

Guidelines for Leading a 3D Group

Follow these simple steps, and keep in touch with Carol and Maggie by visiting www.3Dyourwholelife.com.

- 1) Initiate the formation of your group by asking people to **focus on the next 12 weeks**. The 3D program is designed for making and measuring progress in 12-week segments. Each group member should commit to coming together once per week for at least that length of time.
- 2) Everyone in the group needs to have their **own copy of *Your Whole Life***. Carol Showalter and Maggie Davis will walk with you and present thoughts and challenges for your journey. Spiritual readings for every day of the first 12 weeks are also included in the book.
- 3) **Select a leader or a team of leaders for your group**. If your group is originating in your congregation, the leader or leaders can be appointed by the pastor; in other situations, they should be selected by the members of the group. This position is one of facilitating the group, including ordering materials, finding the best time for the meeting, starting and ending the group, and showing an extra amount of care for each person in the group as needed. In many instances, the first person that reads *Your Whole Life* or somehow discovers the 3D Plan is the person that goes to her pastor and to her friends, works to get a group started, and automatically becomes the leader. This is actually a wonderful way to start a group. It is important to remember that the leader is a part of the group and should be seen as equally involved in the journey.
- 4) **Each 3D group should be no larger than 12 people**.
- 5) Try to keep your **weekly meeting time to a one-hour session**. The time should be divided into three sections:
 - The first 20 minutes—Prayer. Then discuss the eating section of the book and allow time for each member to speak about progress, struggles, and new challenges.

- The next 20 minutes—Discuss how you have lived well this week.
 - The final 20 minutes—Discuss how you loved God this week, look ahead to the goals of the week to come, ask questions of each other, and share answers. One of the most important tools of a successful 3D group is the art of listening; refrain from trying to fix every problem that comes up. Pray.
- 6) Finally, every group member who has joined the program to lose weight should be encouraged to **weigh in weekly**, and to share their results and be supported by the group.

Remember that there are no failures in a 3D group. Do your best to understand this in a new and encouraging way. If a person learns only one Scripture verse every week for 12 weeks, she now loves God more successfully. If another person has begun to take a walk every other day, she is successfully learning about living well. And if others have learned more about eating right, whether or not they have had much weight loss thus far, they too are successful. Success in 3D is NOT measured in pounds.

New materials are available to continue the journey. Visit www.3dyourwholelife.com, a resource for you throughout the 12 weeks. Also available is a free newsletter at www.livenutrition.com.