

# FRIENDLY EYES WORKS



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## HOW TO SET UP YOUR OWN GROUP

1. Choose an inspiring name and picture for the Groups App
2. Everyone begins the Practice Day 1 on the same day.
3. The whole group commits to practicing daily 5 minutes in the morning and 2 to 5 minutes in the evening. No skipping and/or stacking days...one day at a time.
4. Each individual sends a daily app in the group app, immediately after the 5 minute morning practice. You app: Day 1 #friendlyeyes (Day 2, Day 3 etc.)
5. The only expectations are that you practice daily for 6 weeks and send an app immediately after your morning practice. There are no other responsibilities towards each other.
6. At the end of the Discover course set up a video call with the group to listen and learn from each other's experience.

## Tips from Jackie

- Keep the group size between 2 to maximum 6 people. If you decide to go above that it might feel somewhat overwhelming as every day each person sends an app.
- If you follow the rules above there will be accountability and lots of fun and support along the way.
- In the Power and Love group (5 of us including myself and the Friendly Eyes ambassadors) we also started sending inspiring short texts/articles and the occasional crazy video/song via app to keep the energy upbeat and create even deeper connection between us.
- Nobody should feel the need to do anything except the daily app, as space and kindness is the name of the game!
- I strongly advise that all participants agree in advance what happens if someone frequently forgets to app and/or to practice. A simple way to solve this is to agree that if anyone misses more than twice, they exit the group on their own accord. When they leave they send a kind message to the group wishing them well on their journey and the group reciprocates. That way everyone feels comfortable, responsible and accepted.
- There is no such thing as failing, there are only choices. We leave all judgment out of whatever happens