

Play Life Method™ Play Sheet

Inner Freedom Energy Grid

1) Complete the “Energy Grid” by following the Instructions on page 2

Explore	Avoid	Power Through	Poor Results
1) Describe the Action			
2) Describe the desired result			
3) Describe your “reactive thoughts”			
4) Where in your body is the “buzzing energy”			
5) Describe any “memory pops”			
6) “Connect the dots” between the earlier moment and the current resistance			
7) Paint a new picture for yourself			

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Instructions

1) Identify Actions With Resistance

Consider your experience of playing your game to identify 3 actions for this Inner Freedom exploration. Briefly describe one action for each of these three scenarios:

- 1.1) An important action that you are avoiding completely. (even if you describe it as having no time!)
- 1.2) An important action that you take by POWERING THROUGH your inner resistance. (you typically have to pump yourself up to do it)
- 1.3) An action that you are taking BUT not getting the results that you desire. (what you desire is NOT happening or NOT happening enough).

2) What is the desired result

In a few words describe the desired result from the action. Eg. The other person says “yes”.

3) Notice Reactive Thoughts

Imagine yourself doing the activity. While maintaining judgment-free awareness, notice the thoughts that pop into your mind. Share a few of the most significant.

4) Notice BUZZING Energy

Continue to imagine yourself doing the activity. REALLY put yourself in the scene. Close your eyes and slowly scan your body for physical sensations (aka buzzing energy) from the top of your head to your waste. Jot down any places where you feel the buzz. (note: there may be more than one!)

Select the buzzing energy that feels the most intense. Again, close your eyes and just ALLOW (the opposite of resist) yourself to FEEL the energy for 30 seconds. The key is to just allow it to be there. NOTE: you are not TRYING to release it but it may dissipate on its own. The point of the exercise is to experience the energy fully rather than resisting it. Doing so EXPANDS your comfort zone!

5) Notice Memory Pops

While FEELING the energy, what memory “pops” up? You don’t have to TRY to remember something. Most likely it will just be there in your mind – even if somewhat vague or faint. In just a few key words describe the memory. Eg: reciting poem in 3rd grade or watching sister fall off her bike. You know the moment. If nothing pops up, no worries!, just skip to step 7.

6) Connect the dots

In just a few words – no major analysis needed here – explain the connection between the earlier experience and the current resistance. Eg. If I stand out I will embarrass myself or I couldn’t help my sister how can I help anybody else

7) Paint a new picture

Your current resistance is just a pattern of feeling and thought designed to keep you safe. Paint a new picture of yourself SAFELY engaging in the required action.