



9.23.18 Long Haul: Selective

Discussion Guide

Get Started

As you introduce yourselves, each take a minute to *tell about something you're glad you got to do this week.*

Be quiet together for a full minute and settle in. Close your eyes... tighten your toes then wiggle them down into the floor...notice your breath...squeeze your eyes tight then let them slowly relax...take a moment of thanks for this chance to weave life more deeply together, for the Long Haul!

Significant relationships take root when we *show up, expect growth and build trust.* Remind yourselves about the ground rules you've agreed to (or take time [on the first guide from 9/13](#) together!).

Discuss

- In the message we made two lists. Take time to make or review your lists. *How did that go for you to make the list? What do you notice or wonder?*
- Our opinions, behavior, even health are strongly influenced by the people we are around the most. Though it can be a thorny conversation, it is one to have when considering who you want to be for the Long Haul.
 - *What helpful or worthwhile questions do you see in this conversation?*
 - *Any dead (or deadly) ends you bump into thinking about this? Get some help with those.*
- So far we've talked about three Long Haul qualities, plus the practices that lead to them. *Talk about some of your right now stuff and explore big and small places where these Long Haul practices are connecting (and/or disrupting) for you.*

List A	List B
Who are the ...you spend the most time with?	10 people... ...you person- ally know and you admire and want to model after?

QUALITY	PRACTICE	PERSONAL COMMITMENT
Self-Leadership	Self-Honesty	I will not lie to myself.
Interdependence	Vulnerability	I will not avoid vulnerability.
Intentional	Discretion	I will not let my influencers be chosen by someone else.

- This week's homework: *Shift one timeslot on your calendar this week to spend time with someone who shares your values. Consider what that interaction points you toward. Did you have any success with this yet? Talk about what this has or could look like.*

Close

What is something you will take away from this time? Leave space for everyone to share something.

Show Up. Expect Growth. Build Trust

Be present. Share only what you want when you want. Confidentiality. Respect.

Questions over answers. Wonder over judgement. Do you. Welcome silence.



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Ground Rules for significant relationships

Be present as fully as possible (doubts/convictions, fears/hopes, failings/successes; listening/speaking, giving/receiving...).

Share only what you want when you want. It's your call.

Confidentiality. Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.

Respect others by avoiding the temptation to interpret, correct or offer unsolicited advice.

Questions over answers. Practice responding with honest, open questions.

Wonder over judgement. Starting to feel judgmental? Get curious. *I wonder what's behind that perspective. I wonder what my own strong reaction might mean.*

Do you. You learn from others for sure, but this is a unique chance to pause and listen to what's going on in you. This is perhaps the most simple (yet difficult) and potent thing you will do - for yourself and your group.

Welcome silence. The world is noisy enough. After someone talks, take a breath and let Silence have a voice in your Group.

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