

A Leader's Guide to



Letter to Leaders

Dear Leader,

First off, let me thank you for being the point person to lead The Me Project for your group. By doing the projects contained in the book, you will see changed women!

Now, let me put your mind at ease. This will be the easiest “project” you have ever led for your group. There aren’t forms you need to fill out, reports to send in, or boxes to check. It seems amazing that these little projects, done as a group, could have such a lasting and life changing results. Just spend a bit of time setting the wheels in motion, and then watch as your women bless their husbands and each other.

You can use this leadership packet either as a complete meeting, or as an add-on to a meeting you already have scheduled (perhaps if you have a speaker come in or some other activity.)

As a leader, I understand that one of your biggest challenges is finding great activities for your group that are fun, engaging, and add value to their lives. I developed The Me Project, and this leadership guide just for that purpose – an activity that will directly affect the lives of your women, and their families.

I have included several articles and activities for you to copy and use in your group. Feel free to use these as hand outs, put in your newsletter, or e-mail to your groups.

If you have other ideas of activities, crafts, discussion questions, or more ways to love your project on purpose, please e-mail us at info@projectsforyoursoul.com. We may post your idea on our website or use it in a future book. Finally, if you are interested in having me come and speak to your group, e-mail my office at speaking@projectsforyoursould.com. I would love to come and hang out with you. (Plus, we can make it a lot of fun.) You can find out more about me and my ministry at www.projectsforfoursoul.com

If you have any questions, feel free to contact me. Our office is always here, ready to help!

Kathi Lipp
Author of The Me Project

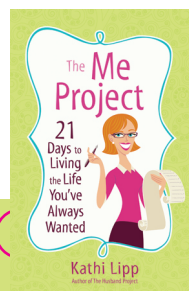


Do you want to:

- Discover the unique plan God has for your life?
- Gather with other women who want to make their goals a priority?
- Change the way you approach your personal goals?

Most women in the midst of careers, marriage, raising children, and caring for parents set our personal goals aside. The Me Project provides you with fun and creative ways to bring back the sense of purpose and vitality that comes with living out the plans and dreams God has planted in your. You will be more than motivated to take daily steps toward bringing purpose back into your life. Plus, you will gain the confidence that you can do it in spite of your busy schedule.

This handy guide coaches you to do one simple thing toward achieving your goals each day for three weeks.



Starting a 50/50 Journal

Before diving into this book, I want you to spend a little time dreaming and scheming. I want you to figure out a whole bunch of goals for you and your life, pick on and get started on it. I want you to start a 50/50 Journal.

Let me tell you a little about my own journal: I am not really sure what prompted me to start my “50/50 Journal”. At the time, I was at a crossroads in my life – newly married, combining our little family with my husband’s family, moving to a new city, quitting my job – I felt like I was on the brink of... what, I wasn’t quite sure.

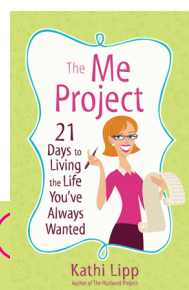
I am a serial journaler. In my years walking on this planet, I have left an impressive number of three page-filled journals in the wake of my path. I am great at stating journal, not so great about the follow through.

But, I am a sucker for a cute journal. There is just something so romantic about a private place to keep my thoughts and dreams. Each time I am at a bookstore I can’t help but peruse the journal section, dreaming about the beautiful things I would write on the thick paper of that gorgeous black leather bound book. Or maybe the bright orange and green floral journal with the matching pen. Oh – the possibilities.

That is how it went on the day that I met my new journal. With its dark red cover and Irish proverb on the front, it not only matched my mood, it matched my hair color and heritage at the same time. It was love at first sight.

After purchasing the journal and a hazelnut latte, I curled up in one of the bookstore chairs to ... what I didn’t know. I didn’t want this to just be another started journal to be tucked under my bed after I lost interest. I wanted this journal to be different. I spent almost half an hour staring at a blank page. I dreamt about what I wanted my life to look like. If I knew I was going to live another 50 years, what would I want those fifty years to look like – what would I like to say I had done with that time?

So, I just started to write everything down. I figured that if I was healthy and stayed out of the way of people talking on cell phones while driving, it was conceivable that I could have another fifty years on this planet. I started to write down fifty things I wanted to accomplish in the next fifty years. (actually, I got to 48 things I wanted to accomplish, but made myself think of two more since a 50/50 Journal sounds so much cooler than a 50/48 Journal...)



Starting a 50/50 Journal

Somehow, this new journal seemed different than the ones that I had started before. This was not a daily recitation of deep thoughts that I had while walking on the beach (that is how I imagined everyone else filled their journals.) This felt big, important, and all for me.

I wrote down all the things that I had dreamed about doing, someday. Some of the items that I included would not be a surprise to anyone:

- To have deep and growing relationship with God
- To have a close, loving, and God honoring relationship with my husband
- To have a close, loving, and God honoring relationship with my kids

But, there was also an impressively long list of goals I had never dared to say out loud. Just a few of the things I put on my list:

- Be on TV
- Take a gourmet cooking class
- Get my nails done once a week
- Travel around the United States for a month without a schedule

I felt silly writing some of those “goals” down – getting my nails done once a week – that seemed less like a goal and more like self-indulgence. “Take a gourmet cooking class” seemed a little frivolous as well. But one of the things I promised myself was that I was going to be very free in what I wrote down – I would not censor myself because it seemed silly or trivial. I trusted that these goals were between me and God, and asked Him to bless me in the goals that were within His will, and to take away the desire for the ones that may not be from Him.

It has been fascinating to see God working in my life in the area of these goals that I wrote down. About once a month, I peruse the list and update any progress that is made towards the goal. It can be as simple as buying a book on cross-country travel; I make a note of it on the page that has “Travel around the United States for a month without a schedule” as the goal. Any progress is noted and celebrated.



Starting a 50/50 Journal

Not long after starting my list, one of my most daring goals met. I was invited to speak in a little church about an hour away from home. Traffic was light so I had time to stop into a Starbucks and grab a latte before heading over to the meeting. Once I was back in my car, I took a few minutes in the parking lot to pray for the event I was about to speak at. “God” I prayed, “I don’t know these women or this church, but Lord I pray that there would be fruit from this meeting. I commit our time and these ladies into your hands.” After another sip of my latte I drove over to the church so that I could be there a few minutes before all the women showed up.

When I arrived at the parking lot, I did a double take to make sure I was at the right spot. The name on the building matched the name in my appointment book – but I was the only car in the parking lot. After sitting in my car, trying to get the meeting planner on the cell phone to figure out where I was supposed to be, a lone car finally joined me in front of the church.

I called out to her, “Is this where the mom’s event is being held?” She assured me it was and that everyone just must be running late. I started to unpack my props and follow along sheets – I felt very tiny in this auditorium that was obviously set up for hundreds. Plus, there was a lot of commotion going on around me. In the kitchen there was a team of people cooking meals for the elderly, and there were a couple of maintenance men setting up for whoever the next group was.

After about 25 more minutes, two more ladies showed up. These three women and their kids were my whole audience.

The country song “I Shaved My Legs for This?” kept running through my brain.

After a brief introduction (where the woman who was introducing me couldn’t remember my name and didn’t know what I was speaking on), I took a deep breath and gave my speech as if I were delivering it to 300 instead of the tiny little audience sitting in front of me.

It was a disaster...People were clanking in the kitchen, and one of the little boys who was a part of my audience, looked at his mom and asked in an exasperated tone, “When is she going to stop talking?”

Trust me buddy, I wanted it to be over just as badly.

When I finished, one of the ladies (the one who still couldn’t remember my name) said thanks and showed me to the door. I climbed back into my car, and paused for a moment before turning the key and started praying.



Starting a 50/50 Journal

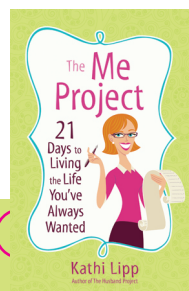
“Really God, what was that all about? That is probably the worst speaking engagement I have ever had. I prayed and committed the time to you.”

Just as I was finishing up my grumpy little prayer, this tiny woman comes running up to my van and knocks on my window. As I stepped out of the car, and she blurted “Hi, my name is Arlene. I was passing through as you were speaking, and I just loved what you have to say. I know this is coming out of left field, but I have a local cable TV show on parenting and was wondering if you might be a guest on it.”

I felt like I could hear God laughing.

In my 50/50 journal, every small step is recorded and celebrated. It is my own personal record of how deeply interested God is in delighting me by first putting desires in my heart, and then blessing me by giving me the desires of my heart.

We all have these nebulous goals in our life that we want to accomplish, someday. If you have never taken the time to commit them to paper, do it today. There is power in writing your goals down. They become concrete and tangible. The goals are easier to break down into smaller steps – giving you a real chance at seeing those dreams become a reality. Once you have captured some of your dreams in this journal, I am going to ask you to pick one of those dreams and turn it into a goal – and that’s where we get started with The Me Project





Use this calendar
to:

-Plan your projects

-Plan times to meet
with your account-
ability partner

-Schedule rewards
when you meet
your goals

For more ideas visit
projectsforyoursoul.com

The Me Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Creative Activities

- Prep a meal during the meeting for each women to take home – then encourage them to use the 30 minutes they would have used to cook to work on their own goal
- Video each woman for 30 seconds talking about their dream or goal and let them know you will send it to them in a year to be reminded of it.
- Decorate your own 50/50 journals with contact paper
- Have a show and tell where each woman gets two minutes to bring in an item that relates to one of their dreams to share with the rest of the group.



Icebreaker Questions

You don't have to use all of these questions. Pick one for your first meeting, maybe one for the next. Use one of the questions to get your women to open up—just a little—about their lives and get the ball rolling.

- When you were a little girl, what did you dream you would be when you grew up.
- If you had one uninterrupted hour to do something you love, what would it be?
- When was the last time you were really excited about a project you were working on?



Preparing to Lead

After you pick a date to launch The Me Project, the next steps are pretty easy:

At least four weeks before the Launch date (really, as soon as possible):

- *Copy the enclosed **The Me Project** flyer to let the women know what is coming up.* This is how you can let them know all the vitals—what the cost of the book will be, how they can order it (through you, Amazon, etc.)
- *Order **The Me Project Books** –* Order directly from our website www.projectsforoursoul.com and not only will you receive the books at a great discount, but also a really cool bookmark for each book ordered. Order more than 20 books, and receive one free copy of the book for the leader (that's you)!
- *Have members of your group sign up for our email newsletter at www.projectsforoursoul.com to get more ideas about **The Me Project** and for some great opportunities to win prizes.*
- *Make sure, as a leader, that you have a chance to read the book (it's a quick read, I promise!) to get the general idea and understand the terminology of **The Me Project**.*



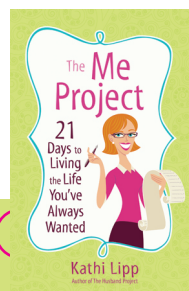
Preparing to Lead

Two Weeks Before the Launch Date

- *Pass out the books to your group along with the enclosed **Welcome Letter** to let your women know about the program and the dates that you'll be doing the "projects". This is the point where they will start reading and mapping out a plan for their own projects.*
- *Have the ladies get together with accountability partners. Ideally everyone has no more than two accountability partners. (If this is for a MOPS group, you may want to suggest moms hook up with accountability partners from their own table.)*
- *Pass out calendars and brainstorm in groups of 3-8 for project ideas the women could use for their project.*
- *Be sure to take advantage of all the other goodies in this packet. You can plan a whole meeting just using the materials found in this packet, or added on to a meeting.*

The Launch Date

- *Once the launch date arrives your job, from this point on is mainly to encourage and remind the **Project Managers** to keep working on their projects. You are now just the cheerleader and friend!*

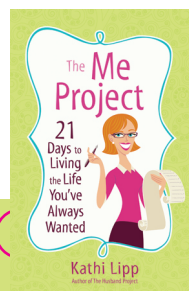


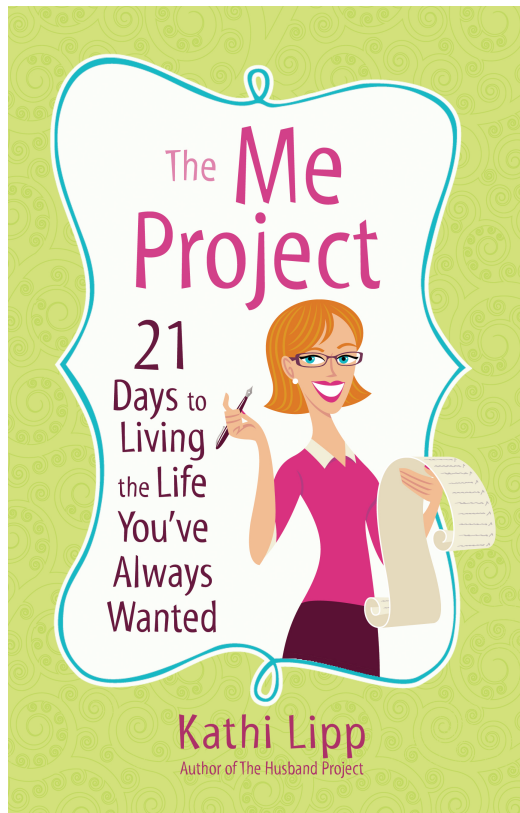
Sign Up Sheet for The Me Project

Keep track of the women who will be doing the project in your group.

Use this sign up sheet to:

- Preorder copies of The Me Project
- Create an e-mail list of all your participants to keep them in the loop about all that your group is doing to encourage them in The Project (babysitting nights, accountability groups, group activities)
- Use that e-mail list to encourage to send e-couragements to inspired your women to keep going during those three weeks.





The Me Project

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"It's been a long time since I've read a book that I didn't want to end, but Kathi Lipp's newest book, The Me Project is one of those books. Lipp's ideas are refreshing, stimulating and encouraging, and they'll work if you're willing to pray and listen for God's guidance." –

Donna Watson, PhD,
Christian Booksellers Association Magazine

Bring The Me Project to your church as a:

- retreat
- seminar
- fun girls night out

Request a speakers packet at
info@projectsforyoursoul.com
www.projectsforyoursoul.com

To find out more about this retreat or to book Kathi call
800-969-1603