

host your gathering

a day-of agenda for facilitating
your gathering experience

prepare

set the tone.

Set out a small notepad for each of your guests along with the food and drinks. Open by sharing your vision for your time together. Invite each guest to share their vision, too.

focus

park your problems.

Ask everyone to write down any tasks, worries, and/or deadlines that are on their minds, and park them there for the next two hours. Invite your guests to put away their phones.

release

practice mindfulness.

Invite your guests to close their eyes and breathe deeply together. Guide them aloud to inhale for a count of 4, hold for 6, then exhale for a count of 8. Repeat this 3 times. The goal is to slow down and try to exhale for longer than you inhaled.



ask

how are you really doing?

Ask each person to rate themselves on a scale from 1 (struggling) to 5 (optimal) in each of these areas on their paper. Briefly discuss the areas where you may each need support.

- **Mentally** – Stress management, emotions, and behaviors.
- **Physically** – Nutrition, exercise, health, and wellness.
- **Spiritually** – Faith, prayer, and relationship with your Creator.
- **Financially** – Income, spending, saving, and giving.
- **Occupationally** – Work, whether inside or outside of the home.
- **Intentionally** – Goals, purpose, and pursuits.

discuss

pick three table talk topics.

Subscribe to the email list and get topics to your inbox in the monthly *Love Note*, discuss the question of the episode from *Love, Maaden: The Podcast*, or decide on some topics of your own.

pray

close in prayer.

Open your heart. Come into agreement with your friends over the things that you most need, your desires, and those areas for which you are especially grateful.

