



## 5 Easy Steps to start your own DoOneThing (DOT) Group

- **1. Talk with one or both co-founders – Deb Lamfers and Deb Turner.**  
We're here to answer your questions, brainstorm ideas and share what we've learned from our DOT Group. We'll share a PDF of the DOT Invite & Guidelines for you to give potential co-organizers and anyone interested in DOT.
- **2. Find your co-organizer.**  
This person won't necessarily be a close friend, but perhaps a colleague, neighbor, or someone you volunteer with, exercise with, or someone from your book club, scrapbooking group, chorus, yoga class...
- **3. You and your co-organizer contact people who may be interested in joining your DOT Group.** Start talking to people and sharing your excitement to begin a DOT Group. Why are you motivated to begin? What's your OneThing? Or are you in the process of discovering your OneThing? What are you learning? What do you hope for?
- **4. Email or print the DOT Invite & Guidelines and share with potential DOTers to help explain what DOT can offer.** You want a group of 4-6. If you discover more people want to join DOT, you can create a waiting list or offer them the materials to create another DOT Group. Have them contact us and we'll gladly answer their questions and help support them.
- **5. Begin with your first DOT gathering.** It's fine to begin with 2 – you and your DOT co-organizer – and grow from there. It's funny how moving towards your DOTmitment can inspire those around you to want to join your group. It may not be until your third meeting that you settle into a solid group of 4-6.

Keep in touch with one or both of the Debs. We'll continue to be here to support you. Plus, we're eager to hear your experiences in order to make **DOT** a life-enhancing experience for all DOTers.