

Play Your Day – Game Action

Coaching Super Powers Game



The Game Changer: #PlayYourDay

You are in the pursuit of greatness in the Connected Age of Purpose and Play! Every day bring the spirit of play to an activity where you would normally “work”!

Quick Outline

1. How to play your day
2. 10 Reasons to Rock the Gamecard Lifestyle!

1) How to Play Your Day

Play is any time you create, explore or experiment. Play is any time you CANNOT control the outcome BUT you can INFLUENCE the outcome with your energy, skill, creativity or strategy.

Look for opportunities to bring the Spirit of Play into your day (#PlayYourDay). When you do, share about it on your game card! Share a photo of the moment. THIS ONE THING will change your life.

And look at your teammates game cards and see how they are playing in life. Give them some encouragement by commenting on their game card. If they do something awesome, give them a YIM!



Step 1: Click through to your game card.

Look for the **Game Action** section (Find the Blue Button with the Star Reacher!)

Find the **Game Changer** badge. You will see the game card description...



00 GAME CHANGER: *I played my day! This is what happened...*



Click on the SHARE button in the right column.
Finish this statement on your game card by sharing a few thoughts. Use colors and fonts to express yourself!
Share a photo! We love to see you at play.

2) 10 Big Reasons to Rock The Game Card Lifestyle

1) You are insanely busy. When you give of your time – time that you don’t even have - to contribute to your community, you are a hero. Your community needs heroes. It is as simple and powerful as that.

2) Sharing consistently activates a part of your brain that accelerates learning from successes so you get better results much faster. You also avoid repeating mistakes; which is a good thing.

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3) Sharing about your experiences in writing reveals powerful insights that would otherwise remain hidden. In other words, **you CREATE and LEARN while you are writing**. For example if you are facing a challenge and you type into your game card: “The perfection of this situation is...” FLASH! Insight.

4) Learning from others – by reading their game cards - accelerates your path to mastery because you amplify your own learning experiences.

5) Sharing your insights in a way that contributes value to others in the community boosts your experience of your own value; receiving external feedback from others creates a **MEGA boost of belonging and self-worth** (something we ALL need a lot more of!)

6) KNOWING that you are part of a learning community – rather than operating in isolation- boosts your overall feeling of goodwill. Feeling goodwill keeps you operating in the BIG part of your brain where you are creative, while feeling alone keeps you in the smaller/ animal part of your brain where you are reactive. “Isolation is the dream killer” – Barbara Sher

7) Having a place to go – your game card - to remember what you have accomplished in the recent past is a significant self-worth boost; When your self-worth is high you take more positive risks which leads to faster learning and better results.

8) Having a place to go to be reminded of your own objectives and see a written recap of what you have learned and accomplished recently helps you bounce back from disappointment and course-correct very quickly as well. This minimizes or eliminates time lost due to feeling lost or down about what you are doing; which over time greatly accelerates your path to success.

9) Sharing in writing about your game activities at some point every day has the tremendous effect of clearing your mind. This then releases bandwidth being used to “remember” to be used for creativity. AWESOME! It frees up your mind to start the new day with a new game.

10) Long term awesomeness! You can come back and review these game cards at any time in the future when you need a boost and to see how far you have traveled on the path to mastery.

BONUS Reason: Get REAL! Results Energize Authentic Living

Playing the game card gets you focused on Playing for Results every day. When you play for results, your life is better. **#PlayYourDay**