



Here are the steps to create your own wildly successful Scoop Group. Once you do let me know if you'd like to me to mention you're looking for members and I hope you'll consider inviting me to drop in, either in person, if I'm touring in the area, or by speakerphone. I'd really like to meet you!

### **12 steps to start your own Scoop Group**

1. Locate at least one other person who struggles with getting everything done although three to seven members is ideal. Consider your children's classmates' mothers, co-workers, friends, family, neighbors, friends or acquaintances from your house of worship and other parents from your children's daycare or extracurricular activities.
2. Invite the person or people to be part of the group.
3. Choose a place, date and time to meet.
5. Decide how often the group will meet—weekly or monthly.
6. Be sure everyone takes the CAM quiz and gets his or her CAM score prior to the first meeting.
7. At the first meeting discuss your quiz results.
8. Consider designating a timekeeper to ensure everyone has a chance to participate.
9. By the end of the meeting, be sure each person has stated a goal they plan to have accomplished before the next meeting.
10. Assign the next section to be read before the next meeting.
11. Stay in touch between meetings to give each other support.
12. Check out [JamieNovak.com](http://JamieNovak.com) for more updates, printable handouts and resources.