

## Member Meeting Checklist

We've created the following checklist to help you keep track of everything you need to prepare for, and fully participate in your Triangle meeting.

### Before the meeting

- Reread the module from last week and read the module for this week so you feel comfortable with both topics before discussing your progress and goals with the group.
- Watch the short video on the new module.
- Think about what personal stories you might want to share about your struggles or victories with the last module.
- Think about what goals you might want to set for the upcoming week.

### During the meeting

- Participate in the guided discussion and activities related to the module.
- Be encouraging and respectful of others as they share stories and goals.
- Facilitate an impromptu discussion, time allowing. This could be an icebreaker activity, or for more experienced groups, a personal story.