

PLAYING BIG
Small Group Agenda - Inner Mentor

Playing Big Small Group Meeting – Inner Mentor

1. **Designate a facilitator for today.** The facilitator’s role is to keep time and keep the group moving through the agenda.

2. Do a **quick review of all the small group guidelines** (5 min)
 - a. Confidentiality
 - b. Attentive listening
 - c. Support and championing
 - d. Asking powerful questions
 - e. No advice giving or attempts at fixing

3. **Check-ins.** (10 min) Each person in the group gives a few-minute check-in of what has been happening in their lives since the last call, or simply “where they are at” today. Share something that is connected to your playing bigger, or feel free to just share if there is something else important “up” for you in your life right now.

4. Share **About Your Internal Mentor.** (15 min) What is her name? Where does she live? What is her energy and appearance like? What wisdom does she offer in answer to the questions in the visualization?

5. **Let Your Internal Mentor Guide Your Week.** (15 min) In this exercise, each person will actually step into their internal mentor’s perspective. Step into her and become her. Then, another member of the group will ask you, aloud, “(Insert internal mentor’s name), what will you be doing this week?” Allow your internal mentor to answer, and allow yourself to be surprised by what she says! She might say, “Oh, I’m going to take a hike by the lake, finish my manuscript, and have tea with some wonderful friends.” Or she might say, “I’m going to go skiing, review my investments and sit in my favorite chair and watch the sunset.” Seeing

how she answers this question is another way to get to know her, and it will give you some ideas for how you can bring her into your week!

6. **Debrief!** (5 min) What did you learn from hearing your inner mentor talking aloud together?
7. **Closing & Action Commitments.** (10 min)
 - a. Declare any action commitments for the coming two weeks. This is a great place to speak specifically about what you will do in the next two weeks regarding your structure for remembering what is more important to you than getting praise!
 - b. Group members, you can help remind each other of the criteria for an action commitment (below) and strengthen any commitments that don't meet all the criteria at first.
 - c. Thank each other! Wish each other 2 more fabulous weeks growing into playing bigger.

Reminder – Guidelines for Action Commitments

Going forward, at the end of small group meetings, members can declare an action commitment. You might say, “Over the next two weeks, I’m going to send out my articles to three publications that I’d be thrilled to be published in.” or “This week, I’m going to get out my paintbrushes and paint for at least 2 hours.”

This is totally optional! Some weeks, one member of your group might declare an action commitment and others will not. Some weeks, everyone might have one they want to share.

This is an option here for you if you want to use your small group as an accountability structure.

An effective action commitment must meet all of these criteria!

1. It is specific “I’ll move forward on the book” is not a good action commitment. “I’ll spend four hours working on the proposal” is.
2. It is time bound. That means you set a deadline for it.
3. It is resonant. It’s not a “*should*.” It’s something that feels right (even if scary!) in your heart and soul.
4. It is something you are in control of!! You are not in control of this, “I’ll paint a gorgeous painting this week.” You are in control of getting out your paints and painting. See the difference?
5. You report back in the next small group meeting. If the action happened, great! If not, report back with what you learned and what you plan to do differently next time. Maybe you learned that waking at 6am to work on your book is not realistic, and this week you are going to try a weekend afternoon instead. Maybe you learned you have huge fear about your action and you are going to do some writing this week to explore what the fear is really about. Report back with the learning and the next step.