INTENTIONAL LIVING

ROUND TABLES

LEADERSHIP FOUNDATION
## Intentional Living Roundtables

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### Intentional Living – The Bridge to Significance

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A Message from John C. Maxwell

Dear Friend,

What do you want out of life?

In my four decades of working with people and striving to add value to them, I’ve come to believe that deep down, everyone wants to be successful, live a life of purpose, and make a difference.

Does that describe you? If so, these roundtable lessons will help you. They have been designed to add value to you, help you become more successful, and start you on a road that goes even beyond success.

For the next twelve weeks, you will have an opportunity to discuss subjects that are keys to success, such as integrity, priorities, attitude, and relationships. You’ll also have a chance to learn about and discuss intentional living, which I have discovered to be the bridge to a life of significance.

All of these lessons are presented in a roundtable format, where every person has the opportunity to participate on “level ground.” The facilitator who’s leading the group isn’t a teacher or coach. He or she is simply a fellow learner. Together, you and the other members of the group will explore where you can grow, and each of you will set your own goals.

Mahatma Gandhi advised us to be the change we want to see in the world. If I want my home, my workplace, my community, or my country to be better, then I need to become better. We do that by becoming intentional about improving ourselves. And one of the best benefits is that it puts us in a place to add value to others.

So, I want to welcome you into an exciting process. If you are willing to talk honestly in these meetings and are open to positive change, you will be amazed at what can happen in only twelve weeks. And you also will be encouraged by the positive impact you can make on others.

Thank you for making an investment in yourself and others.

Your friend,

John C. Maxwell
What action step did you commit to last week? What were the results?

INSIGHT

Directions: Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention. Click here to watch the video for this lesson.

What will it take for you to be successful? Maybe that’s a question you have asked yourself before. Most people do. If you were asked that question right now, how would you answer? Opportunities? Education? Money? Relationships with influential people? Recognition? Talent?

If you asked John C. Maxwell for his answer, you might be surprised. He says, “Intentional living is the key to everything you want to accomplish in life. It’s more important than where you were born, how much talent you have, or what kinds of connections you have. Intentional living empowers people to make the uphill climb to success—and to significance.”

Most people want to be successful. Most people also want to make a difference. They want their lives to count. And they have good intentions about these things. But good intentions aren’t enough to achieve success or experience significance. That requires intentional living.

John C. Maxwell explains that intentional living is characterized by three words:

**Deliberate:** Being intentional never occurs by accident. It requires people to think about their lives, consider where they want to go, and plan what they intend to do.

**Consistent:** Being intentional requires a person to follow through every day, week after week, year after year. Intentional living is a journey, not a destination.

**Willful:** Being intentional is a choice we must make and continue making as we face obstacles and challenges. Making a difference takes ongoing effort.

These three words are essential for you to travel the uphill journey of significance.
Most people rely on their good intentions, hoping that they will be enough to achieve success and experience significance. But there is a world of difference between good intentions and intentional living. Read the following list of words and observe the difference between them:

<table>
<thead>
<tr>
<th>Good Intentions</th>
<th>Intentional Living</th>
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<tbody>
<tr>
<td>Desire</td>
<td>Action</td>
</tr>
<tr>
<td>Wish</td>
<td>Purpose</td>
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<tr>
<td>Someday</td>
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<tr>
<td>Fantasy</td>
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<td>Hopefully</td>
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<td>Passive</td>
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<td>Occasional</td>
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<tr>
<td>Emotion</td>
<td>Discipline</td>
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<tr>
<td>Somebody Should</td>
<td>I Will</td>
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As you look at these lists, can you see why good intentions alone are never enough to change your lifestyle? If all you ever do is cultivate good intentions, but you never act with intentionality, you’re actually likely to become more frustrated and less fulfilled. Your desire for positive change may increase, but the lack of results will leave you frustrated.

Whether we realize it or not, we live in the land of either good intentions or intentional living. If you desire to be successful and to make the world a better place, you need to choose intentional living.

Becoming an intentional person has the power to change your life. Here's how:

**Intentional Living Is the Best Way to Improve Your Life.** Many people have big dreams, but few actually follow through on living those dreams. Intentional living moves you from desire to action. It empowers you to follow through. A small intentional action is always more powerful than a grand good intention. The sure pathway to a better life is consistent positive intentional action.

**Intentional Living Teaches You the Value of Thinking Ahead.** People who are not intentional wake up every day and are surprised by what happens to them. Intentional living means not letting the day sneak up on you. Intentional people think ahead and plan for the day they want to have. As John C. Maxwell notes, the person who thinks before taking action is ten times more effective than the person who doesn’t.

**Intentional Living Inspires You to Make Every Day Count.** Far too many people hope to make a difference...sometime. They wait for more time, more money, more status, more influence, or more opportunities. In contrast, when you live intentionally you look at things differently. You realize that now is the only sure time you have to make a difference. Yesterday has passed. Tomorrow is not guaranteed. When you live with an intentional mindset, you become aware of the countless opportunities surrounding you on a daily basis, opportunities to make a difference. And you make the most of them.

**Intentional Living Allows You to Make Changes One Step at a Time.** If you want to become intentional and live a life of significance, there's good news: you don’t have to change everything. But there's also bad news: you have to change something. Intentional people understand that taking deliberate, consistent and purposeful steps will improve their lives and the lives of those around them. As Anne Frank said, “How wonderful that no one needs to wait a single minute before improving their world!”

John C. Maxwell teaches that the secret of your success is determined by your daily agenda. Why does he teach this? Because what you plan and actually do, day after day, becomes your lifestyle. And your lifestyle, more than anything else, affects the outcome of your life. If you want to be successful and make a difference, you must develop a lifestyle of intentional living. Do that, and you will experience the changes you desire.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

Most people have dreams of success but put off doing the things that will help them make progress. What have you been putting off doing that would help you to improve your life?

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INTENTIONAL ACTION STEP

Everyone has a list of good intentions—things they think they should do to improve their own or others’ lives. This week, choose one of those things and actually do it. You can choose something big or small. The only requirement is that you complete it this week. When you come back next week, plan to tell the rest of the group about it.

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Take a minute to share with the group what action you intend to take this week.
What action step did you commit to last week? What were the results?

INSIGHT

Directions: Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention. Click here to watch the video for this lesson.

We all tell a story with our lives; yet few of us write that story intentionally. Instead, many of us just live each day and let the story write itself. John Kotter, author of Leading Change, says, “Most people don’t lead their own lives – they accept their lives.”

We don’t have to live that way. We can turn our lives into great stories by engaging in intentional living. John C. Maxwell says, “When I talk about intentional living, I’m describing approaching each day with the expectation of making a positive difference in the lives of others and following through with action.” Learning to be intentional has the power to create positive change in the world around you and to help you live a great story of significance.

In his book Intentional Living, John C. Maxwell describes how a book he received as a gift many years ago inspired him to become more active in “writing” his own story by living intentionally. The book he received was titled The Greatest Story Ever Told. Excited to read something inspiring, John quickly opened it, but discovered the pages were all blank. Inside was a note from the giver that said, “John, your life is before you. Fill these pages with kind acts, good thoughts, and matters of your heart. Write a great story with your life.” For the first time, he embraced the idea that he could be the author of his own life and could create a story of significance with his daily actions.

John goes on to describe his journey of significance that took place over the next several decades. As he has shared his story with millions of people, he has made an important discovery. Most people, regardless of culture, background, or age, take four steps in their significance journey, which are described below. As you read them, see if they connect with you:

1. I Want to Make a Difference. A great story—a story of significance—begins with a heart to help other people. If you have a heart to make a difference in the lives of other people, you always find a way to help people. You always find answers to life’s tough questions. You create solutions. You don’t say, “Something should be done about this.” You say, “I will do something!” That's when you begin to rewrite your story.

2. Doing Something that Makes a Difference. Do you know what you were put on this earth to do? John C. Maxwell
believes all people have a purpose. They just need to discover it. Next week’s lesson will help you explore this topic in depth. Until then, know this: You can make a difference. You don’t have to be rich or famous or powerful. You can do something that makes a difference. You just need to help people intentionally every day. A great story of significance is one that makes small differences in the lives of others.

3. With People Who Make a Difference. In his book *The 17 Indisputable Laws of Teamwork*, John writes about the Law of Significance, which says, “One is too small a number to achieve greatness.” If you want to make a difference, you must become part of something bigger than yourself. You must attempt something greater than you are. That doesn’t mean it has to be earth-shaking. It just needs to be big enough to require a group effort. When people begin working together, there is a multiplying effect.

4. At a Time That Makes a Difference. Today is the only day we have to make a difference. People over-exaggerate yesterday and over-estimate tomorrow. Can you make a difference yesterday? Of course not. Yesterday has already passed. It’s gone and won’t come back again. Can you make a difference tomorrow? There’s no guarantee that we will be here tomorrow. The only time we have any control over is now. Every time we choose to make a difference now, we write more of our story of significance.

What do you want your life story to say? You can write it by making choices like the ones John C. Maxwell made. The journey begins with wanting to make a difference and believing that you can. It takes form as you take action. In the end, if you become intentional, your story will be your legacy. It will outlive you. Long after you’re gone, people will remember the type of person you were, the life you lived, and the impact you made on others. Choose to write your story instead of just reading it. Live it rather than just letting it happen. Make it great. Do that, and significance is yours.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

What story would you like to live and leave as a legacy? If it helps, you may want to think of it this way: At your funeral, what would you like people to say about you and the impact you made on your world?

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INTENTIONAL ACTION STEP

Determine which of the four steps describing the significance journey best describes where you are now:

1. I Want to Make a Difference
2. Doing Something That Makes a Difference
3. With People Who Make a Difference
4. At a Time that Makes a Difference

Now, what specific action can you take this week to become intentional, so that your life story changes in the direction you desire? Write down what that action is. Be sure to include who, what, where, how, and when you will take this action.

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Take a minute to share with the group what action you intend to take this week.
What action step did you commit to last week? What were the results?

INSIGHT

Directions: Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention. Click here to watch the video for this lesson.

There is a passage in the book Souls on Fire in which author Elie Wiesel writes that when you die and meet your Maker, you’re not going to be asked why you didn’t become a Messiah or find a cure for cancer. All you’re going to be asked is, “Why didn’t you become you? Why didn’t you become all that you are?”

What does it mean to become all that you are? It means reaching your potential. How do you do that? By fulfilling your purpose. But before you live your purpose, you must first find it.

Many people find that task to be challenging. But John C. Maxwell offers a simple formula that anyone can use to find his purpose:

Your Passion + Your Strengths + Value Added to Others = Your Purpose

John says that when you add what you love doing to what you’re good at doing, and you use those things to meet the needs of others, you find your purpose.

You can begin discovering your purpose today. Start by asking yourself these three questions:

What Is My Passion?
When John C. Maxwell was eighteen years old, he heard a professor list three questions that a person can ask to find his or her purpose. John has used these questions to help guide him toward his purpose for fifty years. Here are the questions, along with John’s answers:

What do you cry about? John cries when he sees hurting people.
What do you sing about? John sings when he is helping people.
What do you dream about? John dreams of helping people to help other people.

To find your passion—the thing you love to do—ask yourself those same questions. Your answers will point you toward your purpose.
As you think about your answers, consider this: Your passion will give you energy. It will give you drive. It will make you want to get up in the morning, and it will put bounce in your step. Your passion will inspire you to want more, do more, be more.

**What Are My Strengths?**

Everyone has qualities, talents, and skills that have the potential to make a difference. John C. Maxwell says that he knew from an early age that his greatest strength was communication. He was also aware of his gift for leadership. When he started communicating about leadership, he started to realize, *I was made for this!* And his ability to add value to people went to another level.

Your talents give you a superior edge. They open up opportunities for you. These things give you an advantage, but they bring with them responsibility. You have been given gifts and talents, to help not only yourself, but also others.

What is inside you that can help you make others better? What skills do you possess? What talents are in you? What personality traits do you have that can be used to add value to others? Anything and everything you have can be used to help others if you make adding value to people your priority and become intentional about it.

**What Needs Can I Meet?**

Our world is filled with needs waiting to be met by someone. You can be that someone!

John C. Maxwell says he looks at his schedule every day and asks himself, “Who can I help today? How can I help them? When should I do that?” You can do that same thing. You can also act in the moment, putting your unique skills, talents, resources, and experiences to work to help others.

Look around you with open eyes, and you will see needs everywhere. Begin by looking for physical needs: everyone needs water, food, shelter, and clothing. Can you use your strengths to meet these kinds of needs in people? These are the most basic things.

From there, go out of your way to help people with their emotional needs, such as the need that everyone has to feel valued. Will you value them? Everyone wants to belong. Will you include them? Everyone wants people to believe in them. Will you give them your belief?

Finally, everyone can benefit by being given opportunities. What can you do for others that they cannot do for themselves? Can you introduce people to one another for their mutual benefit? Is there an opportunity that may not be right for you that you could pass along to someone else? Or perhaps you can invite someone to join you in something you’re doing. Most people just want a chance to work for a better life. If you can, give them that chance.

Purpose becomes clearer when you put together all three of these elements. When you love doing something, but it doesn’t use your strengths, it may become your hobby, but it won’t lead to your purpose. If something uses your strengths, but it doesn’t tap into your passion, you won’t keep doing it. But when your passion and your strengths align, and they are used to satisfy others’ needs, something special happens. You discover your purpose, you make a difference, and you climb higher up the mountain of significance.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

How could you bring together what you’re passionate about and your greatest strengths in order to meet the needs of others and add value to them?

INTENTIONAL ACTION STEP

This week, write down your answers to these three questions: What are your top two strengths? What do you love doing? What needs of others might you be able to meet by using them? Then meet separately with three people who know you well. Tell them that you want their opinion about your answers to the three questions. Do they agree with your answers about yourself, or do they see greater strengths and greater passions than the ones you listed? And do they have additional ideas about how you could use your strengths and passion to help other people?

Take a minute to share with the group who you will talk to about your strengths and passions.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

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INTENTIONAL ACTION STEP

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Take a minute to share with the group who you will talk to about your strengths and passions.
What action step did you commit to last week? What were the results?

INSIGHT

Directions: Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention. Click here to watch the video for this lesson.

What is your motivation when you get up in the morning? If your desire is to live a life of significance, you need to approach each day as an opportunity to make a difference. How do you do that? By putting others first and taking action to add value to them. That’s what leads to significance—not social position, a title, possessions, or a big bank balance.

Selfishness and significance are incompatible. A self-centered approach to living does not bring fulfillment. However, when we put others first, not only do we help them, but it helps us, too. John C. Maxwell’s friend, motivational speaker, Zig Ziglar said, “When you help people get what they want, they will help you get what you want.” Adding value to people is a win-win situation.

The 5 Everyday Essentials of Significance

John teaches that there are five everyday essentials for living a life of significance, and they are simple practices that anyone can do right away:

1. Value People Every Day. You will only add value to people if you see value in people. You cannot believe people are unimportant and add value to them at the same time. John learned this lesson from his father, who said, “Most people feel undervalued, insecure, and lost. If you show them that you value them and you love them unconditionally, you will make a difference.”

How do you feel when others value you? How about when people devalue you? How you are treated impacts how you feel about yourself and how you treat others. Keep that in mind as you interact with people. When you value yourself and you value others, you create a cycle of positive interaction that makes life better for everyone.
2. **Think Ahead About Ways to Add Value to People Every Day.** People who make a difference think about ways to add value to people ahead of time. They are proactive about it. A quick look at your day’s calendar in the morning can provide ideas for adding value. Where will you be going? Who will you be meeting? In what ways might you help people? Opportunities are endless—if you are intentional in your thinking.

Recently John C. Maxwell challenged his grandchildren to think about ways to add value to others every day. His twelve-year-old grandson John took that advice. He was taking golf lessons, and at each lesson, his instructor provided a cup of water for him. One hot day, young John decided that he would provide a cup of water for his instructor instead. Young John even took a picture of it and sent it to his grandpa to show him that he was learning the lesson.

You can do something similar. As you can see, it doesn’t need to be anything big or expensive. It just needs to be thoughtful. Begin your day by thinking about specific ways to add value to people.

3. **Look for Ways to Add Value to People Every Day.** In his book *Winning with People*, John C. Maxwell writes about the Lens Principle, which is, “Who we are determines how we see others.” For example, if we are selfish, we look for others to add value to us. If we desire significance, we look for ways to add value to others. In life, you either add to or subtract from others.

Those who subtract focus on taking for themselves. Those who add focus on giving to others. As you go through your day, which mindset do you have? If you have a mindset to give, you will care about people’s needs and look for ways to meet them. You will see your day as a series of opportunities to help people.

4. **Do Things That Add Value to People Every Day.** Is it possible to value people, think about adding value to them, and look for ways to add value to them, yet still not be a person of significance? Unfortunately, the answer is yes. The key to significance is taking action. You can only make a difference if you actually follow through and do things that add value to others. Otherwise, you only have good intentions, and good intentions don’t produce results. Only intentional living does.

John C. Maxwell holds himself accountable every day by asking himself two questions. At the beginning of every day, he asks himself, “Who will I add value to today?” And at the end of every day he asks, “Who did I add value to today?” If he cannot identify a specific action done for a specific person, he knows he has not been intentional enough that day.

5. **Encourage Others to Add Value to People Every Day.** Significance begins with you, but it’s meant to be shared. As you develop the daily habit of adding value to others, begin encouraging others close to you to do the same. You will be amazed at the impact you can make when you partner with others to make a difference.

The essentials of significance are not hard. But they do require intentionality. Embrace them, and you will feel fulfillment, make your world a better place, and begin your story of significance every day.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

Which action do you find to be the most difficult for you? Why?
   - Placing a High Value on People Every Day
   - Thinking Ahead about Ways to Add Value to People Every Day
   - Looking for Ways to Add Value to People Every Day
   - Doing Things to Add Value to People Every Day
   - Encouraging Others to Add Value to People Every Day

INTENTIONAL ACTION STEP

What specific action can you take this week to intentionally add value to someone you normally do not help? Write down what that action is. Be sure to include who, what, where, how, and when you will take this action.

Take a minute to share with the group what action you intend to take this week.
We are nearing the end of our time together. Our journey began with discussions about life-changing keys to success and opportunities to apply those principles to our lives. As you went through those six roundtables, did you begin to see positive changes in your life? Did others see changes in you too? We hope so.

This next phase of your journey has focused on intentional living. By now, we hope you have embraced the idea of making your life a great story by valuing people and adding value to them every day, so that you can experience significance. If you do that, you can begin to see the positive changes within you spread to others. And that’s how you can change your world.

John C. Maxwell says, “Mass movements don’t begin with the masses.” Instead, change begins with one person. Hopefully that change has begun in you. If that is true, you have an opportunity to help others make positive changes in their lives.

In last week’s lesson, you learned John’s five essentials of success. The last one was to encourage others to add value to people every day. Today’s session focuses on how you can do that.

In the early 1960s, when John was a teenager, United States president John F. Kennedy made a great impression on him. In particular, John was captivated by Kennedy’s announcement of the founding of the Peace Corps, an organization created to add value to people outside of the United States. Kennedy said, “Ask not what your country can do for you. Ask what you can do for your country.”

It’s been said that everyone has a “change the world” speech inside of him. John C. Maxwell believes you have one in you, too. You don’t have to become a famous politician or communicator to make a difference. All you have to do is start telling others your story.
John says, “Everyone loves a good story. Stories tell us who we are. They inspire us, connect with us, fire our emotions, paint pictures of who we aspire to be, and give us permission to act.” By telling your story, you can inspire someone else to live a new story too.

Today’s session is going to be different from the other roundtables. You’re going to share your story by answering several questions and talking about them to your fellow roundtable participants. You won’t be expected to tell a polished story. This is just your starting point.

**Facilitator: Stop taking turns reading. Instead, each person is to answer all six questions before the next person’s turn. Each person’s answers will become the starting point for his or her story. Facilitator, please go first.**

1. **Reality:** What was I like before participating in these roundtables?

2. **Discovery:** What did I learn about myself by doing the roundtables?

3. **Change:** What is the most important change I made because of the roundtables?

4. **Results:** How has that change helped me?

5. **Sharing:** What lesson would I like others to know from my experience?

6. **Significance:** How will I intentionally help others make change in their lives?

**Facilitator: Ask someone in the group to read this final paragraph.**

Philosopher and author Parker Palmer said, “Our real freedom comes from being aware that we do not have to save the world, we must merely make a difference in the place where we live.” Telling your story can do more to make a difference than you might imagine. As Charles Swindoll said, “Stories transport us into another world. They hold our attention. They become remarkable vehicles for the communication of truth and meaningful lessons that cannot be easily forgotten. If a picture is better than a thousand words, a story is better than a million!”
REFLECT AND RESPOND

*Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.*

ANSWER THIS QUESTION

*Take one or two minutes to share your response to this question:*

What do you expect to be the most challenging or difficult part of telling your story to others?

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INTENTIONAL ACTION STEP

Your task this week is to tell at least one person your story. You discovered many of its components when you answered today’s questions. Use that information, plus anything else that you think would help you tell a good story.
In his book *Intentional Living*, John C. Maxwell writes that one of the most powerful ways to make a difference in the world around you is to partner with like-valued people. Over the past several weeks, you’ve been involved in such a partnership. Together with your facilitator and fellow participants, you have been learning valuable success principles, making changes to your life, and learning how to make a difference.

Now it’s your turn to take a tangible step of significance. You can begin immediately adding value to others by recruiting people to become part of a roundtable group that you facilitate.

In this week’s session, we will examine how roundtables work, and you will learn the basics of becoming a facilitator of roundtables that teach success principles and intentional living. This will prepare you to lead your own roundtable.

**The Key to Leading Roundtables About Keys to Success**

What do you think makes a roundtable about success principles work? The answer is transparency. When people are honest and open about themselves—and especially about their shortcomings and mistakes—other people in the group are positioned to grow.

Who sets the tone for transparency? The facilitator! If the leader of the group is open and honest, everyone else in the group is free to be him or herself. If the leader highlights only their strengths or pretends to be without faults and challenges, then the people in the group will not be honest and will not grow.

John C. Maxwell teaches that leaders go first. That’s true in a roundtable. As the leader, you will need to open up first and talk about where you need to grow. Then you will need to ask everyone to talk and participate in the roundtable. If you do that, there is a very good chance that everyone will grow. And that is the measure of a successful roundtable.
The Key to Leading Roundtables About Intentional Living
What is the key to a roundtable about intentional living? The answer is commitment to taking action. When you lead this kind of roundtable, your goal is to encourage participants to commit to putting what they learn into action.

John C. Maxwell says that growth equals change. If you want to grow, you must change. No one can refuse to change and have a better life. That’s impossible. As the leader, you must commit to take action and change. And you must encourage or even challenge others to commit themselves to living with intentionality.

The Key to Becoming a Good Roundtable Facilitator
If the idea of being a facilitator of a roundtable group seems challenging to you, just remember that you already know what one looks like. And you have already participated in a roundtable and answered all of the questions that will be asked. The main difference is that now it will be your turn to answer first. You will also get a chance to make people feel welcome, encourage them, and add value to them.

Here are a few ideas to keep in mind as you prepare to start your own group:

1. **Set Expectations Before You Start.** John C. Maxwell often says, “Disappointment is the gap between expectations and reality.” Let people know what to expect in the coming twelve weeks.

2. **Put Your Focus on Others Every Time You Meet.** A good roundtable is not about you. It’s about the other people in the group. Value them. Care about who they are. Listen to what they have to say. Be their friend, not their teacher.

3. **Remember Your Goal Every Time You Meet.** The purpose of every roundtable meeting is for people to take action.
   If people discover for themselves where they need to change, create a specific action plan for themselves, and are held accountable the next week, they will grow.

Leading a roundtable is a great place to start adding value to others and making a difference. And it may also help you learn more about your purpose.

John C. Maxwell quotes a study of people nearing the ends of their lives who were asked what they might have done differently. Most of them said they wished they had taken more risks. When people experience regret, it usually doesn’t come from trying something new and failing. It usually comes from never having tried. Don’t allow the opportunity for making a difference to pass you by. Take a step into significance by leading a roundtable.
REFLECT AND RESPOND

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

ANSWER THIS QUESTION

Take one or two minutes to share your response to this question:

What excites you most about the idea of leading a roundtable group, and what challenges you the most?
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

INTENTIONAL ACTION STEP

Decide whether to commit to leading your own group. If you do, then take the following steps this week:

1. Make a list of people – friends, colleagues, family members, etc. – who you might want to invite to your group.
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

2. Choose the four to ten people that you want to invite to your group.
3. Choose the location, time and starting date for your group.
4. Tell your story to the people you’ve chosen and personally invite them to your group.
5. Lead your first group and continue meeting for twelve weeks.

Take a minute to share with the group your decision about whether you will recruit and facilitate a new roundtable group.
New Roundtable Group Worksheet

Who Would You Like to Invite?

Think about the different relationships in your life: friends, family, co-workers, community members, etc. Begin listing the names of people in every area below. This is your starting list. Plan to invite anywhere from four to ten people to be part of your roundtable group.

______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________
______________________________       ______________________________       ______________________________

Where and When Would You Like to Meet?

Think of possible locations, days, and times that would be suitable for you and your group to meet. The setting should be convenient and quiet. Write them below. Before inviting group members, make sure you will be able to use that location at that time.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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What Date Would You Like to Start?

You should try to start your group as soon as you can, while you have energy and enthusiasm. However, you need to take into consideration how much time it will take to secure your location and invite your group members. Set a date, and use it as a deadline to help you follow through. Ideally, your group should begin within one to three weeks from today.

If you desire to lead a roundtable, you can download the materials at JMRoundtables.com/Facilitator.
THE STRUCTURE OF THE INTENTIONAL LIVING ROUNDTABLES

The roundtables that teach intentional living follow a very similar format:

**Action Step from Previous Week:** Each session will begin with an opportunity for people to share what action step they committed to during the previous session and to tell what resulted.

**Insight:** Participants will take turns reading paragraphs from this section aloud and will be encouraged to underline key thoughts and ideas that capture their attention. However, the Intentional Living roundtables will not include Benefits and Steps to Follow.

**Reflect and Respond:** Each participant will again be asked to share something they underlined in the lesson and why it was important to them.

**Discussion Question:** Participants will be asked to answer one question related to the lesson.

**Intentional Action Step:** Participants will be encouraged to follow through with an intentional action based on the lesson, and they will be given an opportunity to share with the group the specific action they intend to take.

At the end of the twelve weeks of roundtable sessions, every participant who desires to lead roundtables of their own will be given the opportunity to recruit a group and become a facilitator.

We believe you will experience tremendous growth during this process. Your family, friends, and colleagues will see positive change in you. And you will begin to receive great opportunities to add value to others and make a difference in your own life, in your community, and your world.