

## WHO:

**Gather your family or your team.** Tell them you intend to facilitate a series of meetings and you need their help. You want the people you hang out and work with, and you definitely want your children, to have the skills these meetings foster.

## WHAT:

Each meeting

- ❖ has an Invitation, Agenda and Activity Sheets
- ❖ will begin with your Gratitude and Silver Linings Lists
- ❖ continue with a Deep Dive topic
- ❖ and close with Action Points
- ❖

**These meetings are designed to shift your focus from problems toward solutions.**

## WHEN:

There will initially be 9 meeting kits. These and all subsequent kits will ALWAYS be FREE.

**Do one every day, once a week, whenever you are ready.**

Take as long or as short as you want for each meeting. Revisit them.

A word of warning – Meeting one 1 is by far the longest because it is your first, and because it needs to lay the groundwork. Life is a marathon. Change is hard. Blah blah. But true.

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## HOW:

The meeting agendas are simply your platform. They are not prescriptive. Call me Henry Ford – I built the car. YOU get to drive it.

**Do them in your style, do parts of some, do them in your pajamas.** Return to some topics, OFTEN.

Approach these meetings with a Growth Mindset. You and everyone doing this can NOT be good at it the first time. Permit yourself to be a beginner. Laugh.

Do everything you can think of to give everyone ownership and responsibility.

Make sure these are conversations, not complaint sessions, or criticism call-outs. Avoid ANY judgment about other people's answers.

The agenda and activity sheets aren't sacred – they're fun. Doodle on them!

But DO keep them in a file because you WILL want to return to them.

## BEFORE each meeting:

Choose a place, time, and **dress code**. Change all of these over time – change stimulates creativity (and certainly lessens boredom). For families with younger children, how about UNDER the kitchen table?

You will need pens and paper. Ideally print out the activity sheets, 1 for each person.

For families, hand out the agenda, but do NOT pass out the activity sheets yet – perhaps a child could be in charge of holding them face down? Children will be much MORE interested if they do not know what is coming up.

## AFTER each meeting:



What really matters is what you do AFTER the meetings. The meetings are designed to show you design thinking skills. The exercises encourage perspective, flexibility and resilience. When applied, the meetings will help you clarify your values, and create your New Normal. Thoroughly embraced, they can point you toward a purpose-driven life.

And most importantly, you will have fun doing it. Together.

BUT YOU NEED TO DO IT. Can you? Will you? Just do it?