

LEAN IN

ALL-IN-ONE MEETING GUIDE

YOUR CHILDHOOD SELF

Overview

Connection activities focus on sharing personal stories and benefiting from your Circle's ideas, experiences, and support. This connection activity uses childhood photos to help members connect with their younger and adult selves and deepen trust within the Circle.

Meeting Goals

- Enable a connection between your younger and current self
- Identify a goal that your childhood self would want for you today
- Develop a stronger sense of trust and connection with your Circle

Pre-Meeting Prep

- Bring a hard copy of a photo of yourself as a young child (this does not need to be an original print, just something that can be shared with other members)
- Bring a copy of this meeting guide
- Make sure your One Action Update is ready (if you're doing this)



Brought to you in partnership with...

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Meeting Agenda

🕒 Approx. 100-115 minutes for total meeting (based on a group size of ten members)

1 **Check-In** 🕒 Approx. 20 minutes
Warm up, catch up, and get going **p.4**

2 **Connection Activities** 🕒 Approx. 55-70 minutes
Share, connect, and grow together **p.5**

- **Activity 1: Connecting with Your Younger Self** 🕒 Approx. 55 minutes
Deepen your understanding of yourself and your Circle members by sharing childhood photos **p.5**

- **Activity 2: Group Debrief (Optional)** 🕒 Approx. 15 minutes
Discuss how sharing these photos makes you feel **p.8**

3 **One Action** 🕒 Approx. 15 minutes
The little push you need to go for it **p.9**

4 **Wrap-Up** 🕒 Approx. 10 minutes
What's next and a few final words **p.10**

Optional Worksheet
One Action Update **p.12**

Meeting Guide

Check-In

Warm up, catch up, and get going

🕒 Approx. 20 minutes

Step 1: Icebreaker

👥 Group activity

🕒 1 minute or less per member

An icebreaker is a powerful tool to help us become present with ourselves and one another. One by one, fill in the sentence below and share it with your Circle. Listen carefully as each member takes a turn and say thank you when she's finished. Avoid the urge to slip into conversation.

- One word people used to describe me as a child was . . .

Step 2: Member Updates

👥 Group activity

🕒 2 minutes or less per member

Once you're warmed up, go around your Circle and share personal updates. As a general rule, personal updates should be brief and focus on big changes and important decisions in your life. (It's OK not to have one every month!)

If you have a One Action Update, share that with your Circle at the same time. (A One Action is one concrete action you committed to take at your last meeting. The goal is to step outside your comfort zone or practice a new skill.)

For example, a member update might go like this: *"Since our last meeting, I asked my boss for a big assignment and got it. I'm thrilled but a little nervous [personal update]. For my One Action, I asked that coworker I've been struggling with out for lunch. She immediately said yes, and I was surprised by how easily we got along. I can see it helping in the office, and we're going out for lunch again next week—her invite! [One Action update]."*

Connection Activities

Share, connect, and grow together

🕒 Approx. 55-70 minutes for all activities

Activity 1: Connecting with Your Younger Self

🕒 Approx. 55 minutes

Step 1: Set the stage

 Group activity

🕒 2 minutes


This activity offers an opportunity to reflect on your past and share with one another. Members' experiences will be different—some of you will feel fortunate you are no longer that child; others will long to go back to that earlier time and place. Some will struggle to share part of their past; others will feel comfortable looking back. By being open and vulnerable, each of you will create space for others to do the same.


Before you jump into the activity, take a moment to review your commitment to confidentiality and open, honest, non-judgmental communication. Have someone read the following Circle fundamentals aloud and then have each member give a thumbs-up to indicate she agrees.

- **Confidentiality**—Trust is critical. What happens in our Circle should stay in our Circle.
- **Communication**—We commit to share openly and honestly and to listen with empathy.
- **Commitment**—Everyone should be invested in our Circle's success and be fully present during this meeting.

Activity 1: Connecting With Your Younger Self (cont.)

Step 2: Reflect on your photo

 Individual activity

 5 minutes

Take a moment to reflect on the photo you brought by answering the following prompts:

Why did you choose this particular photo?

When was it taken and what's happening in it?


What would you say to the child in your photo?

What would the child say to you?

Activity 1: Connecting With Your Younger Self (cont.)

Step 3: Share your photo

 Group activity

 5 minutes per member, 50 minutes total

One by one, take turns sharing and discussing your childhood photos, using the following process for each presenter. Your moderator will set the tone by going first.

Show

Hold up your photo for the group to see and then pass it around the Circle so everyone can look at it up close.

Share

As your photo is being passed around, share your responses to the prompts in step 2:

- Why did you choose this particular photo?
- When was it taken and what's happening in it?
- What would you say to the child in your photo?
- What would the child say to you?

Discuss

After sharing your photo, have other members ask a few questions to get to know you better. It's important to have at least one comment or question for each Circle member to ensure no one feels like they are left hanging after sharing their personal story.

This cycle repeats until you've all had a turn to share your photo.

Activity 2: Group Debrief (Optional)

🕒 Approx. 15 minutes

Time permitting, share any final reflections you have. What did the photographs teach you about yourself and your Circle members?

One Action

The little push you need to go for it

🕒 Approx. 15 minutes

We recommend you close every meeting by committing to a “One Action”—one concrete thing you’re going to do before your next Circle meeting to step outside your comfort zone or practice a new skill.

Step 1: Identify the action you’re going to take

👤 Individual activity

🕒 5 minutes

Identify a goal that your younger self would want you to accomplish.

Now, identify one thing you can do in the next month to get closer to that goal.

Step 2: Share your One Action with your Circle

👥 Group activity

🕒 2 minutes or less per member, 10 minutes total

One by one, go around your Circle and complete the following statements:

- My younger self would want me to . . .
- So, before the next meeting I will . . .

Housekeeping Note: We recommend you give an update on your One Action during your next meeting. On page 12 of this PDF, you’ll find an optional worksheet to help you prepare your update.

Wrap-Up

What's next and a few final words

🕒 Approx. 10 minutes

Step 1: Finalize logistics of your next meeting

👥 Group activity

🕒 10 minutes

Before you break, make sure you have the basics covered for your next meeting, including day and time, location, and food and drink responsibilities. Decide what you're going to do when you get together or who is going to send out ideas. You may also want to talk through what worked—and what didn't—in today's meeting so you can brainstorm improvements going forward.

Step 2: Close on an energetic and inspirational note

👥 Group activity

🕒 1 minutes or less

Spend a moment thinking of an attribute that you are glad you have maintained since childhood. One by one, go around the room and share with the group.

If you enjoyed this meeting, feel free to repeat it in the future (even with the same group!). It's a great way to continue bring your Circle closer together.

Congratulations on a great meeting.

See the following pages for a One Action Update worksheet.

One Action Update

Use the following prompts to prepare your One Action Update before your next meeting to maximize your time with your Circle.

- The area my younger self would want me to work on was . . .

- To get closer to this goal, I decided to . . .

- My next steps were . . .

- The outcome was . . .