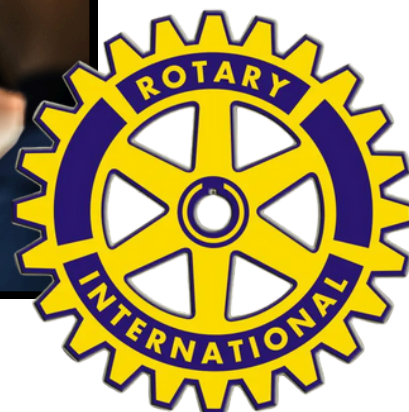




Your Quick Start How-To Booklet

Create Your Own Masterminding
12 Habits for Peace in Action Circle
Within Your Rotary Club or Group



Masterminding Overview

Mastermind groups are small, interactive gatherings where people come together to support each other in business or for personal development. The concept, popularized by Napoleon Hill, emphasizes that collaborative alliances create an "invisible force" that fuels growth, helping individuals achieve more together.

In 1991, Rotarian, Elaine Parke, founded the non-profit, **12Habits4AllofUs.org** and later authored **Habits of Unity**, a daily motivational book and monthly media campaign, to counteract global division and promote peace.

This new **Masterminding Peace in Action Circles** component, initiated in 2024, is the first time the power of Masterminding has been directed toward world peace. While organizations like **Rotary International** work to achieve world peace, smaller local **Rotary** clubs often struggle to engage directly, beyond making financial contributions.

Mastermind groups focus on specific outcomes, and the 12 monthly habits are an actionable path toward peace. Members of the **Masterminding Peace in Action Circles** gather monthly to become "peace wisdom-bringers," creating an "invisible force" that spreads peace into their communities. As these groups grow globally, their collective focus on the same peace habit each month, will amplify this force, changing world consciousness from separation to unity, one small group at a time

You will enjoy this Masterminding Peace in Action journey, where we believe that
"when spider webs unite, they can tie up a lion."

Together, in harmony and synchronicity,
Let's weave that web...
one monthly habit at a time!



The **12 Peace Habits for All of Us** is a year-round, monthly framework that nurtures intrinsic values, fostering peace. It creates a predictable path for peace to *bubble up*, rather than *trickle down*.

Like holidays, these monthly reminders become well-known over time, allowing us to prepare for celebrating their habit-forming effects. Since forming a habit takes about 30 days, each month focuses on a specific aspect.

The 12 habits highlight organic and actionable aspects of peace and global mental health. For example, February's '**You Count**' focuses on personal empowerment, March's '**Resolve Conflicts**' on relationship building, and April on '**Take Care of Our Environment**'.

Mastermind Peace-in-Action Circles are held at the start of each month, setting the group's focus. Like prayer circles and group meditations, these gatherings focus collective consciousness, amplifying their impact. The more people focus on the same peace value, The stronger their collective impact, consciously or unconsciously, drawing others into the **Circle of Peace**.

Mastermind Circle members are encouraged to spend just a minute each day throughout the month focusing on and practicing each habit in their daily lives. Join us in forming a **Peace-in-Action Circle**.

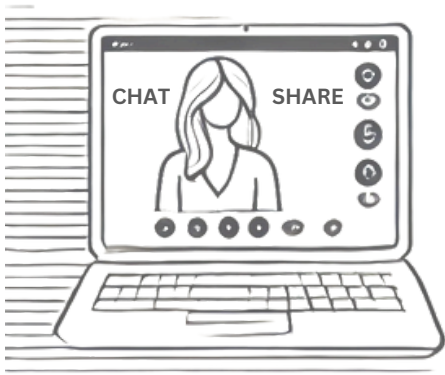
By dedicating just a minute a day to these monthly habits, you contribute to a ripple of peace and positive change in your own life and beyond. Together, we can foster a more harmonious world, one mindful moment at a time. Let's join hands and hearts in this journey toward lasting peace one club or group at a time.



9 Studies Have Already Proven Grass-Roots Positive Change Among Broad Populations

International Award Winning Peace Model

Rotarian Peace Ambassador, Elaine Parke



Zoom Guidelines

Welcome to our **Masterminding Peace-in-Action Circle** Guidelines for **Rotary Clubs International**. *To support you in leading engaging and productive online Mastermind Peace-in-Action Circles, we've compiled some helpful guidelines. These tips will ensure enjoyable, participative and lively gatherings for everyone.*

Let's Get Started! First poll your Mastermind Peace Committee members to decide whether to meet in person or on Zoom. Local Peace Circles should be held monthly for 1 to 1.5 hours, ideally at the start of the month, allowing time to focus on each of the 12 Peace Actions.

The optimal number of attendees for a Peace Circle is 6 to 15, as everyone is a “wisdom bringer” to the peace, consciousness, and action conversations. If there are more participants, break into smaller groups and reconvene for sharing.

If you choose to meet via Zoom, identify who is most knowledgeable about the platform for tasks like sending invites, screen sharing, and managing chat rooms. This role should be shared among several people.

Test Technology: Test all technology beforehand. Participants should ensure their microphones, cameras, and internet connections are working. Confirm co-facilitators have access to Zoom. Ensure facilitators are comfortable with screen sharing and provide a quick demo before the gathering if needed.

Prepare Agenda: Masterminding thrives on focused, shared group consciousness and ideas for implementing each month's peace habit. This booklet includes a recommended agenda template designed to achieve Peace Circle goals. Feel free to adapt it according to your group's interests and needs.

During your Masterminding Peace-in-Action Circle, maintain focus and flow. Set ground rules, such as muting when not speaking, using the chat for questions, and raising hands to speak. Encourage participation and guide members to contribute effectively within a brief time frame. Acknowledge contributions to uplift and unite the group's power.

Zoom Circle Guidelines *continued*

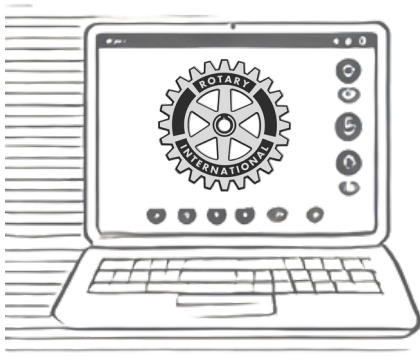
Technology Housekeeping: Provide a quick tour of the Zoom interface, highlighting key features like chat, raise hand, and other tools. Briefly explain their use to help everyone feel comfortable and engaged.

Troubleshooting: Be prepared to assist with common tech issues, such as audio/visual problems or connection drops

Next Steps: Summarize key points from the gathering and outline any follow-up actions or responsibilities. Announce the date and time for the next Peace Circle and encourage members to invite others. Fostering a welcoming, inclusive environment is an excellent way to introduce prospective Rotary members to our peace passion.

Your Monthly Themed Resources: This booklet offers curated resources tailored to each month's peace habit. Dive in to enrich your **Mastermind Peace and Action Circles** with engaging and meaningful gatherings. Select what you need and GO!





Suggested “Circle” Agendas

We hope these thoughtfully crafted Agenda ideas inspire you to create engaging and productive peace circles. Feel free to mix and match or adapt them to suit the unique needs of your Rotary Club or Group. You will make each **Masterminding Peace-in-Action Circle** a memorable and actionable experience!



Opening Video & Discussion (15 min): Start with an engaging video to set the tone, followed by a brief discussion to introduce the theme.

Housekeeping (5 min): Quick navigation of the Zoom platform and essential tech reminders.

Introduction & Welcome (5 min): Leaders introduce themselves, welcome members, and outline the evening's peace habit focus.

Reading Excerpt (3 min): Share a brief reading to set the monthly theme based upon the 12 Months of Harmony books or an excerpt from the Habits of Unity book (see General Resources) or another reading relative to the monthly theme.

Video Presentation (8 min): Play a video relating to the monthly theme, like an interview or topic-related content.

Questions & Breakout Discussions (15 min): Present questions for reflection, then break into smaller groups for in-depth discussion.

Collective Group Conversation (15 min): Reconvene to share insights and reflections.

Conclusion (5 min): Summarize key takeaways, introduce next month's theme, and close on a positive note

Total Time: Approximately 1 - 1.5 hours, but flexible according to the group's dynamic while being respectful of the total time frame.

Suggested “Circle” Agendas *continued*



Here's another suggested format for your Circles. Feel free to mix and match elements from this option with the previous one to create a format that works best for you and your group.

Warm-Up Activity (10 minutes): *Begin with a light, interactive warm-up, such as a fun icebreaker or a short mindfulness exercise to set a positive tone.*

Introduction and Agenda Overview (5 minutes): *The group leader(s) welcomes participants, introduces the agenda, and sets expectations for the meeting.*

Guest Speaker or Special Presentation (20 minutes): *Feature a guest speaker or a special presentation related to the topic of the day. This could be a live talk or a pre-recorded session.*

Interactive Workshop or Activity (25 minutes): *Conduct an engaging workshop or activity that allows participants to collaborate and apply what they've learned.*

Group Discussion (20 minutes): *Facilitate a guided discussion on the monthly topic, allowing participants to share insights and experiences.*

Q&A Session (10 minutes): *Open the floor for questions and answers, providing an opportunity for further clarification and engagement.*

Wrap-Up and Next Steps (10 minutes): *Summarize key takeaways. Introduce next month's Masterminding Peace-in-Action Circle theme and close the meeting on a positive note.*



General Resources

As you continue your journey to hold your own **Masterminding Peace-in-Action Circles**, we've compiled a selection of general resources and aids to support you. Explore these tools to enhance your sessions and empower your group.

- Website: www.12habits4allofus.org follow the Menu links on the Home Page.
- **Zoom Masterminds**: Overview of the mission and purpose.
- **Take Action**: Free downloads and resources.
- **Media**: Press resources and interviews.
- **Shop**: Books & Aids' **Habits of Unity** book;
12 Months of Harmony books

Explore these tools to enhance your sessions and empower your group. We also welcome your feedback, suggestions, and ideas to make the **Masterminding Peace- in-Action Circles** as pleasant, inviting and effective as possible.

You can reach us at elaine_parke@yahoo.com





Monthly Theme Resources

Your Monthly Theme Resources! Each month, you'll find a curated selection of resources tailored to each monthly theme. The following pages are designed to enrich your **Masterminding Peace-in Action Circles**. Dive in and discover inspiration for engaging and meaningful gatherings!

Under the '**Take Action**' link on the 12habits4allofus.org website, you'll find detailed resources and materials for each individual month. Each month is thoughtfully covered with its own unique theme, offering a wealth of activities, posters, enrichment tools, and more to support and inspire your **Masterminding Peace-in-Action Circle** each month. The following is a partial list of the resources available for your club or groups peace journey.

Institutional Poster: A visual guide to reinforce the monthly theme.

Merchant Support Poster: For businesses to display and support the theme.

Flyer Handout: Informational handout for wider distribution.

Personal Bookmark: A reminder of the month's theme.

Table and Restaurant Tents: Theme reminders for public places.

Activity Book: An outline of activities related to the monthly theme.

Table of Contents: Lists activities, health focuses, literacy enrichment, and more.

Literary Enrichment: Writing essays, book recommendations.

Popular Media: Stories, poems, and music related to the theme.

Famous Quotes: Inspirational quotes for the month.

Curriculum Enrichment: Additional educational resources.

Reproducibles and Teachers' Tools: Printable materials and teaching aids.

Character Lists and Themes: Information on characters and themes for upcoming months.

"Thank you for exploring the resources we offer. If you need any help or encouragement in creating your **Masterminding Peace and Action Circle**, we're here to support you. Please don't hesitate to reach out to us at any time. The power of **Rotary Clubs International** lies in the collective strength of local clubs and groups. By working together, we can make a significant impact toward a world of peace. Let us create change together.



12habits4allofus.org
elaine_parke@yahoo.com
1-814 779-2060

12 Peace Habits for All of Us Mastermind Team



Elaine Parke



Rosie Griep



Kurt Griffith



Dee Tonken



Richard Denton



12 Peace Habits for All of Us

www.12Habits4AllofUs.org

**Masterminding Peace in Action
to Unify us Beyond our Differences**

In **JANUARY**, I offer my habit to...

**HELP
OTHERS**

Extend your Holiday giving spirit year round

Month 1

Gentle Aqua

In **February**, I remind myself that...

**YO
COUNT**

Everyone has 1,440 minutes every day to count

Month 2

WOW! Fuchsia

In **March**, I strengthen my habit to...

**RESOLVE
CONFLICTS**

Go out like a lamb in relationships and weather

Month 3

Peaceful Dove Gray

In **April**, I nourish my habit to...

**Take Care
of Our
Environment**

Celebrate Earth Day, clean up and recycle

Month 4

Spring Green

In **May**, I cherish my habit to...

**Be
Grateful**

Honor Mothers, Veterans, Teachers and all helpers

Month 5

Grateful Pink

In **June**, I discover my habit practice to...

**REACH
HIGHER**

Dream refresh & renew. Start something for you

Month 6

"JOLT" Orange

In **JULY**, I honor my habit to...

**Become
Involved**

Model our forefathers, volunteer where you can

Month 7

Patriot Red

In **August**, I reflect on my habit to...

**KNOW WHO
YOU ARE**

Take time to reflect on a healthy life for you

Month 8

Thoughtful Blue

In **September**, I practice my habit to...

**Do
YOUR
BEST**

Launch into a "do your best" attitude & stay with it

Month 9

AWARD Gold

In **October**, I pause for my habit to...

**BE
Patient
and
Listen**

Really "Listen" to others, be patient with yourself too

Month 10

Slow-Down Lavender

In **November**, I find joy in my habit to...

**Show a
Positive
ATTITUDE**

Think positive thoughts about yourself and others

Month 11

SUNNY Yellow

In **December**, I love my habit to...

**Celebrate
COMMUNITY,
FAMILY
& FRIENDS**

Holiday emphasis on people more than things

Month 12

EVER-Green

12 Peace Habits for All of Us... one month at a time.

**Rotarian Elaine Parke
ED, All of Us, Inc.
a 501-(c)-3 non-profit**

reach us at

12habits4allofus.org

elaine_parke@yahoo.com

1-814 779-2060