

Setting up a Life Journey Club

Life Journey Clubs are groups of people coming together to learn more about themselves and each other. This builds community connections and helps people cope with life. These can be run like book clubs. They can be used for self growth and self healing. Members work through the *Self repair tool kit*. Some groups meet to work through activities within the workbook and others work through this at home and then meet to discuss their progress through the *Self Repair Tool Kit*. Meetings can take place at a club member's house or at a suitable community house. Below are 6 steps for setting up a Life Journey Club

Step 1 -

Find 3 – 10 people (6 is ideal), who would like to work through the *Self repair tool kit* together. Select a time and day that is suitable for all members of the club. 2 hours is an ideal time frame per session and sessions can be held weekly, fortnightly or monthly as suits your club's needs.

Step 2 -

Purchase a *Self repair tool kit* each (\$150/kit). If money is tight, then purchase at least one workbook each (\$75/workbook) and copies of the other books (2 books at \$28/book) for the group to share. For orders of 3 or more *Self repair tool kits* and registration of a self repair club, a 10% discount (\$135/kit) plus free postage within Australia will apply. A start-up pack is included if your club is registered (see website for details).

Step 4 -

At the first session establish a set of rules for the group (a copy of suggested rules is included in the start-up pack upon registration of your club). This ensures everyone in the group knows the boundaries from the beginning and minimizes confusion.

Step 5 -

As a group decide:

- if you want someone in charge each week to organise the session, monitor time, keep the group on track etc. (this may or may not rotate) or to let whatever happens happen.
- to complete the agreed activity page before the session and then discuss during the next group session or to complete and discuss the agreed activity during the session. Keep in mind there is no set right or wrong way to do any activity and interpretation is up to the individual.
- whether there is a pre-planned order to the activities (possible ideas are included in the start-up pack) or the activity is selected on the night or selected by the group during the previous session.
- whether people have to share their work with other members of the group or not.
- if a small fee will be charged each week to buy and maintain shared resources such as, large sheets of paper, crayons, paints, pens/pencils, tea/coffee, morning/afternoon tea etc.

Step 6-

Have fun! Laugh at yourself and with others (not at others). This doesn't have to be a hard slog...