.
- Understand the importance of your role

2. The Journey of Becoming a Guide

- Complete introduction module and the first three milestones.

From invitation to the First Meeting:

- Invite people for your group.
- Set up a Messenger/Signal/WhatsApp group for communication.
- Plan the recurring weekly online/local meeting
- Activate your members online
- Have the first Disciplined Session according to the 'first meeting' format

After the First Meeting:

- Lead the next 2 meetings
- Prepare members to run meetings by sharing tasks for the next 3-4 sessions.
- Schedule who leads meetings for 2-3 months, so everyone gets a turn.
- Continue to fulfill your 5 Guide Tasks

3. How and why to pray or Group Members:

- Set aside 30 minutes a week to pray for your group members
- Celebrate what God has done through the prayers you prayed for your group members!

4. Handling Situations:

- Find how you can navigate situations in section 4 of this manual
- If your questions remain unanswered reach out to your guide
- If your guide doesn't know what to do, reach out to support@liveinyourdestiny.com.

5. When you have more people who want to join...

- Initiate and support new groups based on group size.
- Train and multiply guides

1. Understanding Your Role as a Group Guide

Your Role

In the vibrant community of Disciplined groups, you're not just a leader; you're a guide with a purpose that goes beyond traditional roles. Think of Jesus as the ultimate trailblazer, and you're following in his footsteps. Your job isn't to hand out solutions but to empower others to uncover them for themselves.

Picture this: You're in a bustling city with a trusty map in hand. You know this map like the back of your hand—it's the Disciplined material. Instead of dragging people along with you, you're here to show them how to navigate the twists and turns themselves, empowering them to embrace their own adventure with God.

By exemplifying to them how to read and follow the map, you're sparking a fire within them to take charge of their spiritual journey and walk hand in hand with God.

What Is Not Your Responsibility

In any guiding or mentoring role, it's essential to understand the boundaries of responsibility. While supporting others on their journey, it's natural to want to provide comprehensive assistance, yet it's equally important to recognize what falls outside the scope of your duties. Here, we'll explore key aspects that are not your responsibility when guiding others.

Providing All Answers:

Here's the deal: you're not expected to have all the answers. The Disciplined material is like a spiritual toolbox, packed with everything needed for the journey. Your job? Help others unlock it, guiding them through its treasures.

Providing Deep Emotional Care:

While you might be tempted to dive into deep emotional waters, remember that Jesus is the ultimate lifeguard. Encourage folks to lean on Jesus and use the tools provided. Redirect them to the right resources and empower them to take charge of their emotional well-being. It's about empowering, not enabling.

The incredible value of fulfilling your role as a guide:

Hey there, champion of light and guidance! Let's talk about something truly amazing – your role as a guide. It's not just a title; it's an invitation to sync up with Jesus' cosmic mission of spreading love and goodness. Picture this: every time you step into your guiding shoes, you're answering the call to make disciples, spreading joy like wildfire wherever you go! Your support isn't just a one-time deal – it's like planting seeds that sprout into an entire forest. So buckle up, because we're about to dive into the value of fulfilling your role as a guide!

Alignment with Jesus' Mission: By fulfilling these responsibilities, you directly contribute to Jesus' call to His followers to make disciples, bringing great joy to Him as His mission is carried out through your actions.

Multiplicative Impact: Your guidance has the power to positively influence 3-4 lives, each of whom can go on to empower 9-16 more individuals. This ripple effect has the potential to disciple a significant portion of the world population within a relatively short span of 6 years, fostering believers who embody the teachings and spirit of Jesus.

Commitment to Excellence: Being continually encouraged to set an example for others encourages you to strive for excellence in your own life, fostering personal growth and development.

Effective Prayer Practice: Guiding others provides the opportunity to learn and practice effective prayer for those entrusted to you by God, deepening your spiritual connection and understanding of prayer.

Community Support: Engaging in guiding roles connects you with a precious community of individuals who mutually support each other, providing encouragement, accountability, and companionship along the journey of discipleship.

Expanded Understanding: Assuming the role of a guide prompts you to understand concepts and teachings from a higher perspective, leading to personal growth and expanded comprehension of Biblical principles.

Celebration: As you witness your group members progress from one milestone to another and experience positive changes in their lives, you'll experience a profound sense of accomplishment, knowing that you've played a part in their transformation and growth.

Eternal Value: Just as Jesus' discipleship of twelve individuals laid the groundwork for the salvation of millions, your investment in 3-4 people initiates a ripple effect, extending influence through subsequent generations, ultimately bringing healing to families and communities, and creating a harvest that echoes through eternity.

Your 5 Core Tasks as a Guide

1. To Exemplify the Process:

- Be an example to your group how things are intended to be done, both as a member, as a guide. Simply follow along with the group, sharing your answers to the questions of the milestones & responding to one person three times a week. Stay at the same speed as the fastest in the group with this.

2. To Help Your Companions To Progress toward the next Milestone:

- Confirm if individuals have followed the process correctly. If they have, allow them to progress; if not, encourage them to retry until they understand.
- You can advance members here: www.startdisciplined.com/guides. Be sure to consistently advance your members on the day of your weekly call. This ensures they receive their weekly reminders one day prior to the next scheduled call.
- If a member is ready to become a guide after milestone 3. You can promote them here: www.startdisciplined.com/guide-promotion

3. Provide Direction to Group Members:

- Offer guidance by referencing the Disciplined material to address any struggles. The material should provide answers to common questions.
- If individuals continue to struggle, encourage practice sessions as a group at the end of the session to focus on areas of difficulty.
- If any challenges arise, refer to the [step-by-step guidance](#) provided in Section 5 to navigate through them effectively.

4. Cover Group Members in Prayer:

- Support your group members through prayer, similar to how you are supported by your group's guide.
- You can find the step-by-step instructions for this [in section 6](#) of this document

5. Help Organize the Weekly Meetings:

- Organize weekly calls that run for 30-45 minutes using the [meeting format provided](#) by Disciplined. At the beginning, you'll be in charge of guiding the first three sessions. After that, you'll delegate this task to your group members who will be both preparing and guiding the calls. Your role is to ensure the continuity of these weekly meetings.

The Time Commitment

- ∞ **Exemplify the Process:** 15 minutes, three times a week.
- ∞ **Offering Guidance/Support:** 20 minutes irregularly each week.
- ∞ **Live Group Meeting:** 30-60 minutes every 2-4 times a month.
- ∞ **Praying for Group Members:** 30 minutes each week.
- ∞ **Advancing Members:** 15 minutes each week for evaluation.

2. The Journey of becoming a guide

In just 6-12 weeks of being part of Disciplined, every member who isn't already guiding may start their journey to becoming a guide.

Disciplined is all about community, believing that together, we can make a big impact. We're all kings and priests unto our Most High God, leading the charge, praying for each other, and helping everyone get closer to God.

Becoming a guide is pretty straightforward. First up, you gotta finish the intro module and hit those first three milestones.

Secondly, it's crucial to be in accord with the vision detailed in this document, which underscores the value of guiding groups and how to guide them.

Once you've ticked those boxes, you're ready to begin an amazing journey as a group guide! Let's do this! 🚀

There are two ways to become a guide:

Once you've met the requirement of completing milestone 3, you may start guiding a group.

You can start in the following two ways:

1. Purposefully identify 3-4 individuals you think would benefit to go with you on this Disciplined journey. These could be colleagues, fellow church members, friends, or family members. *
2. Ask the Disciplined group where you're receiving guidance, if they might know 3-4 people that need a guide.

** How to exactly do this, you can find in the next paragraph called "From invitation to the first meeting".*

From Invitation to The First Meeting

Here are outlined the steps to get started with a new group .

Step 1: Invite

Prayerfully invite people you believe may be interested in joining Disciplined. These could be friends, colleagues, church members, or family. Share the link www.liveinyourdestiny.com with them and ask if they're interested. You can also offer to share the introduction module to help them make an informed decision. You may skip this step if you've already got 3 or more people in line to start disciplined with. *

** You can request your group guide's support in the initial stages until you feel comfortable leading the group independently. If your group guide isn't available, they may assign another experienced guide to assist you.*

Step 2: Gather them in a group

Once you've gathered 3-4 members, establish a communication group using Signal, Messenger, or WhatsApp where you can interact together. If you're unsure how to do this, there are numerous manuals available on the internet to guide you through the process.

Step 3: Plan your weekly meeting

Once you're all together settled in the group you'll try to find a time and day that works for everyone on a weekly basis. Once you've selected the time, plan the first meeting together!

Step 4: Share the Location for the meeting

Prior to the meeting, share the meeting link or location with participants. If you meet online then preferably use Zoom, Google Meet or Teams as they offer features such as screen sharing and meeting recording, enhancing the effectiveness of your sessions. If you're unfamiliar with these platforms, take the initiative to learn by seeking instructions online. This ensures smooth operation and maximizes the strength of your meetings.

Step 5: Activate Your Members In Disciplined

Ask your members for their addresses they used to register at www.startdisciplined.com. Once you've gathered them go to <https://www.startdisciplined.com/guides> and activate your members one by one.

Step 6: Have your first meeting!

The very first meeting is all about getting to know each other and getting to know how Disciplined works. Since this meeting is a bit different then the other meetings, we've provided a format for it to support you during this session. You can download this format at www.startdisciplined.com/firstmeeting. By walking through this format step by step you'll cover all the important things to have an amazing start.

Step 7: Immediately after the session give access to the Disciplined Introduction

After the meeting, head to <https://www.startdisciplined.com/guides> to advance your members forward to the next milestone, which is the "Disciplined Introduction." Once you've unlocked this stage for them, they'll get an email with all the learning materials they need to conquer their journey.

The day before the next group call, they'll receive an email reminder from us detailing their progress in their Disciplined journey, along with the thought-provoking "Progress Celebration Questions." They'll be motivated to send in their answers on the same day, giving you the chance to prepare for another amazing session.

To make sure they'll get this email from us the day before the call, make sure to always advance your members on the day you weekly meet. Else they'll not receive this e-mail the day before the call.

Mission Accomplished: You've now launched your Disciplined group!

Well done! Going onward, you can proceed by following the general steps provided in this manual.

Extra Note**In case you can't find 3-4 people or when you've got more**

In case you can't find 3-4 individuals to form a group, then purposely pray for a month that God might bring the right people in touch with you.

If, despite following the steps, you can't find 3-4 members to form a new group:

When you can't find 3-4 people to start a group with, even after prayerfully seeking for a month, let us connect you with a group waiting for a guide.

Simply mail us at support@liveinyourdestiny.com with:

1. Your group guide's number and name (so we can check in with him/her).
2. Your full name and contact information.

Once you've sent the email we'll get back to you!

You might also encounter a scenario where you know more than 4 people interested in joining Disciplined, or you're already leading a group but have additional people who want to join. In such situations, refer to the instructions outlined in section 4 of this document.

After the first meeting

Here are the steps once you've had the first meeting!

Step 1: fulfill your tasks as a guide

From here, there's 5 valuable tasks you continually fulfill as a guide. An outline of these tasks you can find in [section 1](#) of this manual.

Step 2: lead the next 2 group sessions

Run these two group sessions following the structure outlined in the group meeting document, showing your group how it's done. Let them know upfront that you're demonstrating so they can take the lead later on. Then, after the second session, give them the details on how they can prepare to lead these sessions themselves.

Step 3: Get Members Ready to Lead Meetings

For the next 3 sessions (or 4 if we've got a bigger crew), let's divide up the tasks like this:

- One person gets to prepare for the meeting and handle the evaluation questions.
- Another gets the reins for the first part of the meeting.
- Then, someone else takes over for the second part of the meeting.

Keep it clear who's doing what so everyone's on the same page.

Step 4: Set Up a Rotation for Leading Meetings in the Next 2-3 Months

After these initial 3-4 meetings, let's figure out who's taking the lead for each session over the next couple of months. Each member will have their turn leading the entire group session, from preparing to running the meeting.

Make sure everyone knows what they're signing up for and feels comfortable with it. If you want, you can join in the rotation at first, then gradually step back to guide just one meeting every few weeks for the group where you're also a member. Help each other out with setting reminders if needed, so nobody misses their turn.

After a while, it's good to step back and let others take charge, so you only have to prepare one meeting every 3-4 weeks for the group where you're guided yourself.

Step 5: Be Fully Present for the First 2-3 Months

In those initial couple of months, the group really starts to find its groove and will need your support. After that, you can decide if you want to stick around full-time, show up three-quarters of the time, or just half the time (at least).

If you miss a meeting, the leader for that week will fill you in on the [five key points discussed](#), so you're in the loop and can help members move forward to the next milestone the same day.

Step 6: Support your members to become guides

Once your crew hits milestone 3, it's time to spread those wings and nudge them towards forming their own disciplined group and becoming guides themselves! Chat with them about whether they're up for leading a group like you've been leading for them, and answer any questions they might have about it.

Step 7: Continue...

Well done the group you're guiding is now well established. From here, you may continue your role as a guide for this group fulfilling [these 5 important tasks](#).

3. How & why to intercede for your group members

Prayer is simply chatting with God about what's on our minds, while intercession is when we talk to God on behalf of our friends. As Charles Bent put it, intercession is like showing love to our neighbors while we're on our knees.

Throughout the Bible, we see people like Moses, Daniel, Hezekiah, and Nehemiah praying for others, and God responding by forgiving sins and lending a hand. Acts 12 tells how Peter was miraculously freed from jail because people were praying.

As guides, when we commit to focused intercession, we're tapping into something powerful. It's like we're partnering with God and His angels to watch over and safeguard every member of our Disciplined group.

Remember, our fight isn't against people, but against spiritual powers (Ephesians 6:12), so we gear up with God's armor for intercession.

To encourage you, we've gathered some [powerful testimonies](#) from group guides who have witnessed the transformative impact of their prayers for their group members. You can find these in the Group Guide Portal [HERE](#).

Plus, we've got some handy tips and guidelines to help you up your intercession journey. Let's dive in and discover together!

When to intercede?

Hey, the best idea is to set aside a 30-minute slot each week for interceding for your group members. Of course, you can always squeeze in some extra prayer moments too if you feel like it. For instance:

During our personal encounter:

When we're having that one-on-one time with Jesus, it's the perfect opportunity to lay out our concerns for our group guides. Being in sync with Jesus, we can sense His heart for our group members and get guided by the Holy Spirit on how to pray specifically for their needs.

When our groupmates ask for prayer:

In James 5:13, it says to pray when we're going through tough times. As group guides, it's a good idea to check in with our group members during the week and ask about their prayer needs. Remember Philippians 4:6 - Don't stress about anything; instead, pray about everything. Tell God what you need, and thank Him for all He's done.

When our group mates are struggling:

Whether it's health issues, relationship woes, or financial stress, our group mates can sometimes feel pretty down. That's when they need our prayers the most. When we pray, we're asking for divine solutions to their problems, lifting them up when they're feeling low.

When the Holy Spirit nudges you:

Stay open to the Holy Spirit's guidance, as Romans 8:26 reminds us. Listen carefully to His voice; sometimes He'll burden us with a specific member's needs. This might come as a persistent thought, a gut feeling, a dream, or even a direct message from the Spirit.

The group guide could even send a voice message of their intercessory prayer to that member, offering encouragement and pushing back against any obstacles that might be trying to trip up our group mates on their journey.

How to intercede for certain issues?

When group members become too busy then with the King and His kingdom:

The enemy's up to no good (John 10:10), aiming to snatch away our group mates' precious time with Jesus (Mark 1:35). Why? Because that's where we find our destiny, and Satan's all about stealing our time with Jesus. He tries to throw us off with delays and distractions, leaving us spiritually dry.

But here's the thing: Satan doesn't want us to tap into God's presence and get those divine strategies for beating him. So, he'll do whatever it takes to keep us from our daily encounters with Jesus.

That's why it's crucial to push back against that "too busy" mindset that holds our group mates back. Pray that they'll stay fired up about meeting with Jesus, whose presence sends demons packing. Remember, Jesus came to destroy the devil's work (1 John 3:8), so let's stand firm and fight back.

What to pray when group members are weary, tired and unmotivated:

Remember when Jesus asked his disciples to pray with him in Gethsemane, but they ended up snoozing instead? Yeah, that wasn't their finest hour (Matthew 26:40). They missed out on covering Jesus with the intercession he really needed in that tough moment.

But hey, those who push past sluggishness are the ones who really grab hold of faith and patience. They're the ones who get the blessed things of God (Hebrews 6:12).

We're praying for our group mates to win in this race, so let's pray they stick with it and rise up with the Holy Spirit's power. Let's ask God to help them carve out time and space to dive deeper with Him, and to resist any sneaky temptations from the devil.

Remember what Jesus told Peter? Satan was gunning for him, but Jesus had his back in prayer. We can do the same for our group mates, lifting them up in prayer and helping them stay strong.

What to pray when group members go through a challenging time:

Pray that they find renewed strength and perseverance to overcome obstacles and keep moving forward. Ask God to provide clarity and guidance, and to surround them with support and encouragement from the group. Together, let's believe for breakthroughs and victories as we stand in prayer for one another.

What to pray when there's conflict in the group:

In moments of discord, let's turn to prayer as our first response. Intercede for unity and reconciliation within the group, asking God to mend any divisions and restore harmony. Pray for hearts to be softened, for misunderstandings to be cleared up, and for forgiveness to flow freely. Invite the Holy Spirit to work in each member's heart, bringing about reconciliation and peace. As we pray together, trust that God is faithful to bring healing and restoration to our relationships within the group.

Celebrate answered prayers

Don't forget to give thanks to God when you see your prayers answered! Take a moment with your group to express gratitude and praise for what He's done. It's a perfect opportunity to celebrate His goodness together. Encourage everyone to share their answered prayers during your group call. Remember, sharing our testimonies not only glorifies God but also puts the enemy in his place (Rev 12:11).

4. Step-by-step Guidance For Possible Situations in Your Group

If challenges arise what to do when:

Situation	Approach
I have questions or challenges	1. First, check below to see if you can find the answers you need. 2. If you still have questions, consult your group guide. 3. If questions persist, please email support@liveinyourdestiny.com.
My members are receiving their weekly progress reminders on another day then intended.	Make sure the next time you advance members on the day of the weekly call. Once this is done the issue should be fixed for the notifications of their next milestone. If this doesn't fix the issue send an email to support@liveinyourdestiny.com
A member gets stuck with certain exercises/assignments	1. Point out things in the disciplined material that answers the present struggles. The disciplined material should answer any question that comes up.* 2. Hold the person accountable for taking time to apply what is taught 3. If they still struggle, take moments of practice together at the end of group session as a group in that particular area where there is a struggle. <i>* If you're unable to locate the answer to your question in the material, start by consulting your personal group guide from the group where you're led. If they're also unsure, please reach out to support@liveinyourdestiny.com. We'll either direct you to the necessary resources or supplement the information that's lacking.</i>
A member of the group requires support that goes beyond what the group is intended to provide.	1. Initiate a discussion about this matter during the next group session where your group guide is present. Assess together whether the individual truly requires more assistance than the group can offer. 2. If needed, following the group discussion, schedule a private call with the member in question. Express recognition of their need for support beyond the group's capacity. Offer suggestions to explore counseling or coaching options either within the "Live in Your Destiny" or externally. 3. Take proactive action by setting a reminder in your calendar to pray for divine intervention in providing the right support for this individual until it is secured.

A member is not following the provided guidelines within Disciplined in a way that it negatively impacts the group. * <i>* If a member fails to follow the provided guidelines while serving as a guide, it is likely that they will also struggle to guide their own group members as intended.</i>	1. Ensure clear communication with the group member regarding the established guidelines during the group call. 2. If the issue remains unresolved, take the initiative to discuss it with the group where you're led in the presence of your group guide. 3. Together, assess if it might be wise to setup a private meeting with the member in question to discuss the issue. 4. If indeed needed, arrange a private meeting to discuss the issue with the member in question. During the meeting, express concerns about the member's adherence to the guidelines and inquire about any challenges they may be facing. Offer support and guidance to help them realign with the guidelines. If necessary, provide additional training or resources to assist the member. 5. Repeat this process up to three times if necessary. If the issue persists within a two-month timeframe, ask the member privately to voluntarily leave the group with the given reason for it. Let go of the member in love and in prayer.
I feel like quitting	Honor your commitment by following these steps: 1. Take a week to pray and seek guidance from God, carefully considering the 12 pitfalls outlined in the introduction module. Reflect on whether the decision to stop aligns with God's desire for your life or if it's a potential pitfall. 2. Openly communicate with your group guide about their reasons for considering quitting. 3. If you decide to stop, inform the group guide and your group, and exit the group within a few days. If you choose to continue, share your reasons for continuing. 4. If you're leading another group choose the following options: A. Ask the group where you're led if there's anyone that isn't guiding a group yet is willing to replace you. B. If not, ask if they have someone in the group they're leading that isn't guiding a group yet. C. Reach out to Support@liveinyourdestiny.com to ask if they have a guide available for your group.
A member in my group wants to quit	Ask them to honor their commitment by following the steps described above.
One member is very much behind compared to others	It doesn't matter if members remain lagging behind, as long as they're committed to meeting every week and show willingness to move through the milestones. It's fine when other members are further ahead than others.
I'm NOW guiding a group with less than 3 or 4 members (guide not included)	It's important to always have at least 3-4 participants in your group. So if you have less than feel free to invite a new person in your group even if your group members have already completed many milestones. To help this new person start out: 1. Check if this New Member is able to join your weekly group meetings

	2. Please ask the new member for the email addresses they used to sign up on www.startdisciplined.com. Once you have them, go to https://www.startdisciplined.com/guides and activate the new member there 3. Have the first meeting privately with them according to the provided first Disciplined meeting format. 4. Let them lead a call with your guidance and support after the next 2-3 meetings.
The backup guide has left the group	Select a new backup guide from among the members of your group.
Group members are either not receiving the correct emails or are receiving them at the incorrect day.	Go to https://www.startdisciplined.com/reset and follow the given instructions.

5. Helping (communities of) believers join disciplined

Imagine this: a circle of passionate believers, hungry to live out the teachings of Jesus and Paul in every aspect of their lives. As a guide, you're not just leading them; you're launching them on an exhilarating adventure of faith and discipline.

In this chapter, we'll unveil the blueprint for multiplying discipleship journeys. From small circles to massive congregations, we'll show you how to ignite the spark of disciplined living and watch it spread like wildfire.

Together, we'll dive deep into the heart of Christ-centered community, where every step forward is a victory and every new disciple a cause for celebration. By the end, you'll be empowered to unleash a movement of discipleship that transcends boundaries and transforms lives. Get ready to multiply your impact and journey deeper into the heart of Christ with every step.

3-4 people (minimum): Find a guide approach

Say that you have 3-4 people that you know that want to get started with disciplined then do this:

Step 1. Lead the group yourself and follow the instructions for this at the start of this manual.

Step 2. If you've already got a group you're guiding, then ask both in the group where you're guided, as in the group where you're guiding if someone is available to guide this new group or if they have members in their groups that are available to guide.

Step 3. If this is the case connect these 3-4 people to the available guide.

Step 4. If you still can't find a guide then follow the train a leader approach below. If you've got a group of three people, you need to find a fourth member for this group.

4-5 people: Train a guide approach

Say that you have 4-5 people that you know that want to get started with disciplined then do this:

Step 1. Decide whether you will be the guide helping kickstart this group, or see if you can find another guide willing to do this.

Step 2. Assign a person in this new group that will be the 'future guide' of this group either at the start or after 2-4 weeks.

Step 3. Once the 'future guide' is assigned, plug this guide into a group that doesn't have 4 members yet. This can be in of the groups you're part of or the group of one of your group members.

Step 4. Support this new group until the guide is ready to take over.

Step 5. Support the new guide till you can leave the group (this can be within 1-4 weeks).

6-10 people: combine the approaches

Say that you have 6-10 people that you know that want to get started with disciplined then do this:

Step 1. Apply the "Find a leader approach" for both groups.

Step 2. If this is not possible, apply the "Find a leader approach" for one group and the "Train a leader approach for the other".

Step 3. If this also doesn't work then apply the "train a leader approach" for both of the groups.

11 people: find one more member approach

Say that you have 11 people that you know that want to get started with disciplined then do this:

Step 1: Find one more member (ask around) to join and follow the approach shown below.

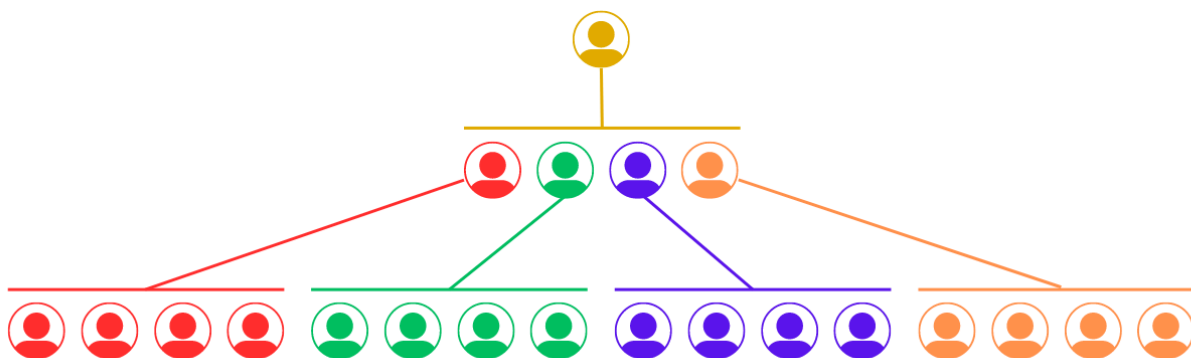
12-20 people: Big Group Kickstart, training 3-4 guides approach

Say that you have 20 people that you know that would love to start with disciplined, yet of course they all need a guide. How will you be able to help these 12 people get started?

Step 1: Either help these 12-20 people get kickstarted yourself, or find someone who is willing to help kickstart them.

Step 2: Divide all 20 people in groups of 4, so you have 5 people per group.

Step 3: Select from these 4 groups 4 'future guides' that you think would be the easiest to work with



Step 4: Add these 4 'future guides' in one group and start walking through the introductory module and milestone 1 in the usual way with them.

Step 5: When the 4 'future guides' have finished the introduction module and milestone one, let them start with their own groups. Let them repeat the same process as you've modelled with their group. Be present in the WhatsApp group to support wherever is needed. Ask them to send you the recordings of the group meetings afterward so you can encourage them in the right direction.

Step 6: Once these group guides have reached milestone 3 or 4 with their groups, you can step away from the 4 groups they're guiding.

Step 7: Continue to guide these group of 4 'new guides' if you don't have a group that you're leading yet. If you're already leading one:

- A. Ask the group where you're led if there's anyone that isn't guiding a group yet is willing to replace you
- B. If not, ask if they have someone in the group they're leading that isn't guiding a group yet.
- C. If this is not the case reach out to Support@liveinyourdestiny.com to ask if we have a guide available for your group.

Is the group less than 20 people?

Repeat the same process, but then have multiple groups of 3 instead of 4. The lowest you can go with this approach is a group of 12 divided into 3 groups of 4 people.

21-23 people: Expand the Group

Say that you have 21-23 people that you know that want to get started with disciplined then do this:

Step 1: Add 1-3 additional members to reach a total of 24 participants.

Step 2: Proceed with the following approach.

24-100 people: The 2-5 Kickstarter approach

Say you want to help kickstart a 24-100 people:

Step 1: Gather 2-5 kickstarters, either from the groups you're part of from the groups where your group members are a part of.*

Step 2: Allocate 12-20 members to each kickstart leader and let them guide their members through the process made for groups of 12-20 individuals.

** If unable to find 2-5 kickstarters, employ the approach of 3-4 or 4-5 people training them to be the kickstarters that you need.*

100-400 people: Train 12-20 new Kickstarters

Say that you have 100-400 people that you know that want to get started with disciplined then do this:

Step 1. Select a group of 12-20 qualified people that would be willing to be guides and kickstart guides. Preferably those who already have some level of leadership experience.

Step 2. Follow the approach of 12-20 for about 8 weeks with these future guides & kick-starters.

Step 3. Once ready assign these 12-20 kickstarters to 12-20 people.

Step 4. Let these 12-20 kickstarters follow the "Big Group" kickstart process with their 12-20 people.

400-2000 people: Find 2-5 kickstarters who are willing to train new 12-20 kickstarters

Step 1. Find 2-5 kickstarters either within the group where you're guiding or being guided or within their groups.*

Step 2. Let these kickstarters kickstart 2-5 groups of 12-20 of future kickstarters.

Step 3. Once these 2-5 groups of 12-20 kickstarters are ready, assign 12-20 people to each kickstarter, and let them follow the process of the "Train 3-4 guides approach" as well.

** If unable to find 2-5 kickstarters, employ the approach of 3-4 or 4-5 people and train these 3-5 people to become the needed kickstarters.*

2000 or more: Multiply

Say that you have 2000 people that you know that want to get started with disciplined then do this:

Step 1. Create a group of 12-20 kickstarters and train them until ready. If needed more kickstarters use the "24-100 people approach" (Approx. 8 weeks).

Step 2. Follow the steps from the last approach (400-2000 people) but then instead of starting with 2-5 kickstarters you start with 12 or more.