

# How do I start a 3D group?

- So, you're going to lead a 3D group! Congratulations. **Put the 3D poster up** in your church foyer or fellowship area, your local health club, or bookstore. Be sure to put a contact number underneath for people who have questions.
- **Place an announcement** in your church bulletin or store newsletter, if possible. (You can use our sample bulletin announcement for the wording.)
- **Call** a few people whom you think would like to participate. Ask them to call a few more. Set up a first meeting.
- **At your first meeting**, explain what 3D is about (you can use the "3D in a Nutshell" sheet) and show everybody the 3-minute clip of Carol and Maggie. Find out how many people want to sign up for the 12-week program, and establish a weekly meeting time and location.
- Using the order form, **take orders** for the people in your group. Call, fax or order online for quick service.

Starting a 3D group is like a Betty Crocker cake mix; just add a few ingredients and you are ready to go! In this case, add seven to twelve individuals who want a life change, one group leader, *Your Whole Life* books and journals for everyone, and a little enthusiasm and mix well.