

SMALL GROUP GUIDE



Let's all agree to...

Small Group Guidelines & Guardrails

When we meet as a small group, we agree to:



- **Assume good intent;** remember that everyone has joined this experience because they have an interest in bettering themselves!
- Lean into **new possibilities**
- **Avoid blaming** or labeling people....including yourself! Labels can be emotional triggers and rarely add to productive conversation.
- **Be mindful** to not dominate the discussion; silence is okay and necessary!
- **Use 'I' statements**... speak only for yourself
- Consider and reflect on:
 - **'WAIT vs. WAIT'** (*Why am I talking? Vs. Why am I not talking?*)
- **Release expectations of perfection** of yourself!
- What happens here, stays here!

When meeting virtually, please consider the following:



- If possible, please keep your camera on!
- Please do not participate in your small group connection while driving.
- When appropriate, please use the Mute function to enhance the sound quality for the group (take out background noises, etc.)
- Consider the Chat Box as an extension of talking; some people process and share differently--- the chat feature can be a great place to reflect and share articles, links, and other resources!



Please come to each small group meeting having watched Coach Amanda's Weekly Video!
[Visit **STRONGLIFE.ORG** to watch!](https://www.stronglife.org)



Find community and encouragement by joining the [STRONGLIFE Community](https://www.stronglife.org) on Facebook!



WEEK 1: MINDSET

Small Group Guide



CONNECT 10 minutes

Go around the Zoom Room and Introduce Yourself!

Start with... Your Name? Where are you from?

Why did you join the STRONG Challenge?

And... pick **ONE** of these questions to answer:

1. What accomplishment are you most proud of in your life?
2. What is your ultimate road-trip snack?
3. What smell brings you the most joy?



THIS WEEK'S FOCUS: MINDSET 20 minutes

If you believe in yourself, then you will! Will do what? Achieve goals, reshape your habits, and move forward in your wellness journey... it starts with your MINDSET.

Reflect on these questions and share with the group!

1. Reflect on Coach Amanda's Video. What was the most impactful sentence or phrase for you?
2. Think of the last 7 days; share an experience where you actively changed your mindset and it affected the outcome.
3. Can you name a time in your life that a positive mindset and 'I CAN' attitude would have served you better?
4. Pinpoint one thing in your life that isn't working and what is your plan to implement new mindset habits to improve?



GOALS CHECK-IN 10 minutes

STRONG Challenge GOAL: Visit the YMCA At-Least Twice Per Week & Practice Mindful Minutes

Reflect on these questions and share with the group!

1. What steps did you take this week to reach this goal?
2. During one of your trips to the Y this week, did you try something NEW?
3. What are your barriers to reaching this goal? Consider focusing on ONE barrier this week; name it and work towards a solution to removing it!
4. Are there other personal goals you are working towards?
5. How can the group help encourage, support, and cheer you on?



UNTIL NEXT TIME... *The last 5 minutes*

Your connection with each other is a gift and an opportunity! A tool for you to use for accountability during this challenge!

Spend closing time scheduling next connection time and determine how you will stay in touch outside of Zoom! Head over to the STRONG Life Facebook Page and join!



WEEK 1: MINDSET

Self Reflection & Scribbles

What are your goals this week?

Who's in your group?

Name the barriers that are preventing you from reaching your goals....

MINDSET



WEEK 2: LISTEN

Small Group Guide



CONNECT *10 minutes*

Make sure everyone in the room knows one another!

Pick ONE of these questions to answer:

1. What do you do to relax?
2. What is the bravest thing you've ever done?
3. If you could have lunch with one person –alive or dead—who would it be?



THIS WEEK'S FOCUS: LISTEN *20 minutes*

Your body is calling... can you hear it?

Let's LISTEN! As a group, set a timer for 3 minutes. Turn your camera off—be on mute--- be in the silence. Breathe. Relax. Listen. After 3 minutes, turn your camera back on and join back in...

Reflect on these questions and share with the group!

1. What did 3 minutes of quiet feel like for you? Was your body speaking to you?
2. Reflect on Coach Amanda's Video... When are you more susceptible to ignoring 'the call' from your body? (morning, midday, evening? Maybe the people around you?)
3. Check out these "So I wills...."! Do any of these resonate with you? Are there ones you would add?
 - My body feels tired, So I will rest.
 - My body feels energized, so I will take a Strength Class
 - My body feels sore, so I will stretch...go for a walk...take a yoga class
 - My body feels inflamed or unbalanced, so I will take an aquatics class
 - My body feels anxious or stressed, so I will take deep breaths or meditate
 - My body feels _____ so I will _____



GOALS CHECK-IN *10 minutes*

STRONG Challenge GOAL: Visit the YMCA At-Least Twice Per Week & Practice Mindful Minutes. Reflect on these questions and share with the group!

1. What steps did you take this week to reach this goal?
2. What are your barriers to reaching this goal? Consider focusing on ONE barrier this week; name it and work towards a solution to removing it!
3. Are there other personal goals you are working towards?
4. How can the group help encourage, support, and cheer you on?



UNTIL NEXT TIME... *The last 5 minutes*

In the chat box, offer one positive affirmation, mantra, or quote that you want to share with the group as you go! Make sure you have your next connection scheduled and communicated.



WEEK 2: LISTEN

Self Reflection & Scribbles

My body feels _____
so I will _____....

What is the bravest thing you've ever
done?

PERSONAL GOAL CHECK-IN....

LISTEN

WEEK 3: BREAKTHROUGH



Small Group Guide



CONNECT *10 minutes*

Pick **ONE** of these questions to answer:

1. You have one million dollars to spend in 24 hours, what do you do?
2. When was the last time you volunteered and what did you do?
3. What are you hopeful for?



THIS WEEK'S FOCUS: BREAKTHROUGH *20 minutes*

Finding your Breakthrough You through self-care & love. When you take care of yourself, it illuminates those around you... as you find your Breakthrough You, how are you helping others find their breakthrough?

Reflect on these questions and share with the group!

1. What does, 'You can't pour from an empty cup!' mean to you?
2. What happens when your 'passion meets your purpose'?
3. Coach Amanda has used the phrase "A Breakthrough You!" throughout this challenge... what does that look and feel like for you?
4. How do you show someone that you care?



GOALS CHECK-IN *10 minutes*

We've had 3 main goals in this challenge!

- **Practicing Mindful Minutes**
- **Visiting the YMCA at least twice per week**
- **Participating in a Small Group.**

Consider the following prompts as you reflect on these three goals and share with the group:

The goal I feel most proud of... The goal that I will continue to achieve... At the beginning of this challenge my barriers were... While practicing Mindful Minutes I found that I felt... Participating in small groups made me feel...



SENDING IN GRATITUDE... *The last 5 minutes*

Your small group connections have been a gift and an opportunity! How can your group stay in touch after the STRONG Challenge? Consider sharing e-mail addresses or formulate other plans to stay connected! Remember, the STRONG Life Facebook Page is a great way to stay connected!

WEEK 3: BREAKTHROUGH



Self Reflection & Scribbles

**What fills your cup?
What empties your cup?**

**What does a BREAKTHROUGH YOU
look, feel, act like?**

BREAKTHROUGH