

Participant Handout for Session #6 of “Performance Boost 30”

www.TimelessHealingInsights.org/Boost



Discussion Questions

A. Feedback on Dr. DeRose’s Graduation Message

1. Did you find anything in Dr. DeRose message to be particularly relevant for you?
2. Reflecting on Dr. DeRose’s presentation, are you willing to share some words of encouragement with your group?

B. Assessing Results

1. What motivated you to originally join *Performance Boost 30*?
2. Did you have any specific goals or objectives?
3. Are you willing to share whether or not you accomplished any of your goals?
4. If you had any unmet (or partially met) goals or objectives, did you gain any additional insights that you think might help you to be successful in the future

C. Assessing Your Commitment.

Although the *Performance Boost 30* program requires only a 30-day commitment, Dr. DeRose is clear: if we want to continue to gain lasting benefits, we must commit to doing at least some things differently for a longer time.

1. Have you made a commitment to continue any aspect of the program for another 30 days?
2. If so, are you willing to share your commitment(s) with the group?

D. Tapping into the Power of Social Support.

Throughout the program, Dr. DeRose has talked about the power of social support.

1. Do you have any plans to continue meeting with the individual(s) who you have connected with during these past 30 days?
2. If no one yet has such plans, is there interest among one or more members in your current group to plan on some weekly or monthly support group?
3. If one or more members of your group have plans going forward, are you open to having other members of your group—or other community members—join your support group?
4. Whether or not you already have plans for ongoing support, do you have any interest as a group sponsoring another health event for your community?

E. Helping Your Community.

1. Do you have any interest in helping to offer to your community either of the programs that Dr. DeRose mentioned in Weekly Session #5?
 - a. “Thirty Days to Natural Blood Pressure”—an 8-session community seminar (details at <https://www.compasshealth.net/help-for-high-blood-pressure>; scroll down to “Host a Seminar.”
 - b. “Fast 8 Weight Loss Program” – another 8-session community seminar (Details at www.TimelessHealingInsights.org/FAST8)
2. Would you like to support another “Performance Boost 30” program for your community? (Details at www.TimelessHealingInsights.org/community.)
3. If so, would you like to make plans today that will help you move forward?
4. If you are interested in helping to facilitate one or more of the programs above, we recommend you discuss at least some further steps that you are planning to take in order to bring this to fruition. (At a minimum, plan at least one follow up meeting for potential organizers and support staff.)