



# Working Out Loud Circle Guide

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## Week 12: Reflect and celebrate

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### What to expect this week

Consider holding this final meeting over dinner if you can. It's a nice way to celebrate your 12 weeks together, and talking over a meal is conducive to reflecting on your progress and considering possible next steps.

This week marks the end of a process - and can also mark a kind of beginning.

### Related reading from Working Out Loud

*Chapter 23 - Finding Your Ikigai*

### Suggested agenda

Thing to do	Approx. time
Check-in	10 mins
Discuss progress, challenges, and next steps	40
Some final contributions	10

#### Check-in (10 minutes)

How are you feeling coming into this last week? Are you sad that it's coming to an end? Excited about what's next?

#### Discuss progress, challenges, and next steps (40 minutes)

Think about what has changed for you over the 12 weeks. Your relationships and your approach to goals. Your habits and your mindset. What's different about them and about you?

How do you feel about those changes? More empowered? More hopeful? Something else?

Talk about the changes and how you feel about them. Share what worked for you and also what you might do differently next time if you joined another circle.

### **Some final contributions (10 minutes)**

If you felt your circle experience was worthwhile, you can help others (and further expand your network) by making the experience visible and framing it as a contribution. Here are 3 things you can do or discuss in your final meeting:

1. *Give the book to a friend.* Sharing a book you've found interesting or useful is a lovely gesture. "I found this helpful and thought you might, too."
2. *Celebrate out loud!* On whatever platform you choose, let the world know you've completed your circle. Just as in Week 2 there was a bonus exercise to announce your circle ("*I'm in a Working Out Loud circle! Hello @johnstepper*"), you can do something similar to celebrate your final week. If you do it on Twitter or LinkedIn, I would love to say hello and congratulate you so please mention me.
3. *Form another circle.* Your current circle may decide to meet for another 12 weeks, or you may prefer the diversity of perspectives and experiences that comes from including new people. If you want to spread working out loud across your organization, send an email to [john.stepper@workingoutloud.com](mailto:john.stepper@workingoutloud.com) and I'll help you.

### **Frequently Asked Questions**

*Q: If I form another circle, what do I do differently?*

Whether or not your goal changed, you'll use the same guides. You'll find the repetition and additional practice useful in refining your skills, expanding your network, and deepening relationships. You may also choose to do more of the bonus exercises you might have skipped or otherwise allocate your time differently.

Many people I know have been through multiple circles, and I'm in my eighth one now. The reason I keep joining them is that the structure, shared accountability, and support help me make progress towards my goals and feel good while I do it.

You can think of Working Out Loud as a practice, one that you get better at and more comfortable with over time even as you discover new aspects of it.