



### Quick Summary:

#### **BIG Idea:**

Coaching is about being a positive influence in the lives of others. The truth is, when you FEEL GREAT about your health, energy and body, people are more inclined to be influenced by you. Your vitality is an unconscious gauge people use to assess how well what you are doing – and talking about - is working in your own life. This doesn't mean looking like a super model or body builder! It means you FEEL GREAT.

**Capture Vitality Power:** Select one daily game action that will boost your energy and 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.

### Quick Game Plan to Capture VITALITY POWER

- 1) Find the Fun!
- 2) Choose your game action for VITALITY POWER
- 3) Brainstorm 5-10 creative experiments to make it fun
- 4) Declare your Bronze, Silver and Gold levels of achievement
- 5) Share on your game card AND Collect 5 Point!!! YES!

### 1) Find the Fun!

**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.

### Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Your body is a machine to get you from one place to the next. If it breaks it can be fixed.	Your body enables you play your game every day. It is a vital asset to care for proactively
Physical / health problems are unlucky accidents that randomly strike you. The doctor will fix it.	Your vitality, energy and health are MOSTLY a function of your lifestyle choices. Caring for your energy will prevent most health problems.



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

No matter what your current Vitality status is, the fast track to feeling great is to take positive action to boost your vitality. To be a person of influence you need a LOT of energy so taking great care of your body and your energy is essential to your sustainable success.

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 Game. YOU choose.

Examples:

Self-Care Example: Meditation, Yoga, Journaling, chi gong

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

## 3) Brainstorm 5-10 Creative Experiments for your game action

**Use curious questions** to think of creative experiments you can do to make your 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?

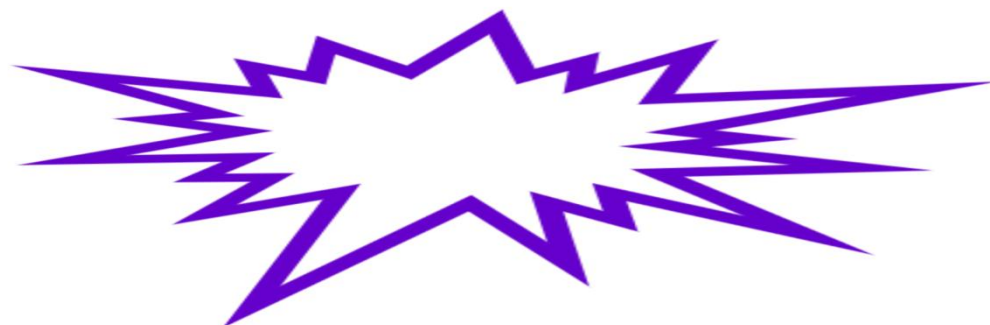
I wonder how I could do this in 21 different places?

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

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





The Game Action for your VITALITY CHALLENGE 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!)  
Small Exception: If you take a day off you can double up the day before or after.

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.

### CURIOSITY!

An essential element of play is navigating via curiosity.

As you go through the game continue to ask yourself curious questions about your game action every day such as:

How can I do this better the next time?

What did I learn from my challenge today?

I wonder who I know that could show me how to get better results?



POSSIBILITY!! Whenever possible, take a photo when you are doing your Vitality Challenge activity and share it with the team on your game card!

## 4) Plan Your Medal Levels of Achievement

Here is a chart to define your medal level achievement for your event. Declare a Bronze, Silver and Gold Medal level.

1) Actions: How many days will you take your Vitality Action in a creative way? The max is 21.

Eg. # (Bronze = 12; Silver = 18; Gold = 21)

Medal	Achievement
Bronze	
Silver	
Gold	

### 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 EDIT the description to replace the word **EDIT** with the word **BRONZE**. Then do the same for the **SILVER** and **GOLD** when you reach them.**



DONE!! You are now ready for the 21-Day Vitality Challenge!

### 5) Share 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 planning my 21-Day VITALITY Challenge with Creative Experiments! 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.



**Step 2: Scroll down the game card to find the Game Action section**  
(The Blue Button with the player reaching for the star)

Look for the **VITALITY POWER** Badge.

After you complete your Challenge Activity in your REAL LIFE each day, update your Game Card to share about what you did.

*I just completed my **VITALITY CHALLENGE** activity for the day.  
Here is what happened...*



**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!

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.



POSSIBILITY!! Whenever possible, take a photo when you are doing your Vitality Challenge activity and share it with the team by clicking the upload photo link.



**Step 3: Scroll down the Game Card to the BIG WINS section**  
(The Green Button with the hand holding the trophy)

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!

*I just achieved the **BRONZE** level result of my **VITALITY CHALLENGE!** Here is what happened...*

EDIT



**Click the SHARE button**

Remember to share what your results were, the challenges you faced and what you learned. Make it inspiring!

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.

After you share about your BRONZE level result, click the edit link and change the text to:

*I just achieved the **SILVER** level result of my **VITALITY CHALLENGE!** 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.