



Creating a Dream Team Mastermind Group

1. Choose three people that you admire, male or female. These should be people you respect and trust. We don't recommend including family members only because it can be difficult to remain objective.
2. Meet one to two times a month for one hour -- you can do this at lunch. Decide who will go first and everyone gets 15 mins.
3. Each person brings a goal or challenge to the group to brainstorm on. Introduce your idea within 2-3 minutes, then allow the group to brainstorm solutions or ideas. The key is to stay positive when you face doubts -- for example, instead of "I can't afford that", try, "how do you suggest financing that?"
4. At the end of your turn, you commit to an action step for the next meeting. It helps to have someone record everyone's commitments.
5. By the next meeting, you must have taken some action toward your commitment to have another turn. If for some reason, you aren't able to do so, your time is absorbed by the other members (the remaining 3 get 20 minutes instead of 15). You are still needed to brainstorm etc.
6. If a member hasn't taken action on a step/commitment within 3 meetings, they may be asked to drop out until they are ready to move forward or their life slows down, etc. This is only fair to the rest of the group and keeps whiners out.

For more ideas to help create a community of support, read Chapter 9 of ***Upside: How to Zig when Life Zags*** and download a free book club discussion guide at www.UpsideTheBook.com.