

10 Tips to Start Your Mastermind Group

10 Tips to help you start your Mastermind Group

~Dennis A. McCurdy

TEAM

Together

Each

Achieves

More

Harthorne Effect: we all do better when someone is watching us.

A Mastermind Group, aka your GANG, **G**oal-setting **A**chieving **N**udging **G**roup.

What are they?

How do they work?

How can a group help me?

How to start a mastermind group?

“Isolation is the enemy of excellence.”

~ Aaron Walker

A Mastermind Group is a small group of like-minded individuals. Like-minded in that they want to improve, grow, develop and succeed. They can be co-workers, people in a specific industry, or not. The most important characteristics are a desire to improve and commitment to the process and the group. Below are bulletin point ideas and questions you will need to answer to start your Mastermind Group.

Expect Three things from your Mastermind Group

1. Goals -encouraging you to set realistic goals.
2. Accountability-hold your feet to the fire
3. Support-listen, support, and nudge you forward

Group Considerations:

Meetings

1. In-person
2. Online
3. Mix

How often

4. Weekly
5. Bi-weekly
6. Monthly (recommended not less than monthly)

Group size

Idea 4-7 (my most important group was just two. We worked together for seven wonderful years; others said they wanted to be part of our group but never committed; they always had a reason, also known as excuses.)

Attendance

How many times can you miss? Attendance is crucial to the group

Agenda

- Outside of group calls etc.
- What do we do between meetings?
- Calls, and email for additional support as needed
- Outside guest speakers-group choice (most don't have an outside guest)

Safety, a Mastermind Group is a special place it requires the utmost trust in fellow members; this means safety, "What is said in the group stays in the group."

Contracts

You can have Mastermind contracts for committing to monthly goals in writing and accountability; for a sample format, do to www.dennismccurdy.com (free stuff)

Commitment, commitment is paramount for success.

Your GANG

Group of **A**chieving **N**udging **G**oal-setters

Company Dampens Misery

Help, you feel stronger.

- It does not allow you to have a victim mentality
- Encourages higher self-solutions.
- Encourages you to take responsibility for your actions and reactions.
- Does not allow whining. (At least not for long)
- Uses all emotions as tools for self-discovery.
- Does not tolerate hurtful acts of any kind.
- It does not allow blame only; it encourages responsibility and looking for a solution.
- Discourages poor me thinking responses.
- Gives feedback supportively.
- It makes you feel you are learning something helpful.
- It helps you see that your feelings are nothing to be ashamed of
- Cares about one another's growth
- It never makes you feel foolish.
- It is full of people you trust.
- It is a safe place to help you move from lower to higher self-thinking and action.

Where to find people for your group

- Work
- Organizations (clubs, networking groups, Toastmasters)
- Anywhere you find people with the essential qualities:
 - Attitude
 - Commitment
 - Desire to Improve

Mastermind Meeting Agenda (sample)

- 6:30-6:45 Open Chat
- 6:45-7:00 Issue discussion & old business
- (Mediation-Optional)
- 7:00-7:45 Review and set goals (individuals come prepared)
- 7:45-8:00 Free discussion and close

(Meeting can be longer or shorter as needed)

Member can ask for extra time if a situation requires it

Mastermind (possibilities)

1. Each member who participates will leave a check for \$250 with _____. The check will be cashed if goals are not completed or sent to charity or even an organization you dislike; talk about motivation.
2. Work on a list of goals/objectives/challenges/obstacles BEFORE the meeting. Be prepared.
3. Set Goals at each meeting
4. Goals must be written
5. Groups decide on issues such as acceptable outcomes, i.e., is a goal complete?
6. Each member has 72 hours from the end of a meeting to change a goal. Groups decide on issues such as is a particular outcome acceptable or not.
7. Attendance at 90% of the meetings is required.
8. If you do not attend, you must email the group with a progress report prior month's achievements and next goals.
9. Individuals may opt out (choose not to participate), but what s the point? With no skin in the game, it is too easy to continue down the same path. A different path is a very reason you are part of a Mastermind Group.

I use all the brains I have and all I can borrow.

— Woodrow Wilson

Your Goal Buddy Kicks You in Your BUTs.

1. Your Goal Buddy is a person who will nudge you and push you even when you don't want to be pushed but need to be.
2. Knows when you are hemming and hawing
3. When you are lying to him/her and yourself
4. Sometimes knows you better than you do
5. Can see the forest for the trees
6. Will believe in you before you believe in you

Someone who cares about you and your success and whose success you care about.