

## Desire Map Agenda

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The Desire Map by Danielle LaPorte

The way I like to run the book club is to meet weekly for weeks 1, 2, and 3 then take two weeks, then week 4 and 5. In other words there are two weeks between meetings 3 and 4. Each meeting lasts about two hours. Then I like to plan a full-day retreat to finish up the workbook.

I like to incorporate actual activity/work into the meetings, so I assign reading to be done before the meeting and then at the meeting we work together on some workbook pages. The structure of my meetings usually flows like this (although the first and last weeks are a little different, see below):

Share feelings list

Discuss reading, normally using question prompts that I come up with while doing my own reading.

Do workbook pages

Assign homework for next time

Here is an example of the initial email I sent out:

“Hi everyone! Looks like we're on to start our Desire Map group on November 5 at 7:00 pm at the Starbucks in Los Lunas. I'm going to post a link for the book in case you don't already have it. I strongly recommend getting the paper version (as opposed to the electronic version) because if you're like me you'll want to write all over it. Your homework to get done before our first meeting is to 1. Read up to page 31 in The Desire Map. 2. Keep a notepad with you and write down any and all feeling words that you think of that make you feel good. At this point, the more the better. If it feels good, write it down. Bring this list to the meeting. As a side note, I will get cranky if anyone half-asses this. I expect commitment and greatness. (That being said, I also get over being cranky pretty fast, so just do what you can and have fun!) Looking forward to our first meeting!”

More specifically, it breaks down like this:

- Week 1:

Reading before meeting-pages 1-31

Homework assigned before first meeting-Start making your big list of feeling words that resonate with you.

At meeting-begin with brief introductions; talk about taking the process at a gradual pace even though people will feel inclined to rush to get their CDFs; have people share their feeling lists so far; discuss the reading (suggested question prompts might be “What are you clinging to or afraid to let go of? Is there something you've been pushing for and the pushing has not felt good? etc. Let your intuition guide you as you do the reading to come up with questions relevant to your own group. Also, these questions are really just back-up plans. If the group members have their own questions or pieces of the reading

they want to talk about, I usually go with that.) Do workbook pages 153-163  
Homework for meeting 2-read pages 34-56 and continue adding to feelings list (start to get fluent in the language of feelings)

- Week 2:

Share feelings lists—any new feelings?

Discuss reading/question prompts

Do workbook pages 164-168

For next time, read pages 57-76 and examine your feeling lists for any patterns. Can you begin to group or categorize the feelings?

- Week 3:

Share feelings lists—How did the grouping go?

Discuss reading/question prompts

Do workbook pages 169-186

For next time, read pages 77-114 and start focusing on your favorite feelings.

Also, bonus homework assignment: Using Danielle's example from the workbook on page 164, get clear on, and then write down, your pattern of how you relate to people.

This is an exercise in authenticity and don't worry if you come across sounding like an asshole. We'll share it at the next meeting and also use it during the retreat.

Here's my example of this homework assignment to help answer questions:

"At first I thought I approached people with a "You don't see me, I don't see you" attitude. But once I really paid attention, I realized this was not the case. I observe the fuck out of people. I perceive them with physical and non-physical senses, then analyze, assess, critique, philosophize and judge. And then I hope the "you don't see me" part of the equation still applies.

If I want to engage with another, for whatever reason, I'm all about intuition. I feel my way through it. If I feel at all like an imposition in our interaction, it's not going any further. Good day to you. If I don't feel like an imposition, it's probably still not going any further.

If I do, however, feel what I call a heart connection, then I will look into it further. I will do more assessing, more reading of who you are. If I deem you worthy enough (intelligence is one of the criteria), then I will pursue a relationship. Every one I have an intimate relationship with, I have pursued. I will be insatiably curious about you.

Then, if you meet all the above criteria, and I find you fascinating, AND I FEEL LIKE YOU ARE GENUINELY INTERESTED, I will give you bits of me. I won't waste my energy sharing myself if you aren't truly interested.

Once I'm in, I'm all in, and fiercely loyal. I will give my life to you. But I need you to be real and authentic. If you aren't, I'm out."

*There's a two week break here, in large part because this is a hefty reading assignment.*

- Week 4:

Share feelings list—What are your favorites?

Discuss reading/question prompts

Do workbook pages 187-196

For next time (this time I assign workbook pages as homework), read 115-149 and do workbook pages 197-205, which means that you will most likely have your CDFs figured out for the next meeting.

- Week 5:

This week is mostly a celebration. We discuss the final reading and do questions. Then everyone shares their CDFs (or sometimes people aren't quite sure yet...it's a process). Then we eat, drink and be merry.

Full day retreat (hopefully scheduled within a couple weeks from last meeting, you don't want this dragged out too long or people will think it's not important) I actually created my own worksheets for some of the exercises, because I wasn't super fond of the ones in the book.

One other note, in between meetings, I like to send out emails or group facebook messages with something desire map related to keep momentum going. Sometimes these messages were about my personal process to prompt discussion and sometimes they would be helpful links to sites with feeling words or things of that nature. Sometimes they are just about asking for help on narrowing down a particular feeling word.

This is truly a wonderful thing! Have fun!