



CreatingYourLifePlan.com/**Small-Group-Leaders-Dashboard**

WEEK SIX

CREATING A PLAN FOR YOUR FUTURE

Before arriving to Week 6, your group members should have already watched the Module 8 video and thought about what they want their lives to look like when they're 75 years old. In the *Creating Your Life Plan* workbook, they should have also completed an exercise of setting up disciplines for each of their different areas of life (relationships, health, career, etc). This was not talked about in the Module 8 video, so you may get some questions about this exercise.

1 Clarify the Module 8 exercise. (5 minutes) Here is what the process for the Module 8 exercise should have looked like:

- In each of the listed sections, you write down an ambition for what you see your life looking like at 75 years old. An ambition needs to be something you can be working toward every day of your life.
- Then pick your disciplines for that ambition: daily, weekly, quarterly and annual.

Example 1: *If writing a book every year for the next 10 years is an ambition for your career, you need to create disciplines like finishing a couple paragraphs daily, finishing a chapter weekly, meeting with an editor quarterly, and releasing a book annually.*

Example 2: *If having a happy and healthy marriage is an ambition for my*

relationships, every day I'm going to connect with my wife, every week we're going to go on a date or some adventure to connect more deeply, every quarter we're going to go through a book or some resource together and every year we're going to plan a romantic vacation.

Those are just two examples of daily, weekly, quarterly and annual disciplines your group can make to chase their individual ambitions. We need to identify disciplines in order to make sure we're taking practical steps toward the ambitions that we've set. Guide the group through this process. We want to make sure this process has been completed before we move on.

2

Discuss. (20-25 minutes) After everyone has finished the exercise, ask these questions:

- *What is it you want your life to look like at 75?*
- *What disciplines are going to help you get there?*

Allow everyone to kind of openly share their answers and naturally popcorn around the room. It's important that you encourage the group to share their disciplines because they can learn from each other's disciplines. So when someone shares his or her disciplines to become more healthy leading up to 75, someone else might be inspired to incorporate that same healthy discipline into his or her own life.

3

Wrap up. (5 minutes) Thank everyone for sharing his or her ambitions for the future.

Share the homework assignment below and then close the evening. Remember, you're getting close to the end of this process, and you are helping change lives. I know leading a small group can be stressful, but you're almost at the end! Finishing this process is really important because you're encouraging your small group to also finish.

HOMework

Assign the Module 9 video and exercise to be watched and completed before they show up to Week 7. Module 9 will be about specific projects your group members may want to complete that are in line with their roles and ambitions. So if my role is a writer and my ambition is to write encouraging books for people, then my project is a book. If my role is a father and my ambition is to have an active, loving relationship with my children, my project may be to build a sand volleyball court in the backyard. We're going to get really specific on these projects. Show up to Week 7 prepared and ready to discuss!