



Ditch the Act Peer Group Charter Starter Worksheet

Organize events that will build your community.

Take the lead and organize a Ditch the Act Peer Group or Party to connect, share, and practice ditching the act.

This worksheet will help you get started in six easy steps!



Step 1. Pick a location.

Secure a location to meet. You might meet in a conference room, in a coffee shop, on a digital meeting platform like Zoom, or even in your own home.

Step 2. Decide whom to invite.

Write down a list of people whom you would want to invite to your group. They could be friends, family members, coworkers, or people you have met digitally.

Step 3. Invite and organize.

Once you know whom you want to invite, the next step is to reach out via email, phone, social media, and/or face-to-face with people in real life. At times, it may be difficult to coordinate schedules between multiple people, so consider using a polling app that helps to determine availability for deciding the best time and day for your group to meet.

Great attendance to your group is achieved by inviting people early and following up with those who are invited. Here are sample scripts that can be modified for a phone call, a text, a direct message, or an in-person conversation.

In person or via phone

Hi _____,

I hope you are doing well. I wanted to invite you to a group I am forming based on a book I recently read. The nature of the group is informal, and the idea is to get some friends together to meet on a regular basis to practice revealing their whole selves. Are you interested?

Text/DM

Hi, I am gathering a small group of friends to meet up and work through some concepts from a book I just read and wanted to see if you were interested in joining. The idea is to form a mastermind group where we help each other reveal our whole selves. Would you like to join?

Step 4. Narrow the focus of your group goals.

The great news is that this book can be used as the basis for your individual meetings. Make a list of goals that you want people to be able to achieve as a result of joining and participating in your group.

Step 5. Create your meeting topics.

In each meeting, you should take a deep dive into one of the concepts, activities, and/or worksheets. List which ones you would like to use as the starting point of conversation in your group meetings.

Step 6. Create your meeting agenda.

Now that you have all the pieces, you just need to put them together into an agenda and send it to the people you invite. Make sure you include the:

- Time
- Location
- Group goals
- Topic(s) to be covered

At the end of the day, whether you form a group in your town, join an international group online, or do neither, forming bonds with people can be as simple as looking for opportunities to make the first move and be real about how you feel. You can do this by sharing lower-level exposures to spark more meaningful conversations. If you start to look for opportunities to ditch the act, they will naturally start to appear.