



THRIVESTEER PLANNER

Interested in starting your ThriveSteer Planner with a group of friends for support, camaraderie, and achieving greater synergy toward your goals? This resource is an example of how you could organize 2–4 group meetings, but we encourage you to make this your own to fit your group and style. If desired, for group meetings of 5 or more, reach out to joyce@thrivesteer.com and included with your group purchase, she will make a one-hour appearance at one of your initial meetings. If local to the Boulder, CO, area, appearance may be in person; otherwise, appearance may be via online video streaming.

How to do this:

1. Let your friends know you are looking to do this together! Send them to our website, our YouTube Channel or other resources to get them hooked on chasing their goals too.
 - a. www.thrivesteer.com
 - b. <https://www.youtube.com/channel/UCXc6evKXisyosOVrYKTbnDQ>
 - c. www.facebook.com/thrivesteer
 - d. www.instagram.com/thrivesteer
2. Order a group purchase at www.thrivesteer.com/shop for a discount! **Order the 5 pack and get 25% off normal pricing!**
3. Set some time aside to gather your friends.
 - a. We suggest you meet with your friends four times, but even one meeting can enable you to engage the process as a group. If four meetings occur: two would be to dialogue about your respective focuses in the various life arenas, and then once a month for the next two months to encourage one another in your goals– or continue throughout the year if you prefer! This will help you dialogue about your goals to start, but then to share your success and growth areas as you implement the reflective ThriveSteer process!
4. First Meeting
 - a. Prior to:
 - i. Encourage your friends to read over the core values and get a feel for the ThriveSteer process.
 - ii. Have everyone fill out the questions in the life arena pursuit statement section, but not start on the Action Steps to Success portion yet. Let people know that if they get stumped at creating their pursuit statements that this can be a point of discussion to help formulate their pursuit statement.
 - b. During the meeting:
 - i. Discuss your thoughts on the pursuit statement questions – what surprised you? What did you learn about yourself? Do the people closest to you know how you would answer these questions?
 - ii. Discuss your life arena pursuit statements and help each other dialogue through any questions you struggled with.
5. Second Meeting
 - a. Prior to:
 - i. Have everyone complete their pursuit statement action steps. Encourage everyone that these should be simple, attainable steps where they can set targets to achieve, but see success relatively quickly.
 - ii. Have everyone summarize their pursuit statements on the quick reference page and choose buzz words to help them remember their goals.



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- b. During the meeting:
 - i. Discuss your action steps and challenge each other if the action steps do not sound attainable.
 - ii. Share your buzz words that you chose, why you chose them, and what they mean to you.
 - iii. Discuss how you plan to start out your first month to implement these new goals.
- 6. Monthly Meetings
 - a. Prior to:
 - i. Encourage everyone to fill out their monthly follow up questions.
 - ii. Encourage everyone to think about what their favorite part of tracking their progress was this month.
 - b. During the meeting:
 - i. Discuss the change you each saw in your life this month – share those successes and how you can continue them.
 - ii. Discuss the challenges you faced this month and your answers from the growth reflection – share how you can avoid those challenges this next month.
 - iii. Determine if there are any personal habits you'd like to implement to better pursue the success you desire – is there a friend in the group that you can stay in touch with weekly to help you stay on track? If so, make a plan before leaving.
- 7. Annual Meeting: If desired, gather your friends together at the end of your ThriveSteer year to celebrate your successes and discuss how you'll capitalize on that growth!
 - a. Note: We encourage that this meeting be celebratory and encouraging to fuel momentum for future steps – make it fun – share a meal, a night out, and keep it casual.
 - b. Prior to:
 - i. Encourage everyone to fill out their Annual Review and the Mountains and Valleys pages.
 - ii. Let the group know that this meeting will be more informal with sharing being voluntary and an emphasis on encouragement and reflection on the positive rather than anything negative that has occurred throughout the year.
 - c. During the meeting:
 - i. Let sharing for this time be self-initiated. Let the group know that there won't be formal questions to discuss, but an emphasis on sharing the things you've been excited to grow in this year.
 - ii. Let the conversation focus on the positive and if discouragement arises due to unmet goals, focus the conversation on the positive and how much you've seen that person grow this year.