

## Sample Calendar for *Healing is a Choice*

- Week 1**      **Introduction – The Choice to Heal Your Life**
- Watch Intro part of DVD – be mindful to stop it before it goes into Chapter 1 on “The Choice to Connect Your Life”
  - Use questions from “Keys to Facilitating a Small Group” for interaction.
  - Have each person share why they are doing this group and talk about what they hope to gain from doing this support group. Have them write it down on a piece of paper and turn it in. You can put each one in an envelope with their name on it and distribute it to them the next to the last week and then have them share on the last week about what they saw happened.
- Week 2**      **Chapter 1: The Choice to Connect Your Life**
- Forward the DVD on Choice 1 to the section that begins with Chapter 1: The Choice to Connect Your Life
  - Go through questions in Workbook that pertain to Chapter 1.
  - Utilize questions from “Keys to Facilitating” as needed.
- Week 3**      **Chapter 2: The Choice to Feel Your Life**
- Watch the DVD on Choice 2
  - Go through questions in Workbook that pertain to Chapter 2.
  - Utilize questions from “Keys to Facilitating” as needed.
- Week 4**      **Chapter 3: The Choice to Investigate**
- Watch the DVD on Choice 3
  - Go through questions in Workbook that pertain to Chapter 3
- Week 5**      **Chapter 4: The Choice to Heal Your Future**
- Watch DVD on Choice 4
  - Go through the questions in Workbook on Chapter 4.
- Week 6**      **Chapter 5: The Choice to Help Your Life**
- Watch DVD on Choice 5
  - Go through questions in Workbook on Chapter 5.
- Week 7**      **Chapter 6: The Choice to Embrace Your Life**
- Watch the DVD on Choice 6
  - Go through questions in Workbook on Chapter 6.
- Week 8**      **Chapter 7: The Choice to Forgive**
- Watch the DVD on Choice 7
  - Go through questions in Workbook on Chapter 7
- Week 9**      **Chapter 8: The Choice to Risk Your Life**
- Watch the DVD on Choice 8
  - Go through questions in Workbook on Chapter 8
- Week 10**      **Chapter 9: The Choice to Serve**
- Watch the DVD on Choice 9
  - Go through questions in Workbook on Chapter 9
- Week 11**      **Chapter 10: The Choice to Persevere**
- Watch the DVD on Choice 10
  - Go through questions in Workbook on Chapter 10
- Week 12**      **Final Thoughts on Healing and 40 Day Healing Affirmation**  
Have various ones share stories of what going through this small group has meant to them. Talk about what steps each one will take when group ends.