

Soul Shift

The Weary Human's Guide To Getting Unstuck & Reclaiming Your Path To Joy by Rachel Macy Stafford

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	
Week 2	<i>Intro To Small Groups</i>	<i>Read 'Living Map' & 'How To Use'</i>
Week 3	<i>Discuss 'Living Map' & 'How To Use'</i>	<i>Read Practice 1</i>
Week 4	<i>Discuss Practice 1</i>	<i>Read Practice 2</i>
Week 5	<i>Discuss Practice 2</i>	<i>Read Practice 3</i>
Week 6	<i>Discuss Practice 3</i>	<i>Read Practice 4</i>
Week 7	<i>Discuss Practice 4</i>	<i>Read Practice 5</i>
Week 8	<i>Discuss Practice 5</i>	<i>Read Practice 6</i>
Week 9	<i>Discuss Practice 6</i>	<i>Read Practice 7</i>
Week 10	<i>Discuss Practice 7</i>	<i>Read Practice 8</i>
Week 11	<i>Discuss Practice 8</i>	<i>Read 'You Are Home'</i>
Week 12	<i>FINAL BRUNCH Discuss 'You Are Home'</i>	



Soul Shift

The Weary Human's Guide To Getting Unstuck & Reclaiming Your Path To Joy by Rachel Macy Stafford

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	
Week 2	<i>Intro To Small Groups</i>	<i>Read 'Living Map' & 'How To Use'</i>
Week 3	<i>Discuss 'Living Map' & 'How To Use'</i>	<i>Read Practice 1</i>
Week 4	<i>Discuss Practice 1</i>	<i>Read Practice 2</i>
Week 5	<i>Discuss Practice 2</i>	<i>Read Practice 3</i>
Week 6	<i>Discuss Practice 3</i>	<i>Read Practice 4</i>
Week 7	<i>Discuss Practice 4</i>	<i>Read Practice 5</i>
Week 8	<i>Discuss Practice 5</i>	<i>Read Practice 6</i>
Week 9	<i>Discuss Practice 6</i>	<i>Read Practice 7</i>
Week 10	<i>Discuss Practice 7</i>	<i>Read Practice 8</i>
Week 11	<i>Discuss Practice 8</i>	<i>Read 'You Are Home'</i>
Week 12	<i>FINAL BRUNCH Discuss 'You Are Home'</i>	

