

## Group Leader Guideline

### Night 6

1. Welcome everyone and ask if anyone has had any positive changes they would be willing to share.
2. How many read chapters 12-13 in the book? Encourage staying up.
3. Highlight Figure 12.3, 12.6, 13.2, and 13.3 and ask if any questions.
4. Watch video "Listening to the Buffalo– Part 1" – while this video does not specifically address HBP, look for key principles that can help you with your HBP.
5. What was most memorable from tonight's presentation?
6. What would have happened to John Allen if he had not begun running the moment he heard the sound of stampeding buffaloes?
7. What message does this give us as we are approaching the end of our 30-day journey?
8. What do Native Americans teach us about natural therapies for disease?
9. What encouraging message is there for us if we have genetic tendencies to illness?
10. How did everyone do on incorporating his or her commitments into the new lifestyle?
11. Ask if anyone needs help with correct answers on handout.
12. Give participants the opportunity to share their goals and their progress.
13. Remind individuals of the privilege of supporting one another when it comes to their behavioral objectives. For example, if several people set a goal to walk each morning, two or more who live in close proximity could walk together.
14. Reading assignment is chapters 14-15.
15. Point out the Draft Worksheet at end of each chapter for writing down goals and then how they will transfer up to three to appendix B.