

# Play Mission 2: Play Your Dream RACE

## Play Life Method Playbook



### Outline:

- 1) **Introduction:** You are on a mission to PLAY for your Dream and embrace the Spirit of Play
- 2) **Power up:** Share your Dream RACE Play Plan for the week
- 3) **Game Action:** Share about your Play Moves and what you experienced
- 4) **BIG WIN:** You get your desired results OR something surprising but AWESOME! (that happens when you play!)
- 5) **Find the fun!**

**“Play will change your life” - Coach Dave**

### 1) You are on a mission to PLAY for your DREAM!

In Mission 1 you named your Dream RACE and shared a few ideas for how you will live into it using the RACE model.

Now it is time to step up and PLAY! The game is take action to play for your dream almost every day with the intention to create results. Aka contribute to the lives of others.

It may be a new idea to play for results rather than just complete a task. This is a big moment. Embrace it.

You will embrace the spirit of play and take risks to expand your creative influence. AND have fun doing it.

Every time you play you will learn something that helps you a play better. Every person you interact with can expand your influence in the world.

It is the unknown of what your DREAM will ask of you each day that creates juicy aliveness, curiosity and wonder.

When you CHOOSE to play your life as a performance art, game or quest, you step into a massive opportunity for personal transformation.

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**From:** Working alone to check tasks off of a to-do list; then enjoy some entertainment.

**TO:** Playing with others to create winning results and love your life every day.

When you take actions to create results that you really care about, you will face challenges! A challenge is anything that prevents you from getting the result you desire when you take the action.

The **KEY** distinction is to embrace and enjoy the challenges because they make the game interesting and fun and facilitate your path to becoming a better player.

This leads us to **EVALUATION** and becoming a great performer. Your evaluation – **WITH** your coach - is how you assess what you did in the face of the challenges. In any worthy endeavor you will face new challenges every day, and by taking the time to assess, you can become a better player.

**Game Card Note:** this playbook will only be connected to the first few of the weekly Game card items. You only need to read it the first time!

### 2) Power Up: Describe your Dream RACE for the week

Each week you will meet with your coaching partner in class and create a play plan for the week. Then you will share a few elements of your plan on the game card so that all of your classmates can stay connected to you.

1) Share the name of your **DREAM** (even if it is the same every week)

2) **Results:** Name the results you are playing for; especially those where you have a positive impact on another person/ people.

3) **Actions:** Describe a few of the actions you are going to play; especially recurring actions where other people are involved.

4) Describe any challenges that you expect to face.

5) Highlight any creative / fun experiments that you are going to try!



### A few more ideas

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**A) Find ways to have fun with your action. Avoid the trap of giving yourself work to struggle through.**

Let your imagination run wild with ideas that will make your game move more interesting and fun WHILE you are doing it. The idea is to “PLAN-PLAY-LEARN”.

**BIG point: when we say learn, we mean accumulating capabilities by responding to unique situations NOT acquiring information.**

**B) Find ways to collaborate with others.**

Remember, this is the Connected Age!

If you are going to networking events, invite colleagues to go with you.

If you are writing, find interesting places to go and write.

The key is to make your move into a fun adventure that you look forward to sharing with others.

**Use curious questions** to think of creative experiments you can do to make your move fun and to enjoy the challenges that you face along the way! (and kick Industrial Worker 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 in different ways?

I wonder how I could do this in different places?

**Update your game card.**

Each week you will have a new Superpower RACE Power Up item on your game card!



A **POWER UP** is an activity where you listen, read or do an exercise and then share your insights and/or plans.



***Dream RACE Week #01:*** This is how I am going to PLAY for my BIG Dream this week. (Share a few desired results, planned actions and anticipated challenges) ...

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Share

### WHAT TO SHARE:

- 1) Share the name of your DREAM (even if it is the same every week)
- 2) Results: Name the results you are playing for; especially those where you have a positive impact on another person/ people.
- 3) Actions: Describe a few of the actions you are going to play; especially recurring actions where other people are involved.
- 4) Challenges: Describe any challenges that you expect to face.
- 5) Highlight any creative / fun experiments that you are going to try!



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### 3) Game Action: Play for Your Dream

The idea is to take your 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 take action and SHARE about what happened.

**Game Card Strategy:** It is a good idea to visit the game card once each day and quickly update your play actions. Don't wait until the end of the week and put them all in at once. The juice of the moment will be gone and it will become an Industrial Exercise. BLAGH!!!

While you are there also share about your coaching conversations that day AND visit your team mates game cards and give a few “You Inspire Me” Points!

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A **GAME ACTION** is an activity where you do something in the world and then share about what you did and what you learned.



*Play Life Dream RACE : I just made a move in my Dream RACE!. Here is what happened and what I learned...*



**WHAT TO SHARE:** Share about what you did and what happened (or didn't happen)  
REMEMBER: if you got the result you were playing for share about that on the **BIG WIN** tab so that we can celebrate YOU.



**POSSIBILITY!!** Whenever possible, share a photo of you in action!



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After you share in the Game Action area, a new item will pop up in the BIG WIN section. This is where you can share your results! This structure helps you settle in to the progression between actions and results which is different than completing tasks.

### 4) BIG WIN: You did it!

When play to have something happen in the world, AND it actually happens... THAT is something to celebrate!

The reality is that when you play BIG it doesn't always turn out the way you want it to. So when it does, it is important to mark the occasion and share about what happened on your game card.

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Sometimes when you play something amazing might happen that you were not specifically playing for. Share about those kind of wins too!



A **BIG WIN** is when you get the desired result or experience from an action you take in the world. This is a BIG DEAL and we want to celebrate you!



***Play Life Dream RACE** : I just created my desired result / experience in my Dream RACE. Awesome! This is what happened and what I learned...*



Share

**WHAT TO SHARE:** Share about your desired result or experience happening in your world. We want to celebrate you!  
If there is something that you learned that is different than what you shared about the action, share that here. For example the result may contain some feedback that you didn't have at the time you took the action.



**POSSIBILITY!!** Whenever possible, share a photo of you in action celebrating with someone on your team!



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### 5) Find the Fun!

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

**Results are fun** – It is so sweet when you can see that a creative action that you took for your dream had a positive impact. It is rewarding to know that you made a

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difference for someone in some way. This is really what your Dream life is all about!

### Transformations from worker to player

<b>Industrial Work Mindset (the old way)...</b>	<b>Spirit of Play Mindset (the new way)...</b>
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.
Just do your work and don't pay attention to things that you can't control.	The outcomes in life that we can't control but we can influence are the most risky and the most rewarding. Your unique "Superpowers" only matter in endeavors that cannot be controlled.
You are supposed to do it right every time. Feedback means you did something wrong.	Feedback is the breakfast of champions! Noticing results or lack of results essential to becoming a great player in any game!