

Women ROCKING BUSINESS

Sisterhood Masterminding Template

Here's a template for the ultimate celebration + accountability sisterhood time - following this template will create a container for success.

TIME NEEDED: 1 Hour

IMPORTANT: Set a TIMER! Take turns being the timer but stay on time to honor both of you - even if it gets emotional, gently stop each other and let your masterminding sister know she's almost complete with her time and to wrap up.

IMPORTANT:

Masterminding time is for listening, acknowledging and accountability. Be neutral and supportive. This is not a time for fixing or problem solving - your masterminding sister doesn't necessarily have all the answers but is here to witness and encourage.

Step 1: Check in & Celebrate

(5 minutes each)

Celebrate & acknowledge each other both ways: Keep this quick, set the timer for 5 minutes both ways so you each get a chance to check in. Ask each other: **What can you celebrate about yourself?**

Then briefly acknowledge your partner for a specific quality they are exhibiting with their celebration. (Example, great job taking that scary action, I see courage and leadership in you...)

Step 2: Clear

(5 minutes each)

Ask each other: What's up for you? What do you need to clear?

Be willing to be vulnerable with each other. This is your chance to get support and be REAL! Listen to your partner's share, and make space for them to be in whatever is coming up. Thank them for their honesty; reflect what you heard them say. Tell them they can do it, no matter what is coming up.

Step 3: Support

(15 minutes each)

Ask each other for support and feedback with your mission statement, your business plans, your marketing, or whatever you need! Brainstorm together, get inside each other's business. Do everything you can to help your masterminding sister move toward the success that's waiting for her! Be generous. What resources do you have to share?

Step 4: Accountability

(5 minutes each)

Share what would you like to be held accountable for, and by when? Write down each other's commitments, make a note in your phone or in the notes section of your next meeting so that you can truly follow up with each other. Remember we're 90% more likely to do something when we know someone is holding us accountable.

End with quick acknowledgements of each other!!

End this supportive section of the call by acknowledging your masterminding sister for her courage, her follow through, her willingness to GO FOR IT, or any specific quality you see her exhibiting while building her business! Be specific, this helps us really see ourselves to get the direct feedback!

For maximum results... repeat this process at least once or twice a month. And yes, you can have more than one masterminding sister. The more the better... I started my business by consolidating this template into 30 minutes we would go 15 minutes each, and I had masterminding partners nearly every morning. I needed the accountability. So, get yourself set up with what you need!

"If you want to go fast, go alone. If you want to go far, go together."
-African proverb