

The Gratitude Table

Quick-Start Checklist: Starting Your Own Gratitude Table

Before you send a single invitation

- ☐ Get clear on your intention — why does this table exist, and who is it for?
- ☐ Decide what kind of gathering speaks to you (not Chris Schembra's, not mine — yours)
- ☐ Ask yourself: Who am I? How would I love to be received at this table? What do I want to create?
- ☐ Choose a day and time that works for you first, your guests second

Building your guest list

- ☐ Start with women you already know and trust
- ☐ Keep the first group small — four is plenty for a first table
- ☐ Remember: curated isn't exclusive. It's reading the container, not judging the person
- ☐ Set up a simple way to track who's been invited, who's come, and who to follow up with

Sending the invitation

- ☐ Send a personal, simple invite — no agenda, no networking, just good food and good people
- ☐ Leave a little mystery about what happens at the table
- ☐ Follow up with details only once someone says yes
- ☐ If you don't hear back, send one additional warm note — then let it go

Planning the meal

- ☐ Choose whatever approach actually feeds you — potluck, pizza night, a full homemade spread, it all counts
- ☐ Ask about allergies and dietary needs ahead of time
- ☐ Don't aim to impress. Aim to nourish
- ☐ Remember: the point was never a flawless meal. It's the room

Setting the table

- ☐ Use what you have. Mismatched chairs and a borrowed table are part of the charm, not a problem to solve
- ☐ Let guests help — with chairs, with serving dishes, with anything you're missing
- ☐ Leave a few tasks undone until guests arrive, so everyone has something to do

Hosting the evening

- ☐ Assign small tasks as people arrive — it eases nerves and builds connection
- ☐ Don't sit at the head of the table
- ☐ When it's time, ask your gratitude question and let the silence between answers do its work
- ☐ Remind everyone: we're here to listen, honor, and witness — not fix, console, or advise
- ☐ If it's yours to share, it matters. No apologizing for it

After the dinner

- ☐ Send a thank-you note reflecting on the evening
- ☐ Invite returning guests to bring someone new next time
- ☐ Practice receiving — the help, the gifts, the words. Let it circulate back to you

Every month after that

- ☐ Trust the unfolding. You don't have to make the magic happen — just set the table and let it in