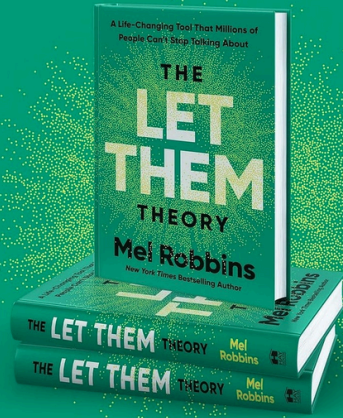


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 1

INTRODUCTION

WHY LET THEM



“So much time and energy is wasted on forcing other people to match our expectations.”

“Two simple words: Let Them—will free you from the burden of trying to manage other people. When you stop obsessing over what other people think, say, or do, you finally have the energy to focus on your own life. You stop reacting and start living.”

The LET THEM THEORY by Mel Robbins

READING COMPANION

Think about these questions as you read. Journal the questions and “ah-ha” moments that come up for you



How are you tying your happiness to others” behaviors, opinions, feelings?



What is your level of willingness to practice daily?



What is holding you back?

SMALL GROUP GUIDE

Opening Affirmation: *I am open, curious, and willing to learn, practice, and grow through this small group experience.*

- Check-in:**
- Read the Study Circle Agreements – add, remove, or adjust any agreement
 - Review what happens in each group gathering
 - Review what we count on each other for
 - Any questions?

- Discussion Questions:**
- For each chapter, what stood out for you?
 - Pick a question from the reading companion and share your answer
 - From your reading or the Sunday talk - what inspired, frustrated, confused or clarified something for you?

Closing:

Each person say one positive takeaway from the meeting today.

Closing Affirmation: *Today I release the burdens that hold me back and say "Yes!" to living my best life.*

This Weeks' Practice

- ✓ **Morning Intention (2 minutes)** Each morning say: "Today I will let _____ be who they are and I will focus on _____."
- ✓ Notice when you are trying to control something or someone. Just notice, no judgement _____

Read Chapters 1 & 2 for next time