



LIVE DYNAMITE

Coaching Circles



www.livedynamite.com

The Guide



LIVE DYNAMITE

Coaching Circles

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Welcome to the Coaching Circles.

Ready to keep expanding and creating your life? That's the idea behind the Coaching Circles.

We move faster and further when we're surrounded by positive people who encourage us. People who help us stick to our commitments and acknowledge our progress. The group energy makes it easier to stay motivated and engaged. That's why we've created the Coaching Circles—blending the best aspects of mastermind groups and book clubs.

Here's how it works. You pull together a group of three to five people that have the potential to create great chemistry. It works best when you're all positive, goal oriented and open-minded.

Think about how diverse you want your group to be—gender, ages, backgrounds. Some groups are really eclectic bringing lots of different perspectives. Others find they prefer being in a group with people where there is more common ground. However, we recommend that the common ground not include partnerships (business or relationships). It's best if partners create separate groups for support. Selecting the right group of people is really important to your success, so make sure it feels right.

Each member in your Coaching Circle needs to own the upside™ kit from Live Dynamite. This will provide each person with their own Playbook and the tools to succeed.

The Guide is a simple tool that provides direction and structure to get you off to a solid start. There's an outline for six productive sessions. Each group will be a little different, so take a look and see how the pacing feels. Adjust it to suite your group. The key is to keep a pace that allows the momentum to build.

There are examples of the Playbook exercises on our website (www.livedynamite.com/boost/index.php). Sometimes it helps to see how others have used the ideas to move forward.

Remember to have fun. And let it be easy.

Expect great things!



The Guide contains best practices for creating a Coaching Circle. There are no hard and fast rules here. If there's something that's not working for you—adapt it. However, there are a few basic elements we highly recommend you follow:

Make a Commitment.

The idea of a Coaching Circle is to create a long-term support system. So, make sure you're all willing to make the same level of agreement. Spell out your commitment and review it at each session. We've given you a starting point. Add what's still needed for your group to be successful.

Agenda.

You'll accomplish more and stay on track when you have an agenda. Map out how much time you want to spend in each area—Check In, Playbook Ideas, Actions and Habits (see sample).

Designate a Captain who will create the agenda, lead the discussion and make sure the sessions are productive. It's easy to have small talk eat up your time together. The advanced planning will ensure you make progress and that everyone has time to share.

Communication.

A few basics to keep in mind around group communication. Keep it positive, honest, specific and productive. Make sure everyone participates. Draw out the quiet ones. Quiet the dominant ones. Ask for what you need from the group. And seek feedback. When you're giving feedback to each other be supportive. Choose your words carefully.

We encourage you to stay in touch between sessions. You don't have to reach out every day. But you'll find trust and support strengthens the more you know each other. We've provided a few simple online tools you can check out.

Experiential Moments.

We are big believers in the power of learning through experience. So, we encourage you to do some of the exercises together. Learn from each other. Listen to what others are feeling, perceiving and working towards.

We've included a Kinesiology exercise to help you test your belief. It's a great tool for seeing and feeling how confident you are that you can achieve your goals.



Have a kick-off session.

It's a great idea to meet before your first official Coaching Circle session. It gives you a chance to get to know each other and create your Commitment. Agree that you'll all read the Playbook, cover to cover, before your first session.

Choose a Club Captain.

Every group needs a leader. Someone who is willing to pull together the agendas each month and someone who can keep you on track. You can keep the Captain role consistent, or rotate it. You decide what works best for your group.

Make a standing date.

It works best if you set the same time each month to meet (i.e. the second Tuesday of the month). This way you can all protect the time and make it a priority. Depending upon the size of your group, you'll need somewhere between 90-120 minutes.

Stay in touch between sessions.

We recommend you meet every 3-4 weeks and stay in contact between sessions. It allows you to share experiences, ask questions, stay connected and deepen your commitment to taking action.

Make a six month commitment.

If you want to see results you need to take action—consistently. And it takes time for groups to gel and build trust. Make a commitment and invest in the group.

Bond.

Spend some time getting to know each other better, especially at your first sessions. The more you share and understand one another, the more you can support each other.

Stretch.

When you stretch you grow. So push yourself a bit and encourage each other to go further. Shoot for a new experience every week. When you see how much more you're capable of you'll feel energized.

Say it out loud.

When you say things out loud you strengthen your commitment. It may feel awkward at first, but it gets easier. Stating your intentions, actions and goals out loud is a powerful way to start and end your sessions. Give it a try (again and again).

Keep it positive.

Positive energy is the key to expanding and creating your life. Be mindful of the language you use. Really listen. And check in on how you're feeling throughout your sessions—good or bad? It's that simple. If things start to spiral down turn it around. You've come to support each other, not gripe. It's an easy hole to sink into. Avoid it.

Seek feedback.

It's so much easier to see other people's stuff. If you really want to make progress, ask your group what they see going on with you. Support and encouragement is there if you ask for it. The more you do it, the easier it gets. And the faster you will gain momentum.

Recommit.

Start each session reviewing the Commitment you've made to your group and yourselves. Agree that you'll all pay close attention during the session to make sure you honor it. We've given you some of the core ideas around making a commitment. But it has to work for your group. So add to it. Subtract from it. Write it down. Give everyone a copy.

Good apples.

You know the "one bad apple" thing? Well, it's true. Energy, moods and emotions are all contagious. If someone in your group is consistently negative address it. Help them become aware of the impact they're having on the group.

Exit strategy.

Create your Coaching Circle expecting the best from each other. Over time you may find that not everyone lives up to their agreements. That's life. But that's not you. So, agree up front on an exit strategy for members who aren't living up to their commitments. Always give them a chance to turn it around. And agree on how you'll handle it if they don't.

Have fun.

If you're not laughing during your sessions, start. Let it be easy. And have fun. Celebrate your wins. Laugh at your mistakes. And Spiral Up when you're together. Make it fun and you'll leave feeling happy, energized and supported.

Name your club.

We love handles and names that have kick. Plus, groups with names seem to have more fun. If that works for you, give it a try.



Agendas will keep your sessions on track. Plan what you'll cover in advance and assign time frames. There are four key aspects to every session—Check In, Playbook Ideas, Actions and Habits. The time you spend in each area will depend on the size of your group. There's a sample agenda for the first session to illustrate how it works for a group of four, over two hours.

The flashcards (in the back) are designed to be an easy reference tool for ideas and tips. The blank flashcards are so you can add in ideas you may have that work for your group.

CHECK IN

Discussion & Insights.

Start each session on a positive note. You can have everyone briefly share their best experiences since you last met (Highlights) and what they've learned (Insights). Or report in on the progress you've made. Give each person equal time.

Determine in advance how much of your session you want to spend on Check In. When you're just getting started, you may choose to spend the majority of your session here.

PLAYBOOK IDEAS

Group Playbook exercises.

Working through the Playbook together is another way to learn about yourself and from others. It ensures you are all making progress, and gives you a chance to ask questions. You'll benefit from the conversations as long as you're honest, open and thoughtful.

We recommend you work through at least one Playbook exercise together in each meeting.

ACTIONS

Agree to assignments and to make progress between sessions.

Here you agree to what progress you'll make between the sessions. Some of the Playbook ideas are meant for personal reflection (read: do them alone). Decide what you'll come prepared with for the next session. Also, discuss if you'd like to Check In between sessions. It's a great way to help each other stay on track and celebrate progress.

HABITS

Create a daily practice to stay on track—15-20 minutes a day.

Create a daily practice that works for you. You may want to experiment to see what time of day works best. If you want to gain momentum, you'll take action every day. Write in your daily log, review your goals, live with gratitude and create a positive attitude. Make progress in your Playbook. Look for the Highlights and Insights in each experience. Acknowledge your accomplishments. And have fun!



CHECK IN

Discussion & Insights.

Highlights & Insights

30 minutes

What's been going really well? What have you learned? How does it feel? What are you doing differently? Use the Check In flashcard (in the back) so you come prepared.

Coaching Circle Commitment

5 minutes

Agree to live up to your commitment to each other and yourself.

Intentions (p. 11)

15 minutes

Share your intentions with each other. What do you want to get out of this? How do you want your group to support you? What do you need?

PLAYBOOK IDEAS

Group Playbook exercises.

Creating an attitude of gratitude.

(p. 12)

20 minutes

Read the exercise and write down what you're grateful for individually. Then share and expand your list as someone says something you like. Talk about how you'll work gratitude into your daily practice.

Acknowledge your greatness. (p. 14)

20 minutes

Individually write down and acknowledge what you're great at. Then tell the group and talk about how it felt to say you're great at things.

ACTIONS

Agree to assignments and to make progress between sessions.

Recognize your patterns. (p. 18)

Spiraling up. (p. 72)

Break Down the Barriers (p. 86)

Agree that you'll all complete the Playbook exercises and come back ready to talk about what you've learned.

HABITS

Create a daily practice to stay on track—15-20 minutes a day.

Daily Practice Sheets

Write down five things you'll do to make progress.

Daily Action

Write in your daily log, create positive feelings (gratitude, exercise, etc.).

Check In

Stay in touch, confirm your next session, recap actions, and see if there are any questions.



Set a productive pace.

- ◆ = Playbook exercise
- = Flashcard
- = Group discussion

Here is a six session plan to show you an example of how to work through the material. Your group may want to accelerate the pace, or slow it down a bit. Do what works for you. There is no “right” pacing. The key is to keep making progress. There are six individual session agendas in the back of The Guide if you choose to follow this plan. There is also a blank agenda if you want to design your own sessions.

session

CHECK IN

Discussion & Insights.

PLAYBOOK IDEAS

Group Playbook exercises.

ACTIONS

Agree to assignments and to make progress between sessions.

HABITS

Create a daily practice to stay on track—15-20 minutes a day.

1

- Coaching Circle Captain.
- ◆ Commit. (p. 8)
- ◆ My intentions. (p. 8)

- ◆ Creating an attitude of gratitude. (p. 12)
- ◆ Acknowledge your greatness. (p. 14)

- ◆ Recognize your patterns. (p. 18)
- ◆ Spiraling up. (p. 22)
- ◆ Break down the barriers. (p. 86)

- daily log.
- Think Big coasters.
- Playbook assignments.

2

- Highlights & Insights.
- ◆ Recognizing your patterns. (p. 8)
- ◆ Spiraling up. (p. 22)
- ◆ Break down the barriers. (p. 86)

- Kinesiology.
- ◆ What’s working? What’s not?
- Commit to taking action.

- ◆ Expand your vision. (p. 30)
- ◆ The power of goal setting. (p. 36)
- ◆ You’ve got to believe. (p. 44)

- daily log.
- Playbook assignments.
- ◆ Gratitude (p. 12), Spiraling Up (p. 22).
- Read goals daily (AM/PM).

3

- Highlights & Insights.
- ◆ Expand your vision. (p. 30)
- ◆ The power of goal setting. (p. 36)
- ◆ You’ve got to believe. (p. 44)

- Intentional Creation.
- Rewrite expand & create cards, read them out loud.
- Commit to taking action.

- ◆ Bring it to life. (p. 46)
- ◆ Take the next step. (p. 54)
- ◆ Measure your momentum. (p. 72)

- daily log.
- Playbook assignments.
- ◆ Gratitude (p. 12), Spiraling Up (p. 22).
- Read goals daily (AM/PM).



- ◆ = Playbook exercise
- = Flashcard
- = Group discussion

session

CHECK IN

Discussion & Insights.

PLAYBOOK IDEAS

Group Playbook exercises.

ACTIONS

Agree to assignments and to make progress between sessions.

HABITS

Create a daily practice to stay on track—15-20 minutes a day.

4

- Highlights & Insights.
- Share vision boards and Make It Happen plans.

- ◆ Moving into action. (p. 62)
- Commit to taking action and achieving a milestone.

- Refine Make It Happen Plan.
- ◆ Moving into action. (p. 62)
- ◆ Positive habits create positive momentum. (p. 66)
- ◆ Measure your momentum. (p. 72)

- daily log.
- Playbook assignments.
- ◆ Gratitude (p. 12), Spiraling Up (p. 22).
- Read goals daily (AM/PM).

5

- Highlights & Insights.
- Share action plans and achievements.
- Discuss new habits.

- ◆ Do you own it? (p. 80)
- Commit to take action and achieving a new milestone.

- ◆ Recognize your patterns. (p. 18)
- ◆ Acknowledge your greatness. (p. 14)
- ◆ Measure your momentum. (p. 72)

- daily log.
- Playbook assignments.
- ◆ Gratitude (p. 12), Spiraling Up (p. 22).
- Read goals daily (AM/PM).
- Take action towards goals.

6

- Highlights & Insights.
- Share achievements.
- ◆ Recognize your patterns. (p. 18)

- ◆ Reflect and refresh. (p. 88)
- Discuss what's next. Commit to setting new goals, taking action and achieving new milestones.

- ◆ The power of goal setting. (p. 36)
- ◆ You've got to believe. (p. 44)
- ◆ Make it happen. (p. 53)

- daily log.
- Playbook assignments.
- ◆ Gratitude (p. 12), Spiraling Up (p. 22).
- Read goals daily (AM/PM).
- Take action towards goals.



Communication Ideas

Talk with your group and decide if you want to stay in touch between sessions. Checking In more frequently helps people to stay on track. It's a great way to share your accomplishments. It will inspire, support and nudge you to move into action.

You decide. If it works for your group—great. Here are a few online tools you may want to use. The phone and email work too. Choose the communication style that is best for your group.

GOOGLE GROUPS

cost: free

groups.google.com

Google Groups is probably the easiest online group you'll find. It is user-friendly and requires minimal setup time.

SNAPP

cost: free

www.me.com/snapp.php

SNAPP offers a bit more versatility. If you want to spend some time, you can customize it for your group.

Basecamp

cost: \$12.95/month

www.basecamp.com

If your group wants a simple project management tool, you'll love Basecamp. It allows you to share files, manage time lines and post large documents. It's good stuff, but most likely more than most groups need.



The following pages give you tools and tips in a flashcard format. They include some of the ideas discussed earlier. There are blank cards too, so you can adapt and add ideas so it all works just right for your group.



Coaching Circle Captain

Prep

- Schedule the sessions.
- Find a consistent time and protect it.
- Send a reminder email a few days in advance.
- Recap session assignments.
- Ask if anyone needs extra time to share.

Session

- Start the session on time.
- Review your Commitment.
- Make sure everyone gets heard.
- Keep track of the time.
- Cover all of your agenda items.
- Nudge the quiet ones.
- Quiet the dominant ones.
- Surface any issues or unspoken tensions.
- Acknowledge the progress you're all making.

Wrap-up

- Review assignments.
- Agree to take action.
- Confirm the next session time.
- Plan to stay in touch.



Coaching Circle Commitment

- I will keep everything confidential.
- I will take 100% responsibility for my stuff.
- I will be positive and engaged.
- I will show up prepared.
- I will ask for feedback.
- I will ask for what I need.
- I will listen actively.
- I will support everyone.
- I will be honest.
- I will share my goals and dreams.
- I will share my fears and challenges.
- I will share my successes.
- I will remain open and optimistic.
- I will take action every day.
- I will have fun!



Learning Through Experience

There are certain questions that surface insights much faster. Here's a list you can turn to when you're discussing a Playbook exercise or a challenging situation someone is facing. Use them at each session. Ask each other the tough questions and you will make more progress.

Highlights & Insights

What was the best part of the experience?

What surprised you? What did you learn?

How did it feel at the time? How does it feel now?

What else is happening in your life? Any challenges or wins?

Actions & Positive Energy

What's energizing you?

What you are doing to Spiral Up?

What new productive habit do you need to create?

What's one thing you will do differently tomorrow?

How consistent is your daily practice?

Are you surrounding yourself with positive people?



Learning Through Experience

Belief & Expectation

Are you excited about the goals you have set?

Do you really believe you can achieve your goals?

Rank your belief on a scale of 1-5.
(1-I'd like to believe. 5-Absolutely believe.)

What are you expecting from yourself? Others?

What do you say to yourself when things are hard?

What do you say to yourself when things go well?

Why do you want to achieve this goal?

Why do you believe you will achieve your goal?

Support & Accountability

Do you want any feedback? If so, where?

What parts of this situation do you own?

How can we help? Who else supports you? Who can you ask for help?

How often do you Check In?

How do you know if you're doing well?

How do you know when you're off track?



Experiential Moment

Kinesiology: Your body doesn't lie.

Believing you can achieve your goals is critical to your success. Your belief, intention and expectation send out the energetic signals, so you want them to be positive. Remember like attracts like.

1. Stand up, one arm relaxed at your side and the other held out parallel to the floor, elbow straight. Face the person and place one hand on the shoulder that has the arm raised. Place your other hand on their extended arm just above the wrist.
2. Tell them to resist as you push down on their arm.
3. Have them say their name three times out loud.
4. Now, push down fairly quickly, firmly and evenly. The idea is to push down hard enough to test the spring and bounce in the arm, but not so hard that the muscle becomes fatigued. It's not a test of who is stronger, but of whether the muscle can "lock" the shoulder joint against the push. The arm will stay strong when you are telling the truth. This will establish a baseline measurement of **truth**.



Experiential Moment

5. Now have them say their name is something other than what it really is (3x) and test them again. The arm will weaken when you lie. This will give you a baseline measurement of **false**.
6. Now read one of your goals out loud (3x). Have someone test your muscle strength again to see how strongly you believe in what you're saying.

If you're testing strong you know your belief is strong. If you're testing weak, your body is telling you that your belief in your goal isn't quite there yet. The Intentional Creation exercise is designed to help you anchor your belief. Give it a try.



Intentional Creation

Intentional Creation is a great tool that helps you solidify your belief in your goals. It gives you a framework to think through your motivation and it helps you identify what may be standing in your way.

Think of your intention as the catalyst behind your actions. Whether you realize it or not, there is a motivation behind everything you do. Most people respond automatically. The point of this exercise is to become conscious of why you're setting this goal and put positive energy behind it. Your intention literally transforms and charges the energy that goes into achieving your goal—positively or negatively. When your intention is pure, the energy is so much stronger. And when your intention is based in fear, or the need to control, the energy behind it weakens.

There are two simple lines of thinking that add clarity, confidence and belief in your goals—

Here is why I want this...

Here is why I believe I can have this...



Intentional Creation

As you write down your answers, you will strengthen your desire for your goal. You will feel the emotional pull toward achieving it and see what it takes to get there. So write down all of the reasons why you deserve it. Then commit to taking the actions needed to make it happen. The more action you take the faster the fear dissipates.

A few benefits of this exercise:

- You'll realize you can achieve what you set your mind to with confidence.
- You'll see what is realistic for you (how much, by when).
- You'll be able to write your goal with clarity.
- You'll increase your emotional desire.
- You'll feel your belief solidify.

Once you've completed the Intentional Creation exercise, write a new expand & create card. Read it every day for 30 days, uninterrupted, and you will create new neuropathways in your brain.

You're on your way to building momentum.



GOAL:

Intentional Creation

Stretch or Life-Changing Goal

Here is why **I want** this...

List all of the reasons you want to accomplish this goal. Your answers will strengthen and clarify your intention and increase your emotion and desire for your goal.

Intentional Creation

Stretch or Life-Changing Goal

Here is why **I believe** I will have this...

List all of the reasons that you believe you will actually achieve your goal. This works to anchor your belief that you deserve it and have the power to create it.

Scientific studies have shown that it takes 30 days to build new neuropathways in your brain. Commit to reading and visualizing your expand & create cards for 30 days in a row, without interruption. Keep track so you don't accidentally skip a day. If you do, you have to start at day one again. GO!



Coaching Circle Group Evaluation

What's Working? What's Not?

Go through this exercise as a group and evaluate how your Coaching Circle is working.

- What do you like about it?
- Is there anything that's not working so well?
- What's missing?
- What does the future vision look like?

Discuss.

- Do you want to continue on together?
- If so, how can you strengthen your group?
- What does each person want from the group?

Decide today.

If you decide to continue make a commitment for a set period of time (4-6 months).



Share Your Success Stories

Take A Victory Lap!

We'd love for you to stay in touch and share your wins with others. There's nothing like real life success stories to inspire others to stretch further and stay on track.

So, we highly encourage you to share your accomplishments on every level. Take a victory lap. And feel the positive energy that comes from knowing you're helping others believe it's possible for them too.

All you need to do is go to our Boost page at **www.livedynamite.com** and hit "tell your story."

It's all good!



Check In

Highlights & Insights

Write down your experiences before you get to your Coaching Circle session. Come prepared to share.

- What's been going really well?
- Write down your best experiences.
- What have you learned?
- What progress have you made?
- What are you most excited about?
- On a scale of 1-5 what has your level of commitment been between sessions? (1-low, 5-high)





The following pages give you a six session plan to show an example of how to work through the material. Your group may want to accelerate the pace, or slow it down a bit. Do what works for you. There is no “right” pacing. The key is to make consistent progress so the momentum builds.



- ◆ = Playbook exercise
- = Flashcard
- = Group discussion

<p>CHECK IN <i>Discussion & Insights.</i></p>	<p>PLAYBOOK IDEAS <i>Group Playbook exercises.</i></p>	<p>ACTIONS <i>Agree to assignments and to make progress between sessions.</i></p>	<p>HABITS <i>Create a daily practice to stay on track—15-20 minutes a day.</i></p>
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Agenda.

Date: _____

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session

CHECK IN

Discussion & Insights.

PLAYBOOK IDEAS

Group Playbook exercises.

ACTIONS

Agree to assignments and to make progress between sessions.

HABITS

Create a daily practice to stay on track—15-20 minutes a day.
