

Game Action 01: Game Changer Play My Day

Basic Coaching Superpowers: Start Up Game



A **GAME ACTION** is an activity where you take action in your real life and then share about what happened on your game card.



GAME CHANGER: Play My Day.

To become a great coach you need to practice playing life as a game and engaging in life-changing conversations in a variety of situations. This is what I learned today from playing my day and being a coach.

What to share



Share At some point during your day **NOTICE** that you did or experienced related to playing or coaching...

Share an example of how you brought the spirit of play to something you were doing (or facing). Or share an example of how you “showed up” as a coach in a situation or interaction.

Facebook Boost is on!



Under the share box you will see the “Facebook “Login” button or “Share On Facebook” button. Copy what you shared and paste it into the FB share box.

When you do... 6 really good things will happen! [Learn how to use the Facebook Boost!](#)

Look for the BIG WIN on your game card



Completing this item will place a corresponding “**BIG WIN**” on your game card. Look for it.

Play Your Day

The Game Action area of the game card is where you share about **DOING** things and what you learn by doing.

Playing your life as a game and coaching your team are a major part of every CV program. The Game Changer element is where you share life experiences of playing and coaching that are not specifically related to playing your “formal” game or coaching your players. When you really dive in and immerse yourself in a CV program the idea will spread into many different parts of your life.

You will find yourself doing things in your day with a new spirit of play.

You will find yourself in a conversation with someone and it suddenly goes in a new direction about playing life with purpose or bringing your game to a new level. This game element gives you a place to share about these experiences.

Go and do something with the spirit of play right after you finish reading this and then share about it.

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The key is to create the pattern of sharing about your game every day with your colleagues in the program. (And then boost those shares up to Facebook and keep your friends in tune with your transformation!)