



Jump Movement Script

Read all steps aloud.

Instructions

- Read all steps aloud.
- There are 7 steps to be taken.
- Each group member has the same amount of time. You can use the timer on your phone.
- All group members are equal in this process.
- Follow each step exactly as it read aloud by one of you.
- Give your full attention to each person and each contribution. Show that you are interested in each other and let yourself be inspired by one another.
- Each group consists of a maximum of 6 people.
- By using this script you agree with the terms of use.

Terms of use

This script is free for private individuals. Companies and organizations are required to pay an appropriate fee. This also applies to non-profit organizations. By downloading and/or using this method, you agree that you will only use the method for private purposes. Go to jumpmovement.com for more information.

Step 1 The promise

We promise each other the following 3 things:

1. I postpone my judgement about myself and others in this group.
2. I promise to support myself and the others in this group in the steps we want to take.
3. All that is said during this session stays within the group. I will safeguard confidentiality.

Step 2 Celebrate your success

We take 2 minutes per person for this step

Share a personal success with us. Something that you are proud of. Something you have achieved on your own accord. It may be something small or perhaps large. Success calls for applause. For that reason everyone will be applauded after sharing his or her success.

So: What are you proud of right now?

Step 3 Who are you at this moment?

We take 2 minutes per person for this step

Tell us how you feel right now. What are you thinking of? You may use an anecdote or keywords to explain; whatever comes to mind. After each member's turn, the other members of the group will compliment him or her. However, do not give advice or feedback. Make sure you do not furtively include any advice in your compliment. So: Who are you at this moment?

Step 4 Which path do you want to follow?

We take 2 minutes per person for this step

Tell the others in the group which leap forward you want to make. Do not worry if you do not know yet. Just share your thoughts with. The other group members only listen. No reactions, no answers, no advice, no feedback: nothing. So: Which step in life do you want to make?

Step 5 Change and listen

We take 2 minutes per person for this step

Now you will become your right-hand neighbor. Take his or her place and give yourself, the best possible advice, while being the other person. Begin your sentence with: 'My name is (the other person's name) and my advice to myself is...'. Once again, the other members will not comment at all. Just listen. When everyone has had his or her turn, we return to our place.

Step 6 Your next step

We take 2 minutes per person for this step

Decide what will be your next step; what are you going to do or what are you going to give up. Each person will be applauded for his or her courage needed to take this step. Again: no words. So: What are you going to do or stop doing right now?

Step 7 Appreciation

Take 3 minutes with the whole group for this step

Tell each other what you are grateful for. Anything: words, persons, experiences... You need not wait for your turn: just tell us when you know.

Thank you for joining us in this discussion. Use the outcome for your own benefit. Would you like to know more about Jump Movement? Take a look at jumpmovement.com!

If we all Jump, we will move the world.

Jump Movement BV

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