



# Live Large Group Discussion Guide

## *Live Large: The Achiever's Guide to What's Next*

### Welcome!

Congratulations on your decision to explore Living Large!

The purpose of this guide is to support individuals who want to share the experience of going through the *Live Large* process. There are many benefits to working in a group or circle. Brain research shows that when we talk in a group, as opposed to talking to ourselves, our brains light up in an entirely different way.

The role of Group members is to provide support through listening and asking questions – not giving advice. Remember each member has the answers to his or her own questions.

Living Large invites us to challenge our old assumptions and patterns – therefore somethings can feel risky or even scary. It is essential that at the beginning of any group you establish operating agreements, beginning with confidentiality.

The Group Discussion Guide is just that, a guide. I have developed questions, suggested discussions and potential activities in some places and not in others. You are free to add more discussions or to skip some. It's up to your Group to decide what feels right. The whole purpose is to support people as they create a plan to use their talents, skills, knowledge and resources in a way that is exciting and impactful.

On the next page you will find a table of contents to help you maneuver through this guide.

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# Setting Up Your Live Large Group

## Don't Have a Group Yet?

If you are interested in starting a *Live Large* Group, here is a sample email you could use to invite people to join you in exploring the *Live Large* process.

Dear \_\_\_\_\_,

Are you interested in exploring how to use your skills, talents, experiences and knowledge in ways that are more satisfying and more aligned with who you are? Well so am I! That is the definition of *Live Large*. I'm putting together a small group of people who are interested using the new book *Live Large: The Achiever's Guide to What's Next* as our guide.

Elizabeth Crook and the *Live Large* Team have put together a terrific discussion guide to ensure that we will have additional support and guidance. Once I have up to six people (but it can be fewer), we'll decide together how we want to set up our *Live Large* Group. Although frequency and duration will be up to us, Elizabeth suggests meeting weekly for three months with each session lasting an hour and a half to two hours. This will build momentum and help each of us reach our *Live Large* goals sooner! This is something we will finalize together in our first meeting.

Please, let me know by <insert date you would like to hear by>, if you're interested. I hope you will be - but if not, feel free to send this to a friend who might like to join us. To help you decide, check out Elizabeth's website ([www.elizabethbcrook.com](http://www.elizabethbcrook.com)), consider downloading a free chapter [here](#), or listen to Elizabeth read a chapter from the book [here](#).

I look forward to hearing from you!

Sincerely,  
<Your Name>

## Suggestions For Group Set-Up

Your *Live Large* Group can have as few as 2 or as many 8, with 6 participants being ideal. If you don't have a group yet, we invite you to use the suggested email language to send to friends, family and colleagues to invite them to join you in the *Live Large* process.

Because you want to dig deep and explore (after all, this is your life you are looking to change), it is essential for everyone to feel safe in expressing his or her thoughts. That means CONFIDENTIALITY is at the foundation of a *Live Large* Group.

In the first meeting, we recommend the following:

- Agree on the frequency and duration of your gathering. The recommended frequency is once a week for 3 months with each session lasting about 1.5 - 2 hours.
- Assure each person has the following:
  - A copy of the book, [\*Live Large: The Achiever's Guide to What's Next\*](#) in their preferred format (hard copy, Kindle or Audible)
  - The *Live Large* Explorations companion book that can be downloaded at: [www.elizabethbcrook.com/explorations](http://www.elizabethbcrook.com/explorations)
  - A journal - paper or electronic - for reflection
- Agree on expectations for participation and preparation. We recommend deciding as a group what the expectations are of participants to prepare for the Group discussions (Does everyone need to read the assigned chapters? Should the explorations be completed before the session or will you work on them together?) These will depend on your Group's preferences.
- Establish Operating Agreements for the group to create an engaging and safe space for exploration and for taking the steps to *Living Large*. Below you will find more information about how to set these up and recommended agreements.
- Decide on group roles. As the group organizer, you can choose to facilitate each session or you can rotate the facilitation role through the group members. It might be helpful to have people volunteer for different roles each session. A few suggested roles are: Facilitator and Timer.

## Facilitating Discussions

When leading the discussions, you want to ensure everyone has an opportunity to share and reflect. Here are a few ideas on how to ensure more voices are heard: have everyone share with the whole group, or ask people to take a moment to reflect on the question and write down any insights, or you could ask participants to partner up and turn to a neighbor to discuss.

In each session, there are questions. It's up to you whether you talk them through or write and share. There is NO ONE RIGHT WAY!

To ensure the session ends on time, you will want to be mindful of the time. It may be helpful to ask someone else to time. We have provided suggested timing for the first session and invite you to think about the timing that would work best for your group for the additional sessions.

## Operating Agreements

These are the agreements we make with each other to enhance the experience.

Here is a way to get started:

- Ask each person, what behavior or attitude she or he requests from the Group that will help everyone get the most out of the experience together? Ask one person to write down the responses and continue until there are no more suggestions.
- Clarify each statement as necessary.
- Identify any common themes.
- Create a list of Operating Agreements from the themes.
  - For example - Listen without judgement, Share from your own experience, Honor confidentiality, Come prepared, Avoid forced participation, etc.

REMEMBER - The goal of the operating agreements is to gain common understanding of what you expect from others as you are sharing.

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## Live Large Group - Discussion Guide (12 sessions)

As mentioned previously, this is just a guide. You can use pieces and leave out others depending on how it works with your Group. You can even combine sessions, if you find you have the time.

As you work through the Group discussion guide, let us know what works well, or what elements could be removed or improved. We appreciate hearing from you! Please provide your feedback [here](#).

## Session 1: Setting up for Success

<b>Suggested Pre-Reading/ Explorations</b>		Read Preface, Introduction & Chapter 1.
<b>Session Introduction</b>	5 min	<ul style="list-style-type: none"> <li>• Welcome</li> <li>• Introductions (you may want to ask for names and ask a question such as the first question in the group set up discussion questions)</li> </ul>
<b>Group Set Up</b>	40 min	See <a href="#">Suggestions For Group Set Up</a> and <a href="#">Operating Agreements</a> above
<b>Group Set Up Discussion</b>	20 min	<ul style="list-style-type: none"> <li>• What led you to want to do the <i>Live Large</i> Process?</li> <li>• What does <i>Live Large</i> mean to you?</li> <li>• How active and engaged are you planning on being in the group (1 - 10)?</li> <li>• How much risk are you prepared to take (1 - 10)?</li> <li>• How are you going to work with the Explorations? On your computer or on paper?</li> </ul>
<b>The Triple J</b>	20 min	<ul style="list-style-type: none"> <li>• What is your Triple J's most frequent or sabotaging judgement?</li> <li>• Experiment using the Rx for the Triple J (p. 15) as a group, in pairs or individually.</li> <li>• Have you found your guide? What does he/she/it look like and sound like?</li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>

## Session 2: Knowing Yourself - Retrospective & Lifeline

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 2 & 3. Explorations: Building a Retrospective (Positives/Negatives and Beliefs About Myself), Your Characteristics, Lifeline.
<b>Potential Supplies</b>		<ul style="list-style-type: none"> <li>Wide sheets of paper or the lifeline printed, pens and painter's tape.</li> </ul>
<b>Session Introduction</b>		This session is foundational to all the other sessions we will do. We will look back at our lives and embrace all of who we are. The Retrospective will help us identify our characteristics - those things that developed over time and that both undergird our success as well as limit our possibilities. In the Lifeline we get to embrace the glorious complexity of your experience, gaining fresh insights about what brings us to this moment in our lives. It also sets the stage for the explorations on purpose and value that come in Session 3.
<b>Retrospective</b>		<ul style="list-style-type: none"> <li>If it wasn't done before the session, have everyone complete the sections Positives/Negatives and Beliefs About Myself in the Building a Retrospective Exploration.</li> <li>After everyone has completed the Positives/Negatives and Beliefs About Myself give them time to consider recurring themes.</li> <li>Then give 2 - 3 minutes/person to share with the group about some of their insights. For example: <ul style="list-style-type: none"> <li><i>I was frequently the "organizer"</i></li> <li><i>I often felt left out</i></li> <li><i>Tackling new environments was easy for me</i></li> <li><i>Winning was important to me</i></li> <li><i>My fear kept me from following up on opportunities</i></li> </ul> </li> <li>Then have each person write his/her own notes to self, this could be advice or encouragement.</li> <li>Then take another minute for people to share.</li> </ul>
<b>Your Characteristics</b>		<ul style="list-style-type: none"> <li>Once people have written their characteristics, take a minute to have group members mark those that they feel are most responsible for their success. We'll come back to this later in the in the Limiting Beliefs section, but do it now while it's still fresh.</li> <li>Then take a minute to discuss with your group. If they know you well, do they agree/disagree? Why or why not?</li> </ul>
<b>Lifeline</b>		<ul style="list-style-type: none"> <li>Option 1: Every Group will have its own preference about how it wants to discuss the lifeline. There is a lot of</li> </ul>

		<p>information and if each person wants to tell about all the events that are on theirs, you should allow time for that. One way to make it fun and visual is to have wide sheets of paper ( say 3 - 4 feet) that they tape to the wall. Then when people are finished, you can do a tour of each other's timelines, while the creator explains his/her journey.</p> <ul style="list-style-type: none"> <li>• Option 2: Some groups chose to focus on the turning points and the few events that lead up to that turn, while others may want to just share the titles for each time in their past. How you do it is up to you and your group.</li> <li>• Regardless of how much detail you share, be sure to at least talk about where you see yourself in the future period and review the Notes to Self. You may find that the notes to self are advice or insights - the conclusions you make based on the Lifeline. Sometimes the notes include a commitment to do something or to do it differently. When we speak our commitments aloud, they take on a power of their own and we are more likely to follow through.</li> <li>• <i>Lessons from Greeter Falls</i>: After everyone has read the story (p. 30), you can read this out loud as a group, ask people to tell of a time in their life when a failure or "bad thing", opened a door, or created an opportunity for a "good thing".</li> </ul>
<b>Closing &amp; Reminders</b>	5 min	<p>Remind the group about:</p> <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>



## Session 3: Purpose & Values

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 4 & 5. Explorations: Finding Your Why, Discovering Your Values.
<b>Session Introduction</b>		In this session, we'll make explicit the purpose that has driven our lives. Once you are able to see it and say, you will be able to discern which opportunities align with your purpose and which don't - and that is a key to deep satisfaction. Our purpose is like the white line in the middle of the road, helping us stay on track, our values are about how we act. We discover them by asking, <i>How am I acting when I feel proud of myself?</i> Once we have identified them, it will be much easier to understand why we feel uncomfortable in some situations - there is no alignment in values.
<b>The Big Why</b>		This exploration invites you to see patterns in the things you have done over the years. Some people are great at seeing patterns. For others they may see each entry as discreet and separate. If someone is having trouble coming up with their Big Why, ask them to read through their exploration and get the group working together to identify the themes. Just remember the final version of the WHY is up to the person - it's not what the group thinks or what sounds best!
<b>Finding Your Values</b>		<ul style="list-style-type: none"> <li>• The challenge of this exploration is that many people feel uneasy talking about their values.</li> <li>• After you have completed the exploration, share it with others, if they know you well - ask the following question: <ul style="list-style-type: none"> <li>◦ What have I minimized or not given myself credit for?</li> </ul> </li> <li>• Make note if you tend to underplay your own value and values. We'll deal with Limiting Beliefs in Section 2.</li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>

## Session 4: Limiting Beliefs - part 1

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 6, 7, & 8.
<b>Session Introduction</b>		These Chapters describe different types of limiting beliefs and how they can keep us trapped in unproductive, self-sabotaging behavior. Then in Chapter 9 there are several explorations that will help us identify our own Limiting Beliefs (we all have them!), their origins, and ways to reframe them and expand our repertoire of responses.
<b>Limiting Beliefs Warm-Up (Part 1)</b>		<p>In Chapter 6 we describe the different kinds of beliefs:</p> <ul style="list-style-type: none"> <li>→ Vows and beliefs that were true once upon a time</li> <li>→ Beliefs that were never true</li> <li>→ Beliefs that were true for someone else but not for you</li> </ul> <ul style="list-style-type: none"> <li>• Invite each person to think about an example, from his or her own life, of these types of beliefs. They may not have an example in every category but it will help you warm up for the explorations later in the section.</li> </ul>
<b>Limiting Beliefs Warm-Up (Part 2)</b>		<p>In Chapter 7 we describe three “traps” and tell stories about each:</p> <ul style="list-style-type: none"> <li>→ Always and Never - Sean’s story</li> <li>→ Either/Or - Eric’s and Susan’s stories</li> <li>→ False Equivalencies - Emma’s story</li> </ul> <ul style="list-style-type: none"> <li>• Invite people to think about where in their own lives they suspect one of these traps may be operating. It’s O.K. if some of the same stories come up. After all Sean’s story is a great example of a belief that was true for someone else but not for Sean.</li> <li>• Consider Susan’s Story - is there a place you suspect that you may be caught in a Either/Or trap? Where might you need to go off autopilot and switch to manual control? Don’t worry if it doesn’t come to you, you’ll get more help with this later in the section or a friend who knows you well may be able to help you out. Just make sure it’s not a “friend” that takes advantage of your generous nature!</li> <li>• Consider Emma’s story - then, as the book suggests (p. 71) go back and look at your characteristics and see if in overusing a strength, you are playing into a False Equivalency.</li> </ul>
<b>Vicious Cycles</b>		In Chapter 8, we explore Vicious Cycles.

		<ul style="list-style-type: none"> <li>• After you have read the chapter, invite members to think about situations (negative) that seem to come up again and again - those times when you say, "I can't believe this is happening...again". The examples on page 73 may give you some ideas.</li> <li>• Once you have identified the recurring situation. Note the thing, outcome, attitude that drives you crazy. <i>I can't believe I have to handle everything.</i> Then ask yourself what belief of yours this proves or re-enforces. <i>I can't depend on others</i> or <i>If I didn't do it, it wouldn't get done.</i></li> <li>• Is this a belief that was never true?</li> <li>• Describe as best you can, looking at the examples, what you think one of your Vicious Cycles may look like. Invite others like this - <i>What do you see that I may not be seeing?</i> Then stay open and listen. Remember only YOU know the answer for yourself.</li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>

## Session 5: Limiting Beliefs - part 2

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 9. Explorations: Excavating Generational Beliefs, Discovering Your Limiting Beliefs & Vows, Using Your Turning Points, Finding Your False Equivalencies.
<b>Session Introduction</b>		Chapter 9 has several explorations to help you identify where your limiting beliefs may be hiding. You may find some of the explorations easier or harder, more or less valuable. However as long as you are here, you might as well try them out, after all you have group support.  <i>Don't rush this, this is an important part of moving forward.</i>
<b>Excavating Generational Beliefs</b>		<ul style="list-style-type: none"> <li>• There are categories of beliefs - money, relationships, work, etc. Are there other categories you want to add - generosity, security, religion, sex? You don't have to list every category but if there is one that feels like a hot button from your family, it would be valuable to write it in.</li> <li>• When everyone has at least one family belief, go around and invite people to talk through the following: <ul style="list-style-type: none"> <li>○ My Family's Belief</li> <li>○ Positive Intention - Talking about this may help you find understanding (and possibly forgiveness) for your parents/family</li> <li>○ Negative Outcome - Talk about how the beliefs affect your life - work, relationships, attitude and more. Then talk about WHY you are no longer willing to live with this belief.</li> <li>○ Enlightened Belief - Where will this Enlightened Belief show up? What are you going to try?</li> </ul> </li> </ul>
<b>Using Your Characteristics</b>		<ul style="list-style-type: none"> <li>○ When everyone has filled in at least one or two characteristics, go around and invite people to explore the questions below. Remember the goal is to gain awareness of how overusing a very positive characteristic may lead to unintended negative consequences. Go around and invite people to talk through the following: <ul style="list-style-type: none"> <li>• My positive characteristic</li> <li>• What are and have been the benefits of this characteristic?</li> <li>• I am most likely to overuse this characteristic when.....</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>• What is the negative impact when I overuse this strength?</li> <li>• If I'm not always _____, what is my fear?</li> <li>• Is there an either or trap here?</li> <li>• Is there a false equivalency here?</li> <li>• Does overusing this characteristic set me up for vicious cycles</li> <li>• Where are there opportunities to increase my flexibility about when and how I use this characteristic?</li> </ul>
<b>Exploring Your Turning Points</b>		<ul style="list-style-type: none"> <li>• Turning points are exactly that, a time when our life goes in a different direction. They are frequently precipitated by an event, sometimes those events bring with them an aha moment. Other times they stimulate a vow - <i>I will never let that happen again</i>. Turning points are frequently times when our thinking about ourselves shifts. This exploration invites you to question whether that thinking about yourself (or your world) is still valid today. Does it serve you? <ul style="list-style-type: none"> <li>○ Invite each person to tell about an experience they had at a turning point in their life</li> <li>○ How did the experience change their view of themselves or the world?</li> <li>○ Is this view still valid? (Remember each of us has changed a lot and what may have been true for us at one time, may no longer be true)</li> <li>○ If it's not still valid, how would they describe what is a more appropriate/productive/life enhancing understanding now?</li> </ul> </li> </ul>
<b>Finding False Equivalencies</b>		<ul style="list-style-type: none"> <li>○ By the time you get to this exploration, you will likely have already identified beliefs that lead to false equivalencies. You may want to take a minute and look back through the three previous explorations and see if there are any beliefs you have used to create a false equivalency.</li> <li>○ Once everyone has filled in at least one false equivalency invite them to talk about the following: <ul style="list-style-type: none"> <li>• Read the False equivalency: If I _____, that means _____.</li> <li>• Ask - Is this true?</li> <li>• If it's not true, then what is true?</li> <li>• Now that you have cancelled out the false equivalency, what will be easier, more comfortable to do?</li> <li>• What will you dare to do?</li> </ul> </li> </ul>

<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>
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## Session 6: Limiting Beliefs - part 3

<b>Suggested Pre-Reading/ Explorations</b>		Review Chapter 9. Explorations: Breaking Your Cycles, What Keeps the Vicious Cycle in Place.
<b>Session Introduction</b>		This is our last session on Limiting Beliefs. You may ask why we have spent so much time with them. We are all talented, experienced people. When our lives and our work are not bringing us the satisfaction that we want (and deserve) nine times out of 10 it's one of our own limiting behaviors or beliefs. When we know where ours are, there will be no stopping us from Living Large.
<b>Breaking Your Vicious Cycles</b>		<ul style="list-style-type: none"> <li>○ Just as in the False Equivalency exploration, you will probably have identified some limiting beliefs. Our beliefs inform our actions, which prompt reactions either in ourselves or others. So when you do this exploration we start with the feelings or situations that seems to play out frequently in our lives. The purpose here is to own (even when it's uncomfortable), the part we play in perpetuating the cycle. Actually it's the limiting belief and our action because of it that perpetuates the cycle. Don't waste time feeling guilty or justifying, this is your moment to take action!</li> <li>○ Once everyone has filled in at least one limiting belief, invite people to answer the following questions: <ul style="list-style-type: none"> <li>■ What is the situation that keeps happening (and that makes me sad, mad, frustrated...)?</li> <li>■ What are the actions I take?</li> <li>■ What happens as a result? How do others react? How do I feel?</li> <li>■ What happens after that? And so on. Trace the full cycle.</li> </ul> </li> <li>○ Here are a few more questions for discussing the exploration ( p. 101): <ul style="list-style-type: none"> <li>● What is the belief that underlies my action?</li> <li>● What change am I willing to consider to stop the cycle?</li> <li>● What will be the positive changes that I will see in others actions or my own actions?</li> </ul> </li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>● The readings and explorations to be completed before the next session.</li> <li>● The next session date, time and location.</li> <li>● Identify any additional supplies that might be needed.</li> </ul>

## Session 7: Expanding Your Options

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 10 & 11. Explorations: Your Know-Whats and Your Know Hows, Energize Your Life, Innately Gifted, Wildly Talented YOU.
<b>Session Introduction</b>		<ul style="list-style-type: none"> <li>We may believe there are lots of things we could do or we may believe we have few choices. Whichever you believe, it's important (and much more fun) to find opportunities that call forth our talents. In Chapter 10, you will expand your understanding of all you know! And in Chapter 11, you'll more clearly see YOUR talents and gifts - the one's the world needs you to express.</li> </ul>
<b>Know What's and Know How's</b>		Give each person a turn for the group's attention. Invite the person to read her/his Know What's and Know How's. Then ask the group, are there Know How's that seem to be missing? That the person has forgotten? Or that they have been modest about? As we listen to others, it may spark us to claim some of our own Know How's.
<b>Wildly Talented You</b>		<ul style="list-style-type: none"> <li>This is one of the most exciting explorations. It gives us an easy path to claiming the talents that we've always had but as a result of them coming easy for us, we may fail to recognize them.</li> <li>Beginning on page 119 - each person will work independently filling in the first two boxes. However when you get to the top of page 120, fill in your own box, then ask for feedback from the group. And if you are working with a group of people who don't know each other well, don't worry. You can ask friends who DO know you well to give you their thoughts.</li> <li>Once people have completed the chart, this is a time for celebration. Invite each person to talk about the themes they see in what they know how to do and what energizes them. In the last box of my talents, this is a time to stand up and claim who you are. Stand up and say with confidence I'm good at ____ or I'm talented at _____. This is not a time for modesty!</li> <li>Then answer the questions: <ul style="list-style-type: none"> <li>Why is this talent important to me?</li> <li>Why is it important that I use this talent?</li> <li>How do I feel when I use this talent?</li> </ul> </li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>The readings and explorations to be completed before the</li> </ul>



		<p>next session.</p> <ul style="list-style-type: none"><li>• The next session date, time and location.</li><li>• Identify any additional supplies that might be needed.</li></ul>
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## Session 8: The Bull's Eye

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 12 & 13. Exploration: The Bull's Eye, Characteristics of the Work Situation You Want.
<b>Session Introduction</b>		In the session we begin to “turn the corner.” Up until now we have identified all we bring to this moment in our lives - purpose, values, know how's and talents. Now we begin looking into the future. We take our first pass at describing what we want to see in place in our lives.
<b>The Bull's Eye</b>		<ul style="list-style-type: none"> <li>○ There is no right or wrong way to talk about the Bull's Eye. Depending on the type and size of your group and how much time you have, each person can talk about all roles and all quadrants, or just a few. <ul style="list-style-type: none"> <li>● Which aspects of your Bull's Eye are most exciting/compelling?</li> <li>● Which aspects are the most ambitious, perhaps even scary?</li> <li>● What will be the easiest to bring into reality?</li> <li>● What will be the most challenging?</li> </ul> </li> <li>● For these last two questions, ask another group member to write down the speaker's answers then give them back so they can post them someplace they will see every day! <ul style="list-style-type: none"> <li>■ What will it mean to you to make this a reality?</li> <li>■ How will you want to “show up”?</li> </ul> </li> </ul>
<b>Characteristics of My Situation</b>		<ul style="list-style-type: none"> <li>● Self Query <ul style="list-style-type: none"> <li>○ How do the characteristics I have described align with what energizes me?</li> <li>○ What changes - either additions or deletions - will I consider?</li> </ul> </li> <li>● Each person can talk through her or his conclusions.</li> <li>● Hint for the group: See if you can use questions to help the speaker gain clarity rather than giving them advice. For example: <i>How would your working remotely align with what you said about being energized by working on a team?</i></li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>● The readings and explorations to be completed before the next session.</li> <li>● The next session date, time and location.</li> <li>● Identify any additional supplies that might be needed.</li> </ul>

## Session 9: Bringing the Pieces Together

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 14. Explorations: Putting the Jigsaw Together, Your Core Driver, Possibilities,
<b>Potential Supplies</b>		Post-It Notes® and pens
<b>Session Introduction</b>		In this session we bring together not only your past, present, and future, we now begin to hone in on real possibilities that will fit who you are and what you want.
<b>Bringing the Pieces Together</b>		<p>This is a different kind of exploration. Each member of the group will be creating a new, never before seen picture composed of all the things you have learned about yourself. Once everyone has completed bringing their pieces together, take a moment to reflect and celebrate!</p> <ul style="list-style-type: none"> <li>• What words or phrases stand out most for you?</li> <li>• What are you proudest of?</li> <li>• Where do you hear your Triple J whispering (you may not)?</li> <li>• As you look at this picture, how do you feel?</li> <li>• What conclusions or insights do you draw from this picture? Make a few notes if you wish because you are setting the stage to identify your Possibilities.</li> </ul>
<b>Identify the Core Driver</b>		Have each member share a few of their core drivers and say a few words about what makes this a core driver for them.
<b>Begin to Brainstorm Possibilities</b>		<ul style="list-style-type: none"> <li>• When the group is ready to explore possibilities, you may want to give each person a stack of Post-It Notes®. Then brainstorm the possibilities that emerged as you considered your puzzle pieces.</li> <li>• After the initial brainstorm, give people time to look at what they've written. Some ideas may combine with other ideas. Let that continue until people feel like that have a number that seems right for them. Then move on.</li> <li>• <i>Suggested to prep for session 10:</i> <ul style="list-style-type: none"> <li>○ <i>Start the Assessing Your Options chart on p. 164.</i></li> <li>○ Remind participants that new thoughts may come during the week and encourage them to write them down. Fill in possibilities on the chart as they come.</li> </ul> </li> </ul>
<b>Closing &amp; Reminders</b>	5 min	<p>Remind the group about:</p> <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> </ul>

		<ul style="list-style-type: none"> <li>Identify any additional supplies that might be needed.</li> </ul>
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## Session 10: Assessing the Options

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 15. Explorations: Assessing Your Options
<b>Session Introduction</b>		In this session, we will look at all the possibilities that are open to you. Probably many more than you imagined at the beginning. Now it's time to whittle down those possibilities based on the criteria you established in earlier sessions.
<b>Additional possibilities?</b>		Invite members to share their possibilities. It maybe helpful to ask, "Are there any others?"
<b>Assessing Your Options</b>		<p>After each person has completed the chart, invite them to talk about the possibilities with the highest Yippee Index® Score.</p> <ul style="list-style-type: none"> <li>What made it a high score?</li> <li>Describe how it aligns with the following: <ul style="list-style-type: none"> <li>Purpose</li> <li>Talents</li> <li>Core Driver</li> <li>Characteristics of My Ideal Work Situation</li> </ul> </li> <li>Using those four "lens" are there any possibilities they want to reconsider.</li> <li>For possibilities you want to pursue, jot down next steps. Don't worry about precision, we'll go into more detail in Session 11.</li> <li><i>Remind people to bring a calendar to the next session.</i></li> </ul>
<b>Closing &amp; Reminders</b>	5 min	<p>Remind the group about:</p> <ul style="list-style-type: none"> <li>The readings and explorations to be completed before the next session.</li> <li>The next session date, time and location.</li> <li>Identify any additional supplies that might be needed.</li> </ul>

## Session 11: Making Your Future a Priority

<b>Suggested Pre-Reading/ Explorations</b>		Review Chapter 15. Explorations: Making Your Future a Priority
<b>Session Introduction</b>		This session is about taking action and staying on track. For each possibility with a high Yippee Index® you've identified the very first next steps. In this session, you'll go beyond that and learn a practice to keep you focused on what you want most. We all know it's easy to get pulled off track by "business as usual". Remember as you coach each other in this session, frame your comments as - <i>You may want to consider _____. Instead of You should _____.</i>
<b>Making Your Future a Priority</b>		<ul style="list-style-type: none"> <li>• Invite everyone to set up several outcomes and write them in.</li> <li>• When we set up outcomes, tasks and make appointments with ourselves, it increases our commitment when we say these aloud to our peers. So take time to do that.</li> <li>• Then ask the group what would support them in sticking with their plan. There are lots of options for on-going monthly meetings: conference calls or SKYPE calls, to an electronic meeting place where people can log in their accomplishments and challenges (google docs). Some groups may chose to pair up. Whatever you decide, your purpose is to support each other as you continue your <i>Live Large</i> journey. And there is nothing like having an accountability partner to focus your mind and actions. I have one!</li> </ul>
<b>Mapping Out Next Steps</b>		<ul style="list-style-type: none"> <li>• Update for weekly outcome &amp; tasks for the next week and block time on calendar to update weekly (including when you are going to update your outcomes for the following week).</li> <li>• Write out 2-3 outcomes for 6 months and 2-3 outcomes for 12 months</li> </ul>
<b>Closing &amp; Reminders</b>	5 min	Remind the group about: <ul style="list-style-type: none"> <li>• The readings and explorations to be completed before the next session.</li> <li>• The next session date, time and location.</li> <li>• Identify any additional supplies that might be needed.</li> </ul>

## Session 12: Conclusion

<b>Suggested Pre-Reading/ Explorations</b>		Read Chapter 16, 17, 18 & Conclusion. Explorations: Getting Through Your Yikes, Advice to My Future Self.
<b>Session Introduction</b>		This is the last of our formal sessions. We've been through a lot and now have plans. This session is about reminding ourselves how we have taken on challenges in the past and have been successful. It's a time to lock in your commitment to yourself and to build an "on ramp", to get you back on track, if you should lose your way for a bit. Last, we will have a final reflection on one thing we are taking away from our time together.
<b>Getting Through Your YIKES!</b>		<p><i>(do as homework before)</i></p> <ul style="list-style-type: none"> <li>Once everyone has completed the exploration. Give each person a chance to sum up what he or she has learned about how they have taken on challenges in the past. What "secret sauce" have they developed?</li> <li>Then ask if there are any adjustments they'd like to make to their "next steps" and priorities?</li> </ul>
<b>Staying On Track &amp; Giving Back</b>		<ul style="list-style-type: none"> <li>What would get you off track? How can we support each other going forward? Where are you going to give back? <ul style="list-style-type: none"> <li>There are no more explorations in these last chapters. Nevertheless there are some rich conversations you can have as a group.</li> <li>As you begin to bring this part of your experience to a close, below are some questions for the group to discuss.</li> <li>You have made a plan for moving forward to a larger life - you even have next steps and dates on the calendar. Yet we all know sometimes people don't follow through. <ul style="list-style-type: none"> <li>Ask yourselves and discuss what would be the "cost" to you of not following through on your plan? How would you feel?</li> <li>What could get you off track?</li> <li>How will you handle distractions, interruptions or setbacks?</li> <li>What steps will you take to get back on track - write them down?</li> <li>Why do you want to <i>Live Large</i>?</li> </ul> </li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>○ As you wrap up, feeling excited and committed, take a few more minutes to identify a way (it can be small) to give back to someone or something. Remember Valerie, Eugene and Mother Teresa... “In this life we cannot do great things. We can only do small things with great love.”</li> </ul>
<b>Closing</b>	5 min	<p>As a final closing, ask each member to share:</p> <ul style="list-style-type: none"> <li>● What is something you are taking away or that you have appreciated about this experience?</li> </ul>

## Feedback

We hope this ***Live Large Group Discussion Guide*** has been a valuable tool to help you and your friends start Living Large!

We would be very grateful if you would take a moment to let us know how the guide worked for you by [providing your feedback](#).