



Quick Summary:

BIG Idea: Your Vitality is a combination of your physical energy, health and attitude. It has a profound impact on what you can do and how people FEEL about you. You can significantly boost your vitality by taking deliberate action to take care of yourself.

Capture Vitality Power: Select one daily game action that will boost your vitality that you will do for 21 Days, and then use your curiosity to brainstorm creative experiments to bring fun to your action. Then declare your levels of achievement for Bronze, Silver and Gold Medals.

Use it: Do your game action with a fun creative experiment. Then SHARE what you did on the REAL LIFE Game Platform. Share with the intention to inspire your teammates.

Find The FUN: Curiosity, Creativity and Health

Quick Game Plan to Capture PLAY POWER

- 1) Choose a VITALITY game action to play with for your 21-Day Challenge
- 2) Brainstorm 5-10 creative experiments to make it fun – FUN is FUNDAMENTAL
- 3) Declare your Bronze, Silver and Gold levels of achievement
- 4) Share on your game card AND Collect 5 Point!!! YES!
- 5) *Find the FUN!*
- 6) Step into your Game Action and BIG Wins

1) Choose a VITALITY game action to play with for 21-Days

To fully enjoy The QUEST you need a LOT of energy. Taking deliberate care of your body and your energy is essential to your sustainable success.

In the Industrial Age our body was perceived as a machine (like everything else) – you only need to fix it when it is broken.

In the Experience Age we realize that our body and energy is vital to our personal experience of life every day. Our body is a living thing that must be cared for!

Another BIG IDEA is that your VITALITY greatly effects how you come across to others. I.e. Their EXPERIENCE of YOU.



the Quest

Your LIFE is the Game

VITALITY POWER

Play Sheet



The key point is that as soon as you take deliberate action to care for your VITALITY, you FEEL better.
When you FEEL better... EVERYTHING CHANGES!

How to choose your VITALITY action:

- 1) Choose either: a Self-Care Action that you enjoy doing; or a FUN Fitness Action
- 2) It is probably something that you have been neglecting.

It is YOUR QUEST. YOU choose.

Examples:

Self-Care Examples: Meditation, Yoga, Journaling, Chi Gong

Fitness: Walk a mile, Eat healthy food, Take the stairs



2) Brainstorm 5-10 Creative Experiments for your game action

REMEMBER: ROUTINE IS THE ENEMY OF YOUR BRAIN!

It is very important that you find a new way every day to PLAY your VITALITY game action.

Use curious questions to think of creative experiments you can do to make your VITALITY game action fun and to enjoy the challenges that you face along the way! (and kick Industrial Work Mindset's BUTT!!)

Curious questions often start with "I wonder..."

I wonder how I could have more fun doing this?

I wonder how I could do this 21 different ways?

I wonder how I could do this in 21 different places?

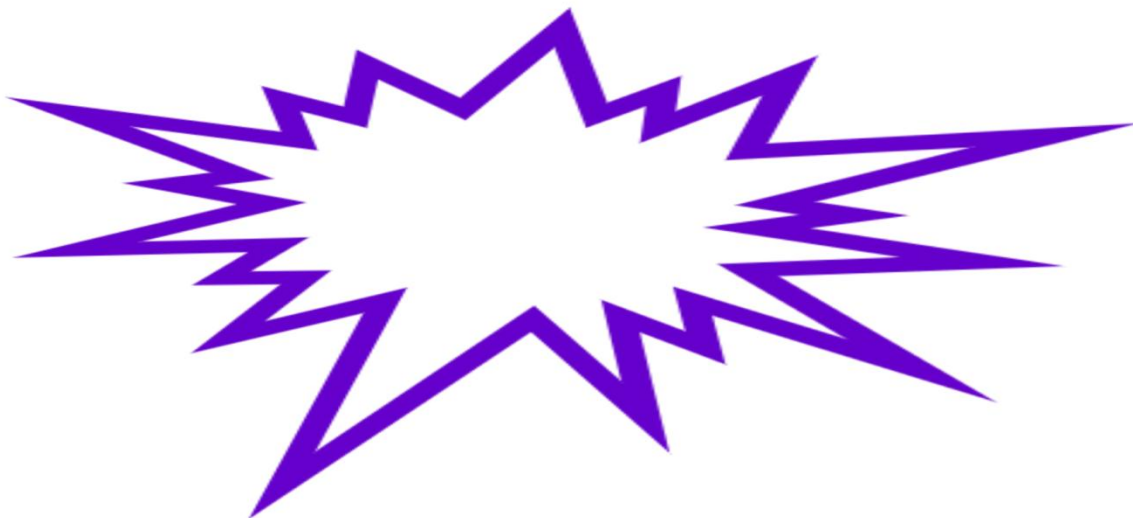
Ideas:

Yoga: 21 different postures, 21 different music selections, 21 different locations

Walk a mile: 21 different pathways, 21 different friends to walk with, 21 different warm up routines

Eat Healthy Food: 21 new recipes, 21 different friends to dine with

Write a few ideas on or around the "Purple Flash"...



3) Plan Your Medal Levels of Achievement

In other Power Up's in the QUEST we encourage you to look for a REAL WORLD result for your actions. In this case however we DON'T want you to do that. In other words, don't make a goal like: Lose 10 pounds, or Cure my allergies.

Simply choose a Vitality Game action and find a way to have fun with it every day. In this case, the results will take care of themselves!

Olympic Medals as a Metaphor

Use the chart to define your levels of achievement for your event using. Declare a Bronze, Silver and Gold Medal level. Make sure your medals are challenging AND achievable. Be careful not to give yourself an unwinnable game!

You are playing to complete your VITALITY action as many times as possible up to 21.
Use #'s of your actions. Eg. # (Bronze = 12 Walks; Silver = 15 Walks; Gold = 21 Walks)

Medal	Achievement
Bronze	
Silver	
Gold	

I just planned my **VITALITY POWER** for the 21-Day Olympic Challenge Game! Here is what I am



going to do...

Note: the system will often detect if you are already logged into Facebook. If it doesn't, you can click the login button and enter your Facebook email and password.

Now you are POWER'd UP to get into your REAL LIFE Olympic Game.

The next page gives you a few additional ideas on how to get into the game.

4) Share on your Power UP on your game card and collect 5 points. YES!



Step 1: Click through to your game card.

Look for the Power Booster section –
(Find the Red Button with the Rocket!)

Find the **VITALITY POWER** badge.



You will see the game card description...

*I just captured **VITALITY POWER** by selecting my VITALITY Activity, and Creative Experiments for the month! Whoa! Here is what I am going to do...*

Click on the SHARE button in the right column.



A text entry window will appear.

Complete this statement on your game card by sharing your game activity, intended results and a few creative experiment ideas. and (optional) Your Medal Achievement levels.

Get your FB friends cheering you on! (optional)






Under the share box you will see the Facebook login button and “Share On Facebook” button.

If you share on Facebook you earn +1 Bonus point in your total score.

The game system will combine the text from the game card with what you type in to create and post a FB status update for you. It will also include the Play Power Badge and a link to your LifeVille Public profile! Who knows, you might get a referral.

To activate your LifeVille profile and to make it public you simply



	<p>register for the LifeVille “Partner Program”. It takes less than 5 minutes.</p>
	<p>Step 2: Scroll down the game card to find the Game Action section (The Blue Button with the player reaching for the star)</p> <p>Look for the VITALITY POWER Badge. After you complete your Vitality Activity in your REAL LIFE each day, you will come to this section of your Game Card to share about what you did.</p> <p><i>I just completed my VITALITY POWER game activity for the day. Here is what happened...</i></p> <p></p> <p>Click the SHARE button Remember to share with the intention to inspire. Share about how you did your creative experiment. Share what you learned – even if you think it was not successful!</p> <p>Each time you share about your game activity you earn points. And another SHARE button pops up for you to use the next time you complete this activity.</p>
	<p>Step 3: Scroll down the Game Card to the BIG WINS section (The Green Button with the hand holding the trophy)</p> <p>Look for the VITALITY POWER Badge. After you reach the results you established for your BRONZE level achievement you will come to this section of the Game Card to share about your victory and what you have learned!</p> <p><i>I just achieved my BRONZE level result using VITALITY POWER Here is what happened...</i></p> <p><u>EDIT</u></p> <p></p> <p>Click the SHARE button Remember to share what your results were, the challenges you faced and what you learned. Make it inspiring!</p> <p>You will see an edit link under the text. This is so you can change the word BRONZE to SILVER and then to GOLD as you reach each level.</p> <p>After you share about your BRONZE level result, click the edit link</p>



and change the text to:

*I just achieved my SILVER level result using **VITALITY POWER***

Here is what happened...

A new SHARE button will be there ready for you when you reach your next level of achievement!! Then do the same thing for your GOLD level.

5) Find the FUN!

This is the essential mantra for the Olympic Challenge! Think of “Star Wars” when Obi Wan or Yoda tells Luke: “Use the Force!”. Think of Coach Dave imploring you: “Find the Fun!!” and “May the FUN be with you!”

So, where is the fun here?

Curiosity is fun! Use your sense of wonder to as you look for new ways to bring The Spirit of Play to your daily game action

Creativity is fun! As you conduct creative experiments with your daily action, look for the fun by trying new things.

Energy is fun! Feeling energetic is a kind of fun. Taking a small step toward better self-care or energy care will give you positive feelings.

6) Game Actions and Big Wins

The Game Action for your VITALITY POWER is to do your game action with the spirit of play at least once every day. If you do it more than once in a day you just get points for one time. The idea is to make it an everyday thing, NOT a “just get it all done at once” thing (that is too industrial!). Or at least, a 21 Days in the month thing ;-)

As you move through the game, try the creative experiments that you identified. And come up with new ones! Remember... FIND THE FUN!

To get the points each day all you need to do is SHARE about what happened when you did your action.

BIG Wins

The BIG WIN is when you reach your Medal levels of achievement. When you reach the BRONZE level go to your game card to share! **REMEMBER to Celebrate! You just won a medal.** Find a creative, HEALTHY way to celebrate!