

How to Accelerate Your Success with a Mastermind Group

by Jack Canfield

We all know that two heads are better than one when it comes to solving a problem or creating a result. So imagine having a permanent group of five or six people who meet every week for the purpose of problem solving, brainstorming, networking, and encouraging and motivating each other!



This process is called masterminding and is one of the most effective success tools you can adopt! It is a powerful way to support your dreams and bring unlimited resources to your business and personal life.

Participating in a mastermind group has been critical to me. I can't imagine achieving all I have without one, and it certainly made my goals happen much faster.

A Process for Accelerating Your Growth

The basic philosophy of a mastermind group is that more can be achieved in less time when people work together. Sometimes called a "dream team", your mastermind group is made up of two or more individuals who voluntarily come together on a regular basis - weekly, biweekly, or monthly - to share ideas, thoughts, information, feedback and resources.

Your group can be composed of people from your own industry or profession or people from all walks of life. You can focus on business, increasing each other's income, building a business, raising better kids, or solving a social problem.

Within your mastermind group, you benefit from the other members who empower you and draw out your full talents, resources and abilities. They trigger, stimulate, and motivate you to become all you are capable of being.

Creating Your Dream Team

The key is to choose people who are already where you'd like to be in your life - or who are at least a level above you. In forming your mastermind group, start by carefully enrolling another friendly, on-purpose, like-minded individual. Start by meeting together and then adding other selected, unanimously agreed-upon individuals who will work in total harmony for the good of each other and for the good of the group.

- 1.** Your Dream Team should consist of 4-8 people. Most people find that 6 is the ideal number.
- 2.** Meet weekly, if possible, for an hour to an hour and a half. This meeting must be held sacred as a life-enhancing priority. The meetings should be upbeat, enriching, encouraging and beneficial to each individual and the group's purposes. I always start our meetings with a prayer or an invocation. You could also start with an inspiring story.

3. Each member must agree to play all out -- to openly share ideas, support, contacts, information, feedback, and anything else that will help advance the individual and group goals.
4. Start by having each member share something positive and good that happened since the last meeting.
5. Next, have each member share an opportunity or problem they have experienced since the last meeting and ask for whatever support they would like on it. Appoint a time-keeper to make sure that everyone gets the same amount of time. This is important if you want your group to last. Everyone must get value at each meeting.
6. End by sharing appreciations and acknowledgements.

You'll find one of the real values of a mastermind group is the accountability factor - other members checking up on you to make sure you meet your stated commitments. It's one way to ensure you'll accomplish a lot more!

For more details about masterminding, read Success Principle #46 in [The Success Principles book](#) or utilize the mastermind worksheets found in [The Success Principles 30-day Audio Course](#).

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE?

You can, as long as you include this complete statement with it: Jack Canfield, America's Success Coach, is the founder and co-creator of the billion-dollar book brand ***Chicken Soup for the Soul*** and a leading authority on Peak Performance. If you're ready to jump-start your life, make more money, and have more fun and joy in all that you do, get your FREE success tips from Jack Canfield now at: www.FreeSuccessStrategies.com