

Author of YouMap & Your Team Loves Mondays...Right?

MAXIMIZE 365



KRISTIN A. SHERRY

Maximize 365

A Year of Actionable Tips
to Transform Your Life

Group Coaching

&

Book Club Guide

Kristin A. Sherry

Using This Guide

The *Maximize 365* guide is structured as follows:

- **Satisfaction Rating Exercise** – Helps your group decide where to begin in *Maximize 365* (page 4).
- **The 5 Questions** – Use *The 5 Questions*, or choose your own, to facilitate conversation within your group (page 5).
- **Build Accountability** – The questions build agreement and accountability for members of the group (page 6).
- **Reflection**– Capture discussion points or individual reflection (page 7). Print extra sheets as needed.
- **Action Planning and Goal Setting** – Take action and promote a bias for action in your group (pages 12–16)
- **Resource Links**
- **Index** – The Index from *Maximize 365* is included as a reference to guide topic selection for the group

Additional Thoughts:

Your group need not work through *Maximize 365* in its entirety, or in the order presented in the book.

You can select chapters or sections based on a theme. For example, you can work through Health & Wellness as part of a wellness initiative. Or work through multiple chapters based on the needs of the group.

To reach a goal, we must:

- Believe in ourselves, that the goal is possible, and abandon excuses
- Desire to reach a goal, linking it to our values to create motivation
- Realize temporary defeat is not failure and avoid seeking perfection
- Break goals into manageable steps, celebrate wins, and seek support
- Take concise action, prioritize, and eliminate distractions

Satisfaction Rating Exercise

On a scale of 1-10 (1 being the lowest and 10 the highest), rate your satisfaction in these five areas of your life:

Health & Wellness

1 2 3 4 5 6 7 8 9 10

Spirituality

1 2 3 4 5 6 7 8 9 10

Relationships

1 2 3 4 5 6 7 8 9 10

Career

1 2 3 4 5 6 7 8 9 10

Finances

1 2 3 4 5 6 7 8 9 10

Based on your rankings or interests, choose where the group will start the journey through *Maximize 365*.



1. **What's going well?** This question is designed to surface the benefits and positives of the topic you are examining. How can you leverage or expand what's going well?
2. **What needs to be better or different?** This question introduces the need for change in a non-threatening way that opens you to possibilities. It is future-focused. Begin to think about what the changes have in common so that they can be grouped and then focused on the critical few.
3. **What's preventing improvements?** Let's surface barriers to changes. What do the barriers have in common? Focus on the critical few. What possible obstacles might prevent progress on things that need to be better or different?
4. **How could you help?** Are you a barrier? What skills experience, knowledge, or talent can you leverage? What help do you need from others, or outside resources?
5. **If you could make one change, what would it be?** Focus on the most important change. Is this the best place to start?

Agreement & Accountability Building

Before leaving a discussion, group participants must feel supported and be clear on next steps. Agreement building gives all parties the information needed for accountability and follow through.

Agreement building also ensures decisions are communicated to people impacted, even if they weren't in the discussion. It also helps make sure appropriate actions are taken.

At the end of a discussion, engage in agreement building to confirm everyone is clear on their commitments.

Document your commitments in the [Action Planning and Goal Setting](#) section to create a record of decisions made and next steps.

Use the following questions for agreement and accountability building:

What decisions were made?

Who is completing what actions? By what date?

Who should know what was decided?

About Kristin Sherry

Kristin A. Sherry is a bestselling, award-winning author of transformational books for adults and children, and the creator of YouMap®, YouMap® Youth, and YouMap® Teen profiles, which uncover a person's strengths, values, preferred skills, and personality.



She is the managing partner of YouMap LLC which certifies coaches, career services, and HR professionals as YouMap® coaches. The YouMap® profile was honored with a 2020 Career Innovator award by Career Directors International.

In addition to career and self-development books for adults, Kristin also writes books to build confidence in children through self-awareness.

Kristin lives in North Carolina with her wonderful husband Xander, two lovely daughters, and two cats. She also has two fantastic adult sons.

Visit <http://www.amazon.com/author/kristinsherry> to view more of Kristin Sherry's books.

Visit <http://www.myyoumap.com> to learn more about the YouMap® profile or certification.

Connect with Kristin on social media!

LinkedIn: <http://www.linkedin.com/in/kristinsherry>

Twitter: [@YouMapCreator](https://twitter.com/YouMapCreator)

Instagram: [@careerkristin](https://www.instagram.com/careerkristin)

YouTube: [youtube.com/c/kristinsherry](https://www.youtube.com/c/kristinsherry)

Resource Links

Loving Yourself

<http://bit.ly/SelfLove30>

Loneliness

<http://bit.ly/lonelytest>

Life Regrets

<http://bit.ly/top10liferegrets>

Decluttering

TheClutterConsultant.com

Delegating

<http://bit.ly/assessdelegation>

Cell Phones

<http://bit.ly/breakupwithyourphone>

Good Habit Creation

<http://bit.ly/bjfoggtedx>

Mental Sharpness

<http://bit.ly/sagememorytest>

Self-Reliance

<http://bit.ly/dadhowdo>

Perfectionism

<http://bit.ly/PerfectionQuiz>

Vision Boards

<http://bit.ly/howtocretevisionboards>

Eating Mindfully

healthline.com/nutrition/13-tips-to-stop-mindless-eating

Intermittent Fasting (IF)

<http://bit.ly/16-8>

Functional Medicine

cle.clinic/3bk0Y0W

Laughter

<http://bit.ly/bestfunnypodcasts>

Sense of Humor

<http://bit.ly/skillofhumor>

Character Traits

<http://bit.ly/OrderYouMap>

Wisdom

Wisdompage.com

Self-Actualization

<http://bit.ly/selfacttest>

Joy Killers

<http://bit.ly/joyismycaffeine>

Greed

<http://bit.ly/waystobegenerous>

Shame

<http://bit.ly/problemofshame>

Despair

projecthopeexchange.com/messages-of-hope

Suffering

<http://bit.ly/meaninginsuffering>

Intuition

jenniferspor.com

Mindfulness

mindfulnessexercises.com

Blessings

<http://bit.ly/blessingssong>

Forgiveness

drwaynedyer.com/blog/how-to-forgive-someone-in-15-steps

Marriage: Keys to Success

relentlessmarriage.com

reallifecounseling.us

Sex and Sexuality

<http://bit.ly/discusssexproblems>

Divorce

<http://www.mentalhelp.net/divorce/emotional-coping>

Reconciliation

psychcentral.com/blog/reconciling-relationship-conflicts

Taking Feedback

linkedin.com/in/lilasmith

Vulnerability

<http://bit.ly/bbrowntedx>

Spark Conversation

mantelligence.com/relationship-questions

Little White Lies

<http://bit.ly/scienceoflying>

Seeking Resolution

<http://bit.ly/mindtoolsibr>

Love Languages

5lovelanguages.com/quizzes

Long-Distance Relationships

modernlovelongdistance.com/long-distance-relationship-activities

Surviving an Affair

marcipayne.com/dos-donts-surviving-spouses-infidelity

Trying to Change People

<http://bit.ly/stopchangingpeople>

Emotional Intelligence

positivepsychology.com/emotional-intelligence-exercises

Approachability

<http://bit.ly/approachabilityquiz>

Discovering Your Strengths

<http://bit.ly/OrderYouMap>

Discovering Your Values

<http://bit.ly/OrderYouMap>

Discovering Your Skills

myyoumap.com/worksheets

Discovering Your Career Interest Type

<http://bit.ly/CareerInterestTest>

LinkedIn Summary (About)

linkedin.com/in/andyfoote

Managing Your Email

yesterbox.com

Niches: Finding Yours

<http://bit.ly/findnichemarkets>

Prospect Conversions

<http://bit.ly/npateltriggers>

Pitching Your Ideas

<http://bit.ly/confusedpeopledontbuy>

Tell Me About Yourself

gallup.com/cliftonstrengths

Salary Negotiation

<http://bit.ly/negotiatesalarytips>

Assessing Job Offers

<http://bit.ly/evaluateanoffer>

Persistence

<http://bit.ly/routineandpersistence>

Credit Unions

mapping.ncua.gov

Credit Scores

<http://bit.ly/ramseyfico>

myfico.com

\$5 a Month on Your Mortgage

daveramsey.com/mortgage-payoff-calculator

Debt-to-Income Ratio

zillow.com/mortgage-calculator/debt-to-income-calculator

Loan Forgiveness

<http://bit.ly/loanforgivenessnerdwallet>

Medical Debt

<http://bit.ly/medicalbillhelp>

Debt Collection

<http://bit.ly/fairdebtcollection>

Auto Leasing

<http://bit.ly/ramseybuysvlease>

Money Mindset

<http://bit.ly/quizmoneymindset>

Employee Retirement Plans

<http://bit.ly/choosingretirementplans>

Earning Extra Income

<http://bit.ly/ideapreneursamhorn>

Bitcoin

investopedia.com/terms/b/bitcoin.asp

Real Estate

udemy.com/topic/real-estate-investing

Household Budget

<http://bit.ly/createfamilybudget>

Mortgages

<http://bit.ly/mortgageaffordcalculator>

Insurance

daveramsey.com/recommends/term-life-insurance/calculator/about

Calculating Your Net Worth

<http://bit.ly/rutgersnetworthworksheet>

Wills and Estate Planning

<http://bit.ly/willwritingsteps>

Asking for a Raise

indeed.com/salaries

School Supply Costs

taxadmin.org/current-tax-rates

Kids and Financial Literacy

daveramsey.com/store/product/teen-entrepreneur-toolbox

College Alternatives

nodegree.com

Vacation on a Budget

groupon.com/getaways

Tax Refunds

daveramsey.com/blog/how-to-calculate-tax-withholdings

Protect Yourself Online

krebsonsecurity.com

Identity Theft

<http://bit.ly/identitytheftprevention>

Index

accomplishments, 258
accounts, review, 398
adversity, 256
affairs, avoiding, 213
affairs, surviving, 214
affirmations, 9
passive aggression, 202
aging, healthy, 68
agreement building, 172
alone time, 90
anger, 12
anxiety, social, 240
apologies, 186
apologizing, stop, 315
appreciation, 174
approachability, 232
approval seeking, 233
arguing, 190
asking, 310
assertiveness, 234
burnout, 72
C.R.A.P. Boards, 55
career fit, 243
career interests, discover, 251
career planning, 259
career success, 260
career transition, 253
cash system, 329
caving in, 192
cell phones, 28
changing people, 220
character traits, 93
assumptions, 166
attitude, 96
attraction, opposites, 210
authority, question, 272
auto leasing, 355
awe, 122
bank accounts, 381
bankruptcy, 354
beauty, 123
beauty on a budget, 332
belief, 109, 124
belittling, 191
belonging, 76
betrayal, 215
bias, experience, 103
bitcoin, 367
bitterness, 156
blessings, 135
body image, 61
budget, household, 370
conversation, 177
courage, 111
creativity, 139
credit card interest, 341
credit card payoff, 340
credit reports, 342
credit scores, 343
credit unions, 331
critical thinking, 48
curiosity, 227
day tight living, 32
death, 158

childcare, costs, 386
children, cost, 385
college alternatives, 389
college savings, 390
comfort zone, 87
commitment, 216
community, 77
complaining, 100
compound interest, 358
compromise, 188
concentration, 312
confidence, 92
conflict, healthy, 181
conflict, parent/teen, 218
conflict, picking battles, 185
conflicts, personality, 182
consistency, 309
contentment, 91
control, 35
divorce, finances, 376
drama, 195
email, 267
emergency fund, 323
emotional insecurity, 15
emotional intelligence, 225
emotional temperature, 16
emotions, monitoring, 11
entertaining, no cost, 333
entrepreneurship, 276
entrepreneurship, thrifty, 393
exaggerating, 196
exclusion, 197
excuses, 38
expectations, unmet, 221
experiences, 335
expertise, 273
failure, career, 245
failure, learn from, 307
failure/temporary defeat, 306
faith, 125
fasting, intermittent, 66
feedback, giving, 168
debt collection, 351
debt, medical, 349
debt, revolving, 339
debt, student, 350
debt-to-income ratio, 345
decisions, making, 47
decluttering, 23
defensiveness, 193
delegating, 27
dependability, 235
despair, 112
difficulty, 37
disappointment, 13
discipline, 36
discontentment, 113
discouragement, 114
dismissing others, 194
diversity, 28
divorce, 154
financial vision board, 362
finger pointing, 198
flexibility, 231
food and mood, 65
forest bathing, 21
forgiveness, 145
free, value of, 279
freedom, 119
friends, choosing, 75
frugality, 330
functional medicine, 67
fun, 80
generosity, 147
giving, 371
goal setting, 41
goals, missed, 269
God, waiting on, 134
God's character, 133
gossip, 199
grace, 146
gratitude, 31
greed, 101
growth mindset, 34

feedback, taking, 169
feeling, personal, 222
feelings, acknowledging, 167
fighting fair, 189
finance apps, 361
finance IQ, 360
financial calendars, 328
financial literacy, kids, 388
hypercriticism, 200
ideal day, 244
ideas, pitching, 282
identity theft, 397
imposter syndrome, 17
impressions, first, 314
income, extra, 366
income, passive, 283
indecisiveness, 43
inner harmony, 110
insurance, 375
intellectual wellness, 44
interviews, 294-300
intimacy, 211
introspection, 226
intuition, 128
investment ideas, 359
jealousy, 236
job applications, 293
job boards, 291
job loss, 288
job offers, 302-304
journaling, 88
joy killers, 99
judgement, self, 97
judgment, others, 149
justice, 148
justification, 42
kids, priority, 217
kindness, 143
laughter, 81
money arguments, 383
money buddies, 326
money mantras, 364
guilt, 157
gut health, 64
habit creation, 39
happiness, 118
help, asking for, 83
hope, 117
humility, 229
humor, 82
learning, lifelong, 311
legacy, 120
legalism, 140
lifestyle inflation, 373
LinkedIn, 263-266
listening, 165
loan forgiveness, 347
loan refinancing, 348
loans, consolidation, 352
loans, cosign, 346
loans, payday, 353
loneliness, 18
love, 142
love languages, 209
loving yourself, 8
loyalty, 237
loyalty, misplaced, 262
lying, 178
managers, bad, 257
marriage, success, 152
masterminds, 316
materialism, 106
meditation, 129
mental sharpness, 45
mentor, finding, 261
mentors, spiritual, 89
mercy, 144
mindful eating, 63
mindfulness, 130
miracles, 137
mistakes, admitting, 170
presence, 317
prioritization, 270
problems, root cause, 183

money mindset, 363
 money, lending, 394
 money, saving on rent, 336
 mortgage, payoff, 344
 mortgages, 374
 motivation, 51
 music, power of, 131
 mystery, 138
 needs vs. wants, 327
 negative influences, 74
 net worth calculation, 377
 networking, 290
 niches, 277
 occupation research, 252
 opinions, other people, 79
 opportunity cost, 372
 optimism, 52
 organizing, 24
 overpowering, 201
 overspending, 338
 patience, 94
 paying yourself, 324
 perfectionism, 53
 persistence, 313
 perspective, 54
 power, managing, 268
 prayer, 132
 preferences, 224
 sabotage, 204
 salary negotiation, 301
 sarcasm, 205
 saving money, ideas, 322
 savings, 357
 saying no, 84
 school supply costs, 387
 Seasonal Affective Disorder, 29
 second chances, 150
 sedentary lifestyle, 60
 self-absorption, 14
 self-actualization, 98
 self-care, 10
 self-control, 50
 procrastination, 40
 promotions, 271
 prospective clients, 280-281
 protect yourself online, 396
 prudence, 105
 purpose, finding, 108
 raises, getting, 384
 real estate, 368
 realistic thinking, 46
 reassurance, 173
 reconciliation, 155
 regrets, 19
 rejection, 238
 relationship games, 184
 relationships, long distance, 212
 relationship needs, 179
 reputation, 239
 resilience, 33
 resolution seeking, 187
 respect, 175
 responsibility, taking, 223
 resumes, 292
 retirement plans, employee, 365
 retirement, borrowing, 391
 returning to work, 289
 revenge, 203
 risk taking, 278
 routine, 59
 spiritual poverty, 127
 spirituality and crisis, 162
 stewardship, 160
 stonewalling, 206
 strength statements, 247
 strengths, discover, 246
 strengths, overuse, 248
 stress management, 71
 stuck, 56
 suffering, 115
 tax refunds, 395
 temptation, 104
 thriving, in difficulty, 116
 time management, 26

self-reliance, 49
service, 159
sex and sexuality, 153
shame, 102
simplifying, 22
skills, discover, 250
skin health, 69
sleep, 70
social media, 78
social security, 379
space, giving, 176
speaking, public, 318
spending habits, couples, 382
spending, holidays, 334
spending, impulse, 325
spirit, fruit of the, 126
spiritual fatigue, 161
timing, 25
trust, 230
unity, 151
vacation, budget, 392
value statements, 254
values, discover, 249
vision boards, 57
volunteer work, 319
vulnerability, 171
weaknesses, 308
weight loss, 62
wills and estate planning, 378
wisdom, 95
withdrawing, 207
worship, 136
writing books, 284-286
zone of genius, 274