



# inspire!us

BOOK CHAT

Resource: *Look Great, Feel Great*

Group Meeting Sessions	Tasks/Activities	Time Required	Suggested Pacing
<p><b>Prior to Orientation</b></p>	<p>All must register @<a href="http://www.inspireUsBookChat.com">www.inspireUsBookChat.com</a></p>		<p><b>Prior to 6/17/13</b></p>
<p><b>Orientation LiveStreamTV Channel</b></p>	<p><b>Introduction to Book Study via online session.</b>            At 8:30 p.m., log in to this URL:  <a href="http://www.janismodeste.com/live-chats.html">http://www.janismodeste.com/live-chats.html</a></p> <p>Click the “log In” button on bottom right to be able to chat on LiveStreamTV and create a user name.</p> <ul style="list-style-type: none"> <li>You will need your book and syllabus.</li> <li>It is also highly recommended that you get a journal or just a plain ‘ole notebook to write down your notes or goals.</li> <li><u>Please read the Introduction pages vi-xl prior to the online session 1.</u></li> <li>The Host will explain how to join and use the website to access materials and post responses.</li> </ul> <p><b>After the online orientation, reflect and provide a response to this question:</b></p> <ul style="list-style-type: none"> <li>“What does wellness mean to you? How will you look or feel when you are ‘fit’.</li> <li>What is your desired outcome for participation in this Book Chat (study)?”</li> </ul> <p>Post a group response on the “blog” page at  <a href="http://www.janismodeste.com/blog.html">http://www.janismodeste.com/blog.html</a></p> <p><b>Introduction:</b> American’s Self-Respect Crisis (pp. vi-vl).</p> <p><b>Follow-up: Prepare for Session 1</b></p> <ul style="list-style-type: none"> <li>Download Session 1 documents from the resource page  <a href="http://www.janismodeste.com/resources.html">http://www.janismodeste.com/resources.html</a></li> <li>Complete individual reading and required tasks prior to session 1 meeting.</li> </ul>	<p>½ Hour</p>	<p><b>6/17/13</b>  <b>8:30 p.m.-</b>  <b>9:00 p.m.</b></p>



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<p><b>Session 1</b> <b>Key 1</b> <b>pp. 1-10</b></p>	<p><b><i>Plan for Great Health Imagine Your Future</i></b> Be doers of the Word, and not hearers only.</p> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>According to Jeremiah chapter 1:5, how do you feel God want you to view yourself?</li> </ul>	<p>30 Minutes Individual Prep 15 Minutes Group Meeting</p>	<p><b>6/20/13- 6/27/13</b></p>
<p><b>Session 2</b> <b>Keys 2-3</b> <b>pp. 11-42</b></p>	<p><b><i>Learning to Love Your Body</i></b></p> <p>Work on your own- it's the 4<sup>th</sup> of July!! Please complete your assignment later today or tomorrow.</p> <p><b>Essential Question:</b></p> <ul style="list-style-type: none"> <li>What specific thought pattern or societal misconceptions have kept you from seeing yourself through God's eyes?</li> </ul>	<p>1 Hour Individual Prep  30 Minutes Group Meeting</p>	<p><b>6/27/13 – 7/4/13</b></p>
<p><b>Session 3</b> <b>Keys 4-5</b> <b>pp. 43-82</b></p>	<p><b><i>Exercise &amp; Eating</i></b></p> <p>For as he thinks within himself, so he is. Prov. 23:7, NASB</p> <p><b>Essential Question:</b></p> <ul style="list-style-type: none"> <li>What is one essential change you plan on making in your everyday routine?</li> </ul>	<p>1 Hour Individual Prep  30 Minutes Group Meeting</p>	<p><b>7/4/13 – 7/11/13</b></p>
<p><b>Session 4</b> <b>Keys 6-7</b> <b>pp. 83-108</b></p>	<p><b><i>More on Eating &amp; drinking</i></b></p> <ul style="list-style-type: none"> <li>Where there's no vision the people perish.</li> </ul> <p><b>Essential Question:</b></p> <ul style="list-style-type: none"> <li>How important do you feel that making specific goals are in your success towards your vision of wellness?</li> </ul>	<p>1 Hour Individual Prep  30 Minutes Group Meeting</p>	<p><b>7/11/13 – 7/18/13</b></p>
<p><b>Session 5</b> <b>Keys 8-9</b> <b>pp. 109-144</b></p>	<p><b><i>Dealing with the emotional aspect of it</i></b></p>	<p>1.5 Hours Individual Prep</p>	<p><b>7/18/13 – 7/25/13</b></p>



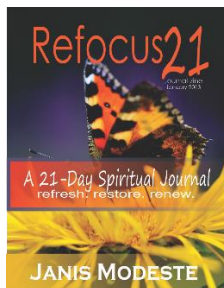
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	<p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>• Share with the team what is the most difficult in this journey for you.</li> <li>• Share with the team what has been the easiest for you.</li> </ul>	30 Minutes Group Meeting	
<p><b>Session 6</b></p> <p><b>Keyes 10-11</b> <b>pp. 145-162</b></p>	<p><b><i>Make it Easy</i></b></p> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>• What are some tips you can share with the team of how you are making this journey fun?</li> </ul>	1.5 Hours Individual Prep  30 Minutes Group Meeting	<b>7/25/13 – 8/1/13</b>
<p><b>Session 7 / Closing</b></p> <p><b>Key 12</b> <b>pp. 163</b></p>	<p><b><i>Take Responsibility</i></b></p> <p><b>Essential Questions</b></p> <ul style="list-style-type: none"> <li>• How has this Book Chat changed your outlook on your future? Will you recommend this book chat to others?</li> </ul> <p><i>Please take a minute to fill out the survey that will be emailed to you upon completion of this Book Chat.</i></p>	1 Hours Individual Prep  30 Minutes Group Meeting	<b>8/1/13 – 8/8/13</b>

For more great resources and support to attaining ALL that God has ordained for you, go to [www.JanisModeste.com](http://www.JanisModeste.com)



Next Step: Join us this January for Fasting.

Our Refocus 21-21day Journal will be released on October 15, 2013

Get more details at [www.JanisModeste.com](http://www.JanisModeste.com)