

Inner Freedom Method

Game Changer Mission 1: Play With Fear



Quick Summary:

BIG Idea: It's YOUR Game. To fully immerse yourself in the Inner Freedom Method you must experience it as a coach AND as a player. To do this you must choose a "Play With Fear" challenge that will push you well outside of your comfort zone! Think about what a HUGE opportunity this is. YOU KNOW WHAT THE ONE BIG THING IS! The ONE THING that – if you did it with power and grace and energy every day - could send your business, career or relationship into a state of awesomeness! Now is your chance to put all of your energy into THAT ONE THING with the powerful assistance of your Inner Freedom Partner and the entire Inner Freedom class. Let's DO IT!

Capture Play Power: Select your PLAY WITH FEAR initiative for the month... THE BIG THING. Whatever it is, do it in a way that requires participation by other people! Remember: tasks are safe, people are scary! For example: master a key visibility skill like networking, blogging or building alliances; OR complete a tangible accomplishment like writing a chunk of your book or creating a product where you actively include feedback from other people. Then share the "conflict story" for this action. Why is it so important? How/why have you resisted it so strongly?

Game Action

Get in the game and do your action every day! Focus on playing with the fear by using the Inner Freedom Method every time you do it. The key is to expand your awareness of the inner conflict between survival and contribution. Remember you are playing for a result; meaning something happens in the world because of your action. It could be getting a "YES" to your offer or getting feedback on your creation.

Big Win

The BIG win is when you get the result you are playing for! Find a way to celebrate your victory and enjoy it.

Quick Game Plan to Capture PLAY POWER

- 1) Find the Fun!
- 2) Choose Your Initiative for The 21-Day PLAY with Fear Challenge
- 3) Share the "Conflict Story" of the action.
- 4) Your Game Action for the Play with FEAR challenge

Inner Freedom Method

Game Changer Mission 1: Play With Fear

5) BIG WINS for your Play with FEAR challenge.

1) Find the Fun!

Making the game your own!- When you play a game it is fun to customize the game for your personal desires; then bring the spirit of play to the most important aspect of your game.

Creativity is fun – Find a collection of fun ways to approach your major initiative. Challenge your mind to come up with a variety of fun alternatives – keep it fresh.

Collaboration is fun – Find ways to get other people involved with your major initiative. Playing with others is always more fun than playing solitaire and you tend to get better results as well (although it is more risky).

Fear is fun – It is exhilarating when you step out of your comfort zone and embrace the experience.

Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Do what you are told to do.	It's YOUR Game. Define your own key initiative and have fun going after it.
Do your own work! Bunker in to work in solitude. If you ask for help from others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we engage others in our initiatives. People love to contribute, play along and give feedback.
Do it the same way every time to make it routine and eliminate mistakes	Routine is the enemy of your brain! Challenge your mind to find creative ways to approach your initiative in a new way every day.

2) Choose the Initiative for your 21-Day Play With Fear Challenge

It's YOUR game. Think of THE MOST important thing you want to for your business / career / life. That will push you outside of your comfort zone.

Next...

What type of initiative will you choose? There are 2 basic types:

- 1) An Action → Result challenge based on a key skill
- 2) An Accomplishment challenge based on completing the steps of a project.

Examples of an Action → Result Initiative

Here you take the same action each day with the intention of producing a result in the world.

Action	Result
The Visibility skill of networking and follow up: attend networking events and make 21 Follow Up	Play for "YES, I want to know more about what you do."

Inner Freedom Method

Game Changer Mission 1: Play With Fear

calls	
The Visibility skill of blogging: write 21 provocative blog posts that spark engagement	Play for “YES, I will write a comment about the value of your article”.
The Enrollment skill of recruiting players to practice your coaching. Connect with 21 potential players.	Play for “YES, I would LOVE to be your player!”

Examples of an Accomplishment challenge based on a project

Here you take action to complete the project AND get feedback on what you have created.

Project	Accomplishment
21-Day Challenge to write a chunk of your book	Complete 3 pages each time for a total of 63 pages AND request feedback from others.
21 Day Challenge to create a product	Identify 21 discreet steps and complete each one by the end of the month AND request feedback
21 Day Challenge to create a new method; eg. A visibility method or enrollment method.	Identify 21 discreet steps and complete each one by the end of the month and request feedback

Whatever it is, do it in a way that requires participation by other people!

Remember: tasks are safe, people are scary!

No hiding in your basement making your thing like a mad scientist with no input from the rest of the world! The key is to determine the RESULT you will play for AND play with the fear while doing it.

3) Briefly share the “conflict story” about this action

1) Why will doing this THING have a HUGE impact on your ability to play the game with JOY and win?

2) What is the history of the conflict?

Questions to spark your imagination about the story...

How long have you been avoiding it?

How many times have you tried in the past and just couldn't will yourself to do it?

How many times have you forced yourself to overcome the resistance but it took a huge toll on you?

How many times have you done the THING but got bad results?

Inner Freedom Method

Game Changer Mission 1: Play With Fear

Update your game card by...

- 1) Click on the My Game button on the Game Bar.
- 2) On the left click on the link for the game you are playing NOW.
- 3) Click on the Power Up Button on your Game Card.
- 4) Find the Coach Power! Badge; Click on the Share icon.



*I just stepped into my life as a **GAME CHANGER** by transforming my key initiative for the month into a fun 21-Day Play with FEAR Challenge! Whoa! Here is what I am going to do...*

DONE!! You are now ready for the Play With Fear Challenge: 21 Days of Playing Outside of your Comfort Zone this month!

4) Game Action for your Play with Fear challenge

Get in the game and do your action every day! Focus on playing with the fear by using the Inner Freedom Method every time you do it.

The key is to expand your awareness of the inner conflict between survival and contribution. Notice how just “thinking” of doing your action can put you into “fear mode”. See if doing the Inner Freedom Method can free you up to play.

The Game Action for your PLAY WITH FEAR CHALLENGE is to do your game action 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.

Every day, go onto your game card and share about your experience with your Play With FEAR action. If you use the method to play with the fear but end up NOT doing it, you can still share about what you learned from the experience on your game card.

Update your game card by

- 1) Click on the Game Action Button on your Game Card.
- 2) Find the Coaching Badge; Click on the Share icon.



GAME CHANGER: *I just made progress in my 21-Day PLAY WITH FEAR CHALLENGE. Here is what happened...*

Inner Freedom Method

Game Changer Mission 1: Play With Fear



POSSIBILITY!! Whenever possible, take a photo of YOU in action while you play your game and share it with the team on your game card!

5) The BIG WIN for Play Power

The BIG WIN for your play action depends on the type of action you are taking.

Action -> Result

For this action the BIG win is when your desired result happens! YES! Score.

For most game actions this will be a “YES” from another person.

Project Completion

For this action the BIG WIN is feedback about whatever you created in your project. The key is to find a way to request feedback along the way rather than waiting “until it is finished”. You can decide if you want to play for “positive” feedback or ANY feedback. I recommend any because if someone takes the time to look at what you have created, that’s pretty generous. I say: “SCORE THE POINTS”.

Update your game card by

Tell everyone what happened. Consider making it a highlight.

- 1) Click on the Big Wins Button on your Game Card.
- 2) Find the Coaching Badge; Click on the Share icon. Share the details about what happened!



GAME CHANGER: *I just achieved the BIG WIN for my 21-Day **PLAY WITH FEAR CHALLENGE**. Here are my highlights...*