



# C.H.A.R.G.E. Up Your Life Group

## Book Guide



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# C.H.A.R.G.E. Up Your Life Group Study Guide

C.H.A.R.G.E. Up Your Life Groups are designed to help individuals connect with others for mutual support. This guide was created for small groups to meet on a regular basis to find solutions to life's challenges that keep them stuck and keep them from discovering what they want in life.

## **How to Set Up a Group:**

Create a group of 3-6 individuals who are interested in self-exploration and personal growth. Select people who can commit to meeting on a regular basis and can commit to respecting the privacy and confidentiality of other group members. Though the intent of the group is not therapy of any kind, members are encouraged to share their successes and struggles.

We recommend meeting weekly at first and then every other week thereafter once the group becomes comfortable with one another and adjusts to the program. Lessons can be combined or lengthened depending on the group's interests and time frame.

## **Materials Needed:**

Book: *C.H.A.R.G.E. Up Your Life* is divided into 6 chapters with each chapter representing one of the six letters in the word C-H-A-R-G-E. Each chapter identifies, explores, and offers helpful solutions to the six critical issues that hold people back from living the life they desire. On page iv of the book you will find a condensed and easy to follow guide which shows the layout and focus of each chapter. In addition, each chapter is divided into 4 sections or steps to help you understand and resolve its main issue. The book contains 24 mini-lessons in all.

Companion Workbook: The C.H.A.R.G.E. Up Your Life Companion Workbook provides additional exercises in each section to help individuals experience and practice

many of the key skills involved in each chapter. The workbook may be used within the group for deeper understanding and discussion or may be used on one's own following each session.

## **Getting Started:**

### **1<sup>st</sup> Meeting: INTRODUCTION**

**Preparation:** In preparation for your first meeting, read the introduction and take the C.H.A.R.G.E. Up Your Life Survey found on page ix and x. Follow the scoring directions on page x and bring your results to the meeting.

**Group Discussion:** Take turns sharing the results of your survey. Were any of the results a surprise to you? Did it turn out how you would have imagined? Which of the six areas indicated a strength for you? Discuss your strengths with each other. Explore the experiences you've had in your life that helped you acquire these outcomes. Which areas seem to provide a challenge and focus for you? Explore some of the issues in your life that may confirm or refute the challenges that came up in the quiz.

**Future Meetings:** Discuss how often the group would like to meet and how many sections you want to incorporate into each meeting.

## **CHAPTER C**

### **Section 1: CHAPTER C – COMPLIMENT AND NURTURE**

**Preparation:** Read the introduction to chapter C about self-criticism, (the issue) and self-esteem (the goal). Read Self-Worth, pp. 6-12 and do the exercise on p. 13.

**Group Discussion:** Discuss the main focus and overview of Chapter C. In what ways, if at all, do you identify with the key issue of low self-esteem? Give examples/stories from your life about self-confidence. Discuss the exercise on p.13. What was that experience like for you? Though it may be difficult for many people to brag about themselves, discuss your self-discoveries. In what gifts and positive qualities can you share

about yourself? In what ways, do you imagine, that you contribute to the world? What traits can you appreciate about yourself?

## Section 2:

Preparation: Read Self-Knowledge, pp. 14-21 and complete the exercise on pp. 22-23. Begin making entries into your Bank Account of Virtues. Challenge yourself to list 100 positive traits, attributes and interests.

Group Discussion: Discuss the importance of self-knowledge and how it applies to self-growth. What interesting discoveries did you learn about yourself? In what ways might you change and grow? Share your bank account of virtues. What was this experience like for you? Did you find this experience energizing or was it difficult and cumbersome? Remember that all information about ourselves and the way in which we react to our environment is important. Everything we think, say, and do provides us with insight about ourselves.

## Section 3:

Preparation: Read Self-Support, pp. 24-28 and read through the exercise on p. 29. Choose one or two of the bulleted items in this exercise to begin the practice of supporting your needs.

Group Discussion: Discuss the importance of self-support and how it applies to having a healthy self-esteem and self-confidence. In what ways, if at all, do you have difficulty giving yourself what you need? In what ways do you currently take good care of yourself? What characteristics do you admire in others that perhaps you are wanting for yourself? Explore your physical complaints. In what ways may they be connected to a lack of self-support? In the group, brainstorm a list of ways that individuals can nurture themselves. Discuss the items listed in the exercise on p. 29. Make a commitment to at least one item on the list that you can practice daily. Share your choice with the group and provide support for one another on making this commitment a success.

## Section 4:

Preparation: Read Receiving from Life, pp. 30-34 and complete the exercise on p. 35. Complete the Milestones list on p. 38. Prepare for the Final CHARGE exercise on pp. 36-37 by bringing some drawing paper and coloring materials to the next group discussion and reading of the Nurturing Guide Experience. Modeling clay or water colors may also be included.

Group Discussion: Generally, in living a balanced life, it is important to give as well as to receive. However, in this section in chapter C, we focus on the receiving part. Discuss the importance of being open to receive what life has to offer and how it relates to obtaining a strong sense of self and confidence. With your group, create a list of ways that you allow others give to you. This list can include ways of being open to receiving from the environment, society, and other blessings that life provides.

Have one member of the group read the final C.H.A.R.G.E. Experience aloud. Allow time for group members to draw, paint, or form their Nurturing Guide. Share your guide with the group and discuss ways in which each member will use their Guide in their daily lives. Remember, your Guide is only there to guide and support, never to criticize.

Share your Milestone plans from p.76 with the group.

## Chapter H

### Section 5: CHAPTER H – HERE AND NOW

Preparation: Read the introduction to chapter H about stress and anxiety on pp. 43-44. Read Knowing Where You Are, pp. 44-51 and complete the exercise on p. 52.

Group Discussion: Discuss the main focus and overview of Chapter H. In what ways, if at all, can you identify with the key issues of anxiety and stress? Give examples/stories from your life about your worries and fears. Discuss the exercise on p.52 and how thinking takes you into the past or future. Discuss how awareness of your thinking patterns can help reduce anxiety: ruminations and apprehensions.

## Section 6:

Preparation: Read Listen to Body Talk, pp. 53-57. Do the exercise on p. 58 and practice 2-3 times before your next group meeting.

Group Discussion: Discuss the ways in which you currently do and do not listen to your Body Talk. Discuss how this skill can help you diminish anxiety and fear. Brainstorm ways in which individuals can get in better contact with their bodies. Have each member of the group make a commitment to adding an activity on a weekly basis to which brings you closer to connecting with your body.

## Section 7:

Preparation: Read Keep Things Right-Sized, pp. 59-65. Complete the exercise on p. 66 .

Group Discussion: Discuss examples of ways in which events are reacted to in ways that are disproportionate to their real life level of concern. Discuss ways in which friends, family members, co-workers, and strangers have reacted with Big Feelings over low-worrisome events. Give examples from the chart on p. 66 about Keeping Things Right-Sized.

## Section 8:

Preparation: Read Stay Grounded in the Present, pp. 67-72. Practice the Sensory Check-In on pp. 68-70. Do the exercise on p. 73 by trying out something from each of the three paragraphs. Complete the Milestone list on p. 76. Bring drawing paper and crayons or colored pencils to the next group meeting.

Group Discussion: Discuss how Staying Present through your senses helps diminish anxiety. Share your experiences with the Sensory Check-In, pp. 68-70. What was that like for you? Brainstorm a list of ways in which individuals can practice staying grounded and focused in the present time dimension. Share with the group your experiences working through the suggestions on p. 73. In what ways can each group member practice staying fully alive and focused in the present and thus avoid worry and anxiety?

Have one group member read aloud the Final C.H.A.R.G.E. experience on pp. 74-75. Have each participant draw a detailed picture of their Safe and Tranquil Place and share their drawings and experiences with the group. Remember that your Safe and Tranquil Place can be “visited” often when you want to feel peaceful and calm. Share your Milestone plans from p.76 with the group.

## Chapter A

### Section 9: CHAPTER A – ACCEPTANCE OF THE WHOLE

Preparation: Read the introduction to chapter A, Acceptance of the Whole, about self-limiting beliefs on pp. 81-82. Read You Have Every Trait, pp. 82-89 and complete the exercise on pp. 90-91.

Group Discussion: Discuss the main focus and overview of Chapter A. Look over the trait box on p. 83 and share with each other the traits that you can most easily own or see in yourself. Review and discuss your experiences with the exercise on pp.90-91. With which traits were you most comfortable? Which ones were harder to identify with? As a challenge, choose several traits from the trait box and discuss how you have displayed them at some point in your life. The goal in this section, is to be able to see yourself in all of the traits.

### Section 10:

Preparation: Read Anchors of Pride, pp. 92-96. Do the exercise on p. 97 to find your Anchors of Pride.

Group Discussion: Discuss which traits are the ones in which you feel most comfortable. Discuss how these traits are expressed in your daily life. How were each of these traits shaped in your early life? How do these traits work for you and against you?

## Section 11

Preparation: Read Triggers of Shame, pp. 98-103. Do the exercise on p. 104 to help you identify your personal triggers.

Group Discussion: Discuss the traits that make you feel defensive or ashamed. Which ones cause you to react in a self-protecting way? How does identifying these traits allow you to grow and enhance the quality of your interactions with others?

## Section 12:

Preparation: Read Every Trait has a Place, pp. 105-108, to help you identify how every trait can be useful. Read over the Famous Person exercise on pp. 110-111. Plan on doing this exercise in the next group session. Fill out the Milestone list on p. 112.

Group Discussion: Every trait can be useful at some point in your life. Why is this important information for you? At times people reject some trait or aspect of themselves and thus refuse to accept the personal power that they can have when they see themselves as having the ability to access all traits. Have one member read the Famous Person exercise on pp. 110-111 aloud to the group. Follow the directions spelled out in this exercise and then share your results with the group. What new qualities have you found in yourself? What traits or qualities can you own? Discuss your milestone plans on p. 112.

## Chapter R

### Section 13: CHAPTER R – RESPECTFUL RELATIONSHIPS

Preparation: Read the introduction to chapter R, Respectful Relationships, about getting and keeping healthy relationships on p. 115. Read We're More Alike Than Not, pp. 115-122 and complete the exercise on p. 123.

Group Discussion: Discuss the main focus and overview of Chapter R. Review and discuss your experiences with the exercise on p.123. Discuss the I-Thou relationship.

#### Section 14:

Preparation: Read Unique Perspective, pp. 124-127. Do the exercise on p. 128 to experience the uniqueness of others.

Group Discussion: Discuss in what ways people differ from one another and how that affects your life, your community, and the world at large. Share what this experience was like for you.

#### Section 15:

Preparation: Read the Language of Communication, pp. 129-137. Do the exercise on p. 138 to help you listen at a deeper level with others and refraining from advice giving.

Group Discussion: Discuss advice giving. In what ways do you like or dislike receiving advice from others? In what ways do you give advice?

#### Section 16:

Preparation: Read Establishing Trust, pp. 139-144, to better understand how trust is formed. Do the exercise on p. 145. Look over the Final CHARGE exercise on p. 146. Plan on doing this exercise in the next group session. Fill out the Milestone list on p. 147.

Group Discussion: Establishing Trust with others is a very important and yet difficult skill. Discuss how this section fits in your life. In what ways is trusting others easy or difficult for you? Have one member read the Ambassador Experience exercise on p. 147 aloud to the group. Follow the directions spelled out in this exercise and then share your results with the group. What new qualities have you found in yourself? Discuss your milestone plans on p. 147.

## Chapter G

### Section 17: CHAPTER G – GENUINE AND AUTHENTIC

Preparation: Read the introduction to chapter G, Genuine and Authentic, about strengthening your interpersonal boundaries on p. 151. Read Know What You Stand For, pp. 152-157 and complete the exercise on p. 158.

Group Discussion: Discuss the main focus and overview of Chapter G. Review and discuss your experiences with the exercise on p.158. Discuss the items, traits, experiences you have in your circle. Share what this experience was like for you.

### Section 18:

Preparation: Read Honor Your Circle, pp. 159-163. Do the exercise on pp. 164-165 to understand how often you express your needs or hold them within.

Group Discussion: Discuss what it's like to make decisions from your circle. Share your experience with expressing your needs to others or withholding them. In what ways has this experience changed you?

### Section 19

Preparation: Read Stepping Out of Your Circle, pp. 166-170. Do the exercise on p. 171 to help you identify the size of your circle and what happens when you step out of it.

Group Discussion: Discuss what it's like to step out of your circle. Discuss examples from your own life in which your circle was too big or too small. Share what this experience was like for you. How might it change the way you approach future situations?

### Section 20:

Preparation: Read Live in Balance, pp. 172-178, to help you identify your true authentic self. Read over the exercise on p. 179-180. Plan on reading and doing the Final CHARGE exercise on p. 181-182 in the next group session. Fill out the Milestone list on p. 183.

Group Discussion: Discuss what it means to be in your circle of your authentic self where people can see you as you are. Discuss your experience with the exercise on pp. 179-180 and what it's like to be in and out of your circle in various aspects of your life: work, home, social engagements. Have one member read the "Being in Your Circle" experience aloud. Discuss your experience and how this experience might apply in your everyday life.

## Chapter E

### Section 21: CHAPTER E – ENJOY AND EXPERIENCE LIFE

Preparation: Read the introduction to chapter E, Enjoy and Experience Life, about connecting with life through positive energy on pp. 187-190. Read Road to Despair, pp. 190-199 and complete the exercise on p. 200.

Group Discussion: Discuss the main focus and overview of Chapter E. Share and discuss circumstances when you've felt in despair and what you were able to do to get out of it. Discuss feelings of helplessness and hopelessness. In what ways do those feelings play out in your life?

### Section 22:

Preparation: Read Deserve Happiness, pp. 201-210. Do the exercise on pp. 211-212 to catch yourself in negative thinking.

Group Discussion: Discuss ways in which you deserve happiness; how you allow yourself pleasure and how you deny it to yourself. Some members may or may not want to share their own tendencies toward addictive behaviors. Discuss ways in which you avoid living life to its fullest.

### Section 23:

Preparation: Read Connect to Your Positive Energy, pp. 213-217. Do the exercise on p. 218 to help you connect to those things that bring you joy and pleasure.

Group Discussion: Discuss the ways in which you hold back and limit your life experiences. Discuss the exercise on p. 218 and what things bring you happiness and pleasure and which things do not. Share ways in which you will begin to seek out joy in your life and ways in which you will avoid negative energy.

#### Section 24:

Preparation: Read *Interconnected Living*, pp. 219-224, to help you notice what type of energy you are putting out into the world. Do the exercise on p. 225. Plan on doing the Final CHARGE exercise in the next group session. Fill out the Milestone list on p. 228.

Group Discussion: Discuss how both positive and negative energy affect all living things. Discuss your connection to others and to the universe at large. Share your experience in completing the exercise on p. 225. Have one member read the World Market experience on pp. 226-227. Share your answers with others and the meaning in your life behind your answer. In what ways will this experience change how you live your life. What have you discovered.

#### Final Thoughts:

In your final meeting, relook at some of the exercises and experiences that were most meaningful to you. Which ones have affected you toward positive change and growth in your life? Which ones stood out and resonated with you? What plans do you now have to readjust your life in a positive way?

We hope that you've had a great experience working with others through our writings and have gained new insight and self-reflection in your daily lives. We wish each and every one of you much joy and happiness in your life and that you are able to live the life you truly desire. Please contact us at [www.chargeupyourlife](http://www.chargeupyourlife) for further questions or suggestions.

Best wishes,  
Connie & Ellen

