



WE'VE FOUND THE FOLLOWING SUPPORTS OUR GROUP SUCCESS:

DOT SHAPE | Structure

Meet same day of week, same time 1x/mth (first Monday of the month, for example)

Meet at a consistent place, without distractions (children, pets, cell phones)

Optimum group size: 4-6 members

Timeline: 30 min settling in, 15 min for each DOTer w/choice to hear feedback for 5 add min

Each DOTers 15 minutes can include:

- 1- Celebrating your accomplishments
- 2- Sharing where you are now, along with current challenges & opportunities
- 3- Action(s) you'll take to support your One Thing
- 4- Your DOTmittment for the month

Different members take turns recording DOT Jots and emailing to group within 2-3 days after gathering

Organizer starts a mid-month email check in for everyone to share progress on their DOTmittments

We find it supportive to:

- Schedule meeting dates for full 6 months in advance to avoid scheduling conflicts
- Have the gentle structure of sitting around a table
- To have co-organizers to keep it fun
- If eating, bring your own brown bag and finish during 30 min settling in time
- No cell phones, pets, children or other distractions to allow everyone to stay focused and connected

DOT GUIDE | Agreements

DOT isn't a social event or networking group, though you will grow deep connections with other DOTers.

Gatherings are not led. Rather, we function as peers. We've found it even more fun that our DOT Group has been co-organized.

Commitment and motivation are necessary for individual and group success. We show up and start on time. We suggest that any member miss only 1 meeting in the first 6 months to help your DOT Group truly come together. Keep in mind that some group members will leave—and others join—over time.

Confidentiality allows members to share their innermost dreams and goals.

Individual DOTmittments may emerge, change, or remain elusive for months. Trust that the process is organic and natural. See our DoOneThing Wheel to get the DOTmittment ball rolling, if needed.

DOT is not therapy and doesn't focus on healing deep emotional wounds. It's about looking at where you are right now and charting a course for action toward your individual DOTmittment.

It's essential to create a 'judgment-free' atmosphere. We hold each member as wise and resourceful. If we stay curious and ask great questions we will all uncover our own answers. No one is broken in need of fixing, no one is the fixer.