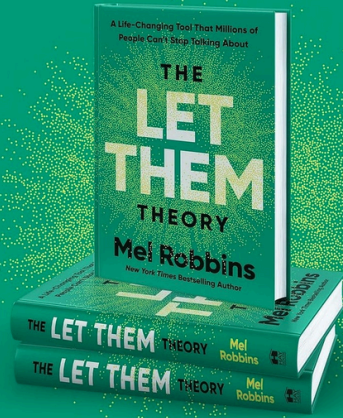


READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 7

CH 18-20

CHOOSING LOVE +
NEW BEGINNINGS

READING COMPANION

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

Chapter 18: Let Them Show You Who They Are



“The best relationships grow and change over time - and changing how you show up will create connection and the loving partnership you truly deserve.”

“You are supposed to be yourself and trust that if you show up as your full self, the person that is looking to be with someone as awesome as you can actually find you.”

The LET THEM THEORY by Mel Robbins



When someone close to you makes a choice that feels risky or unwise, what is your first instinct?



How might “let them” help you differentiate between loving support and unnecessary interference?



What beliefs keep you thinking that you must step in or fix things for others?



How could practicing “let them” bring more respect and equality into your closest relationships?

Chapter 19: How to Take Your Relationship to the Next Level



"The greatest gift you can give someone you love is the freedom to be exactly who they are—and the same freedom for yourself."

The LET THEM THEORY by Mel Robbins



When has holding on tightly—whether to people, outcomes, or expectations—left you feeling stuck?



How would your life feel different if you could let go of the need to be right?



In what ways does resistance to change keep you from living more fully?



What role does trust—trust in yourself, in others, or in life—play in your ability to let go?



If you saw letting go not as "losing" but as opening space, what would you want to welcome in?

Chapter 20: How Every Ending is a Beautiful Beginning



"Every time you let go of what no longer serves you, you're not losing something—you're becoming someone new."

The LET THEM THEORY by Mel Robbins



How do you recognize when you're living in alignment with your true values?



What fears do you need to let go of in order to step fully into your authentic life?



Looking forward, what legacy do you want to create by living with this mindset?

FINAL REFLECTION



What is the top take-away from these 7 weeks?

SMALL GROUP GUIDE

Small Circle Agreements

Confidentiality

I help create a safe environment by maintaining confidentiality.

Right to Pass

It is okay not to share.

"I" statements

I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like

Stay open to new ideas and new revelations from our shared wisdom.

Be Present

I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions

We take responsibility for our own reactions and meet each other with love.

Advice-free zone

I practice sacred listening and refrain from giving advice.

Opening Affirmation: *I release my limiting thoughts and habits. I am open to the love, wisdom, and strength within me.*

Check-in:

- Where did you stop rescuing this week? What happened?
- How did curiosity change your interactions?
- What freedom did you give yourself?

Discussion Questions:

- For each chapter, what stood out for you?
- Pick a question from the study guide 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 group meeting today.*

Closing Affirmation: *I am in the flow of life, love, and wisdom. I let me stand in my spiritual power. I step into my full self.*



Week 7 Practices



Future Self Letter (15 minutes - do once this week)

Write a letter from your future self (6 months from now) who has fully embraced Let Them. What does she thank you for starting today?



Daily Alignment Check (3 minutes evening) Ask: "Did I honor MY values today, or was I living by someone else's expectations?"



Let Me Era List (ongoing): Create a list of things you'll do in your "Let Me Era"—dreams, goals, boundaries, changes. Add to it daily.



Gratitude for Letting Go (2 minutes) Each day, write: "I'm grateful I let go of _____. It made space for _____."



- Your "Let Me Era" starts the moment you decide it does
- Every ending is making room for a new beginning
- The life you want is on the other side of letting them be who they are