



What?

What change in your status quo do you want to bring about?
What do you want to create? What experience do you want to have?

How?

Identify a desired outcome and bring it to the first meeting.

Bring potential objectives, too, if you have them.

We will brainstorm objectives as a group.

Once you have identified an objective, you will determine your first action or series of actions (in the spirit of experimentation) and outline a plan of action.

Why?

Because the brain pays attention to (1) what you do, (2) what you feel, (3) what you think, and (4) what you think about doing—in that order.

When?

Second Tuesday of the month

6:30-8:30pm (Mountain Time)

July 11

August 8

September 12

October 10

November 14

December 12

Where?

Zoom!

link provided the day before each meeting ~ handouts can be accessed from the website ~ audio recording links will be emailed to participants after each meeting

\$150