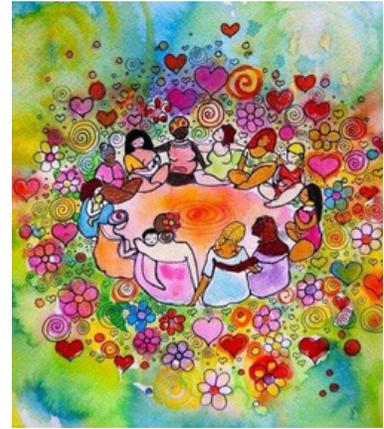


Your Quick Guide to Creating Your Own...

Spotters Group

*(Women who support each other with the
heavy lifting in life)*



Creating a sisterhood of support will take you, your life, your dreams and your desires, further than you ever thought possible!

When I was conducting interviews for my research into overwhelm and busyness, a common theme was feeling alone. A feeling I had known all too well. I was sure that no one else felt the way I did: feeling that I had no one to talk too, feeling 'weak' if I exposed the truth that I was struggling with juggling it all.

Holding in how I was really feeling, led to isolation. This didn't mean I wasn't interacting with others, I was. But I was isolating my feelings. Stuffing them away and staying busy was how I, and all the women I interviewed, avoided our uncomfortable feelings.

The side effects were headaches, digestive issues, not sleeping well, feeling anxious, fatigue, depression, adrenal and thyroid issues, heightened food and environmental allergies, skin issues, weight gain, brain fog and overwhelm.

But what if you had a group of women who did not judge you?

Who did not think less of you for your struggles? Who would listen without interrupting or offering advice? Who you could call at 2am if your world was falling apart? Who had your back and you had theirs?

Support groups are valuable, but a spotters group is different because the intention of the group, is not only to allow each person a place to vent and reflect; a spotters group joins together with the intention to always go higher, to see things differently and to use your emotions and circumstances as the spring board to something even greater.

The premise behind 'spotters' groups is how men "spot" each other at the gym so they can lift the heavy weight. My friend and spotter sister, Barbara Huson (Stanny), author of the book Sacred Success: A Course in Financial Success, coined the term 'spotters group' after observing how rarely see a woman asking to be spotted at the gym.

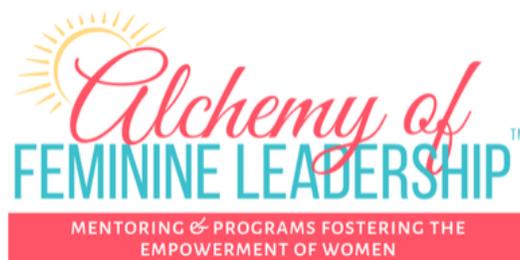
It's possible to feel very alone, even when you are surrounded by people, family, friends and loved ones. Why? When you don't have an outlet for what you are so deeply holding inside, life can feel like a solo uphill journey.

Gathering a few women to 'spot' you, will allow you (and them) to do the heavy lifting in life - shifting 'solo' to sisterhood!

Inspired?

Here's a simple outline I created to forming a 'spotters' group, women who help each other with the heavy lifting in life.

Please don't let 'time' be your deterrent.
The women I invited, were four of the busiest women I know!



11 Steps to Creating Your Spotters Group

It's simple - you can meet in person, or virtually. To get started, you only need to find one or two women who you respect, trust and like. Look within your circle of friends of course, but look outside that circle too, is there someone you want to know better? Someone that you respect and admire? *Ask her too.*

Tip: Four to five members seems to be the magic number.

#1: Interview each potential spotter sister. Are they on a similar path? Are they willing to commit to a meeting monthly? Are they comfortable with the other women you have asked? Will they honor the sacred privacy of what is shared?

#2: No alcohol! This isn't a party ladies - you are at the gym of self-growth! Alcohol causes the heavier weight to wobble. This is about clarity and truth – unimpaired.

#3: We meet at 4:30pm and usually wrap up by 7:00, but have been known to meet well past 8:00. Heads up to your family at home! *We finish when we are done, not by the clock.*

#4: Begin the meeting by calling in sacred space. We begin our gatherings by lighting a candle. Begin yours in a way that speaks to you.

#5: Someone always says, “who wants to go first”. We go with the flow.

#6: We share until we are done. Then simply say “I'm complete”. Spotter sisters will offer ideas, thoughts and different perspectives. But mostly, we allow the person sharing to go as deep as they desire without interruption. Let your intuition be the lead.

#7: While sharing, if the person pauses, let them be with their silence. We women are so quick to jump to “fix it” mode. As Barbara Huson says, “there is value in the void”. What a joy to be in a space that is so safe, we can pause and let our thoughts form and our tears flow, instead of feeling pushed to keep speaking.

#8: Don't worry if you arrive thinking you have nothing to say. While listening something always comes up. And if not, that is fine too.

#9: If possible, have a set day and time each month and always schedule your next meeting before heading home for the evening.

#10: Be prepared to go deeper and become closer to yourself and your spotter sisters than ever imagined.

#11: Have a box of tissue close by.

Commitment has been key to the length our group has been meeting. In the beginning, I remember people showing up late, cancelling at the last minute, or having to leave at a certain time. A few months into meeting, we all began to realize the depth and importance of what we were doing. These gatherings became our lifeline. You may find that someone in your group is triggering you. Let me tell you, the right people and the right circumstances to move your forward, always present themselves.

The question 'how can I see this differently' has become our guiding light. Together we have traversed births, deaths, relationship changes (and challenges), money challenges, business and career hurdles as well as many celebrations! We are diverse in age, we are diverse in our backgrounds, but we are joined in our desire to live free of emotional encumbrances and overwhelm and to live life to our fullest potential.

My challenge to you...right now, think of one person you could reach out to and share your interest in forming your own 'Spotters Group' and contact them to talk.

It's my absolute pleasure to support you in creating your own spotters group. Have questions or concerns, email me at:

suzy@suzycarroll.com.

In the subject line please write: Spotters Group

With gratitude to Barbara Huson (Stanny), Author of Sacred Success, for inspiring the idea of spotters groups and then saying "yes", when I invited her to join mine!

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