



## BOMBSHELL CIRCLE STARTER KIT

The Miami Bombshells formed a circle of women to help deal with the stresses of every day life. With only one woman in common initially, these six strangers became friends and confidantes, offering unconditional support for each other. This kit will help you form your own circle. A Bombshell Circle can't solve all your problems, but it will force you to take some time for yourself, put some new people in your life, and surround

you with women having similar experiences. After all, we all need girlfriends.

There are no hard and fast rules for how to have a Bombshell Circle "meeting." Use this kit as a guideline; it can take you step by step, or give you some ideas to get started. Feel free to improvise as you see fit. The Bombshell Circle is there to give you what you need.

### HELPFUL HINTS

- Invite friends who don't know each other. Sometimes it's easier to say things to complete strangers who have no pre-conceived notions of you. And you'll have the added benefit of creating a new support system.
- Plan for six to ten women, on a Saturday afternoon or a weeknight, at your home or some other place with quiet and privacy. Or, invite five friends and ask each of them to bring someone you've never met. The key here is to mix it up — get a diverse group of people whose stories will be new and interesting to each other.
- Wine and chocolate are not required, but are highly recommended. Real food is optional.
- For your initial meeting, have some stories ready to share, and ask your invited guests to do the same.
- Try to meet at least once a month. Block it on your Palm or Blackberry as if it is a business meeting. After all, it's just as important as one.
- Come with an open mind. If you're really prepared to shed your mask, amazing things will happen.
- Cell phones off! You deserve a couple of hours without the phone ringing. Take a break.
- Have fun! It's not always about sharing; often it's about gossiping, or shopping. Use the time the way you need it, so you can leave the Bombshell meeting feeling better than when you arrived.

### REASONS TO CREATE A BOMBSHELL CIRCLE

1. Reduce your stress. Ok, we can't really take your stress away — only you can do that — but we can urge you to spend a couple of hours doing something just for you.
2. Leave the guilt behind. Your Bombshell sisters will talk you out of feeling guilty, even if it only lasts as long as the chocolate high.
3. Be more self-assured. There's nothing more confidence-building than finding out everyone's in the same boat, and maybe you're not drowning as fast as others.
4. Learn to say NO. Say yes to good friends, good wine and good chocolate, but say "No" to overextending yourself and taking on tasks that aren't really necessary.
5. Bare your soul. Secrets need airing so they don't eat away at your insides. Your Bombshell Sisters will take them to the grave, and you'll be amazed at how you feel when you set them free.

### OBJECTIVES FOR THE OCCASION:

1. Meet some women you didn't know and realize we are more similar than we are different
2. Dedicate some time just for yourselves, and feel GOOD about it
3. Drink wine, eat chocolate, laugh and have fun



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### GET COMFY

15 minutes to let everyone get settled and do the following:

Thank them for coming, and remind them not to feel guilty about what they think they SHOULD be doing. Get them to acknowledge themselves and each

other for just showing up and congratulate them for taking the time for themselves, in between their children's activities, business trips, charity functions and other pressing obligations. (Here's where you refill their wine glasses and make them eat another piece of chocolate as a reward for their self-indulgence.) Ask them to kick off their shoes and get comfortable.

## AGENDA FOR A FIRST MEETING

Get comfy	15 minutes
Introductions	15-30 minutes
Are you a Bombshell? Take our quiz	20 minutes
Miami Bombshell philosophies	10 minutes
Open Forum — Share your stories	60-120 minutes
Schedule the next meeting	??? (this could take awhile)

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### INTRODUCE YOURSELVES

15-30 minutes to find out who you're about to spill your guts to

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ARE YOU A BOMBSHELL? Take the quiz at the back of this kit. 20 minutes to read aloud and score

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### MIAMI BOMBSHELL PHILOSOPHIES

10 minutes to set the stage

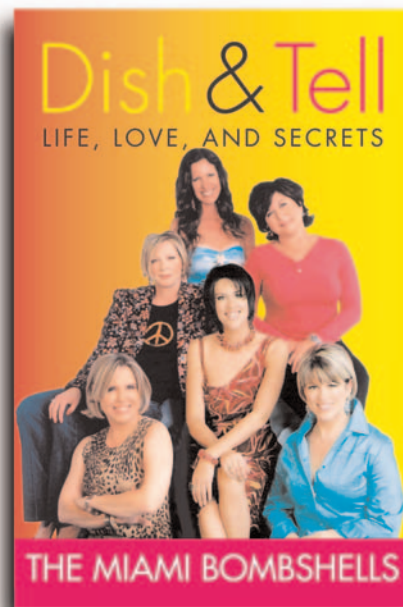
(READ THIS:) "As you've probably heard by now, the Miami Bombshells are 6 stressed out, overachieving women who have no time at all for anything except what is absolutely necessary. They're speaking for all of us...hoping to make us OK with the idea that having enough might just be enough, and having it all might NOT be possible, at least not at the same time.

All women, no matter how different, go through similar experiences in life, and just knowing that is sometimes enough to make it better.

Well, about four years ago, these six women refused to accept their lives of quiet desperation. They were not friends; they were women, just like us, brought together by one common friend, going through the same issues. Everyone seemed to be paddling upstream, and over time, they tried to map out a way to embrace their shortcomings and put their own needs first, for a change.

The Miami Bombshells came to believe that to be a Bombshell, you don't have to look like Pamela Anderson — it's a whole lot more about being courageous than curvaceous — you just have to accept yourself as the perfectly imperfect person you are.

In their book, *Dish and Tell*, these six brave women divulge their vulnerabilities and most intimate secrets by hanging their dirty laundry on this literary clothesline. They describe coping with depression when expected to be the life of the party, why they fell into dubious relationships, how they dealt with rape, panic attacks, romantic email blunders, hair loss, bladder problems, the corporate-family juggling act and nanny nightmares. They did this so that other women would see that all females are really much more alike than they are different, and join together in Circles like this one to decompress, de-stress and provide unconditional support.



## BOMBSHELL PHILOSOPHIES:

- Start learning to love yourself from the inside out. Get rid of your baggy clothes and put on something that fits, no matter what size it is. You probably aren't getting any thinner as you age, so embrace your flaws and feel good on the inside (being sexy is a state of mind, not a state of beauty). Go home and put yourself in the mood; you'll be happy about it in the morning.
- Start to believe in something. Bombshells don't care what it is you believe, just THAT you believe in *something*. We didn't get here by accident; find a higher power (whether it's God or Allah or J Lo) and start having a little faith. You'll be surprised how much it helps in the tough times.
- It's not possible to control everything in your life, so stop trying. Relax your standards just a bit — nobody's perfect; the only who will notice is probably you.
- Take frequent breaks for wine and chocolate — our hormones need it.

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### STORY-TELLING, COMMISERATING, SHARING

60-120 minutes, depending on who's willing to talk and how much time you have

So, who here thinks her life is harder/more of a challenge, than anyone else's in this room? (open up the floor for discussion)

(do a show of hands)

Who here thinks her life is difficult?

Who would like to put the brakes on their busy lives? Why?

What would you rather be doing?

What kind of things have you done that you're ashamed of?

Where did you make mistakes along the way?

Who thinks others have it easier than you do? Why?

## LET'S TALK

log onto [www.miamibombshells.com](http://www.miamibombshells.com) and click "Let's Talk" and "Bombshell Forum" to share stories from your Bombshell Circle and interact with other circles from around the world.

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### SCHEDULE ANOTHER MEETING:

Everyone's calendars are tight, so do this while you are together and you'll be sure there will be a next time.



## ARE YOU A BOMBSHELL?



1. You get off work early and want to take (and desperately need) a yoga class but are waiting for an important call from a client. Do you:
  - A. Ignore the no cell phone rule and sneak yours in anyway, then set it on vibrate and leave it in your pocket, so if it rings, you can take the call outside?
  - B. Ignore the no cell phone rule and keep the ringer on so you don't miss the call, running the risk of bad karma, which you certainly don't need?
  - C. Forget about the call, your sanity comes first?
  - D. Leave the phone in the car and torture yourself during shivasana (silent meditation)?
2. Your next-door neighbor asks you to take in her newspapers for the two weeks she's on vacation. Do you:
  - A. Say "No Problem," then wait until the last day to take them all in?
  - B. Tell her you're sorry but you just don't have time?
  - C. Say "No Problem" and truly believe that it really isn't?
  - D. Say yes but make sure she realizes how much she owes you?
3. You just got a raise and your children need new sneakers. Do you:
  - A. Buy them the \$100 Pumas they've been begging for, but until now, had no chance of getting?
  - B. Go back to PayLess and buy them 2 pairs of cheap copies as usual?
  - C. Tell them they can have the expensive Pumas but they must commit to washing your car every Saturday for 2 months, and make sure they do?
  - D. Tell them they can have the expensive Pumas but they must commit to washing your car every Saturday for two months, and then forget about the deal after the initial wash?
4. It's Valentine's Day and your significant other has planned a romantic evening to celebrate your love. Would you rather:
  - A. Go out to a fancy dinner, drink expensive wine and get trashed?
  - B. Stay home and rub chocolate all over each other?
  - C. Eat the whole box of chocolates alone while your man watches the game in the other room?
  - D. Take the credit card and buy yourself a present; he'll never get you what you want anyway, even though you left a list and dog-eared the Tiffany catalog?
5. Your kids are hungry and you're starving too, but haven't had time to make a grown up dinner. Do you:
  - A. Call for take out again?
  - B. Eat the Mac and cheese scraps off your child's slimy plate until you get full?
  - C. Boil up a bowl of pasta and promise yourself you'll start Atkins tomorrow? (and try not to forget to drain the tiny black bugs that have been living in the box)
  - D. Break out the cold cereal and tell the kids it's fun to eat breakfast for dinner (cold cereal passed for dinner when you were a kid)?
6. You're invited to a Hispanic wedding and you've heard stories about the idiosyncrasies of their culture, but don't want to appear ignorant, so you don't ask the obvious. Do you:
  - A. Send back the reply card confirming the two invited guests will be there, and then show up with the whole family?
  - B. Automatically assume the card has the wrong time on it, and then take your time at the beauty shop 'cause you know those things never start on time anyway?
  - C. Show up on time, even though you know it's never going to start when scheduled, but worry that if it does, you will miss everything?
  - D. Ask everyone you know for advice, wind up more confused than ever, and obsess about it until you have your first drink at the reception?

7. It's been another 60-hour workweek and your children are sleeping at their grandparents' house. Your friend calls and invites you to an intimate dinner party where the guest of honor is a famous person. Would you rather it be:
- A. John Edward?
  - B. George Clooney?
  - C. Deepak Chopra?
  - D. Or ... it doesn't matter who it is, if the kids are out for the night, I'd rather stay home and get a good night's sleep
8. Your child finally got a part in the school play. This time it's "The Sound of Music" and she's playing Maria. Opening night, you get called out of town on business and cannot get out of it. Do you:
- A. Call your parents and ask them to bring friends to fill up your daughter's cheering section?
  - B. Send Maria, your own illegal Nanny, with flowers and your credit card so she can buy dinner for everyone in your daughter's cheering section?
  - C. Tell your boss you can't go, even if it means risking your job?
  - D. Promise to make the next play and buy a guilt souvenir to make yourself feel better?
9. You're going out and can't fit into any of your thin clothes. Do you:
- A. Wear those tight black jeans anyway and cover your assets by wrapping a big sweatshirt around your waist?
  - B. Wear a muumuu and not give a crap?
  - C. Buy a new black outfit that makes you look and feel fabulous?
  - D. Call the plastic surgeon and schedule liposuction?
10. Think long and hard about where you were when you were 25, and ask yourself if this is where you thought you'd be today. Is your life:
- A. Out of sync with your expectations?
  - B. A little off balance, but once things calm down, life is going to get better?
  - C. Exactly on track?
  - D. Life? What life? I have no life!

SCORING	1	A-2	B-3	C-0	D-1
	2	A-3	B-1	C-0	D-2
	3	A-3	B-1	C-0	D-2
	4	A-2	B-0	C-1	D-3
	5	A-3	B-2	C-0	D-1
	6	A-1	B-3	C-0	D-2
	7	A-1	B-1	C-1	D-3
	8	A-1	B-3	C-0	D-2
	9	A-2	B-3	C-0	D-1
	10	A-2	B-1	C-0	D-3

0-10:

"Faux-bulous Fiona"

Bravo! Bravo! You have mastered the art of having it all in life. You've got it all and there is nothing you could possibly need or want...well done...your life is perfect (but we think you need a polygraph test).

11-19:

"Balanced Betty"

You sometimes wonder what it would be like to have it all and you feel that you are on the verge of getting it. The priorities you have are set but you sometimes contemplate "spicing" things up a bit and doing some shuffling. Well, if you have the urge, go right ahead...because you just might find yourself being a...

25-30:

"True Bombshell!"

Congratulations! You are just as crazy and stressed out as we are! You're a modern Bombshell. You have lived and experienced enough to know that having it all isn't having it all at all. But consider this your wake up call... it's time to put your own needs at the top of your "list" and let every one else who counts on you deal...that's when you'll know why being imperfect feels so damn good.