

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook



**“Inner Freedom Coaching Axiom #1:
“All growth happens at the edge of your
comfort zone.” - Coach Dave**

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 BIG MOVE that will compel you to “Play With Fear” on the edge of your comfort zone!

You are on a mission!

Think about what a HUGE opportunity this is. YOU PROBABLY ALREADY KNOW WHAT YOUR ONE BIG MOVE IS! The ONE game action and result that if you did it with power, grace and energy every day – it could send your business / career / relationship into a state of awesomeness! Your ONE BIG MOVE is just over the edge of your comfort zone so it has been a struggle.

You see other players in the game making this move so you know it’s possible. You want to do it. But for some reason, it’s just not happening.

Now is your chance to put all of your energy into this ONE MOVE with the powerful assistance of your new Inner Freedom Super Powers and your Inner Freedom colleagues! Let’s DO IT!

When you CHOOSE to play a BIG game, you create a massive opportunity for personal transformation.

From: fear and emotions are something you power through; the subconscious mind is dark and mysterious and must be avoided.

To: you can play with fear and emotions; the subconscious mind is a vast resource of wisdom and power.

As you think about your BIG MOVE, consider that playing BIG means to express yourself and create results that contribute to the lives of others. It’s not just about you doing something, it includes influencing or sharing with other people in a unique way.

Remember that you want to go for something that connects to your purpose in a BIG way so that it is meaningful and edgy; something that will inspire the needed combination of tenacity and vulnerability.

If you are not 100% sure what your BIG MOVE is, then to get into the game, you only need a place to start. You can refine the game as you play it.

Got it? OK, then you are ready.

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Quick Game Plan to Capture PLAY POWER

1) Power Up: Name your BIG Move

Share a few thoughts about the BIG move and how it will change your game in a meaningful way.

2) Game Action: Enlist support for your BIG MOVE

Share about your BIG MOVE with 5 people on your team. Enlist their encouragement and support. Then share about your experience of talking about your BIG MOVE.

3) BIG WIN: “YES. I will support you.”

When you get an enthusiastic “Yes” to support you in playing for your BIG Move, share about the experience on your game card.

4) Find the Fun!

Remember, it is a game!

1) Power Up: Name your BIG Move

Inner Freedom Power: The mission is to consider your options for a BIG MOVE in your game and then CHOOSE one to play with to get the game started. This BIG MOVE may last through the entire program or it may evolve into something else as you play it.

1) What is your BIG Move?

OK. You got the basic idea from reading about the mission. Here are a few points to emphasize.

Choose something you REALLY WANT to do. Yes it is scary in some way and you have been avoiding it in some way but you KNOW it would be awesome if you could really do it with ease and create results in your game.

Whatever it is, do it in a way that requires participation by other people! Remember: tasks are safe, people are scary!

IMPORTANT: Choose something you can do at least a little bit every day / 5 days per week. The recurring challenge of your activity will keep you on the growing edge of your comfort zone and give you lots of experiences to explore with your partner / coach. You will be aiming for 20 days of play over a 28 Day game period.



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There are 2 basic types of BIG MOVES:

- 1) An “Action → Result” challenge based on a key skill of your game
- 2) An “Accomplishment → Feedback” 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 a few Follow Up calls every day.	Play for “YES, I want to know more about what you do.” OR “YES, I will recommend you to someone”.
The Visibility skill of blogging: write 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 clients for your business. Connect with potential clients.	Play for “YES, I would LOVE to be your player!”
The Leadership skill of sharing with a colleague about something important to you in order to enlist their support.	Play for “YES, I will support you”.

Examples of an **Accomplishment → Feedback** challenge based on a project

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

Project	Accomplishment
20-Day Challenge to write a chunk of your book	Complete a few pages AND request feedback.
20 Day Challenge to create a product	Complete a discreet step each day and as you complete each one request feedback.
20 Day Challenge to create a new method; eg. A visibility method or enrollment method.	Complete a discreet step each day and as you complete each one request feedback.

Remember Inner Freedom Coaching Axiom #1: “All growth happens at the edge of your comfort zone”.

Take note of Inner Freedom Coaching Axiom #2: “To go bigger out in the world, you must go deeper into your SELF”. –Coach Dave

2) Choose your BIG MOVE

This is important. The Inner Freedom Method is about what happens in your body and mind during critical moments of choice. You start the adventure when you CHOOSE to play BIG. This is a Winning Choice!

3) Update your game card.

Once you have your initial idea together for your BIG MOVE, update your game card!

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	<p>Click through to your game card. Look for the Power Up section – (Find the Red Button with the Rocket!) Find the <i>Inner Freedom</i> badge.</p>  <p>You will see the game card description...</p> <p><i>Inner Freedom Mission 1: I just made a choice to make a BIG MOVE in my game. Here is what I am going to do...</i></p> <p>Click on the SHARE button in the right column.</p>  <p>Share</p> <p>A text entry window will appear. Complete this statement on your game card by sharing how you will approach this mission.</p>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p>  <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

2) Game Action: Enlist support for your BIG Move

This is the Connected Age of Purpose. Your game is NOT a game of solitaire. AND even if your BIG move might seem easy for someone else, it is a BIG MOVE for you, and that is all that matters.

Also, you may need to make a few changes in your daily routine to make space for your BIG move and that will require some support from the people in your life.

AND here is the other thing... sharing about your BIG MOVE with your “team” is often on the edge of your comfort zone so it is good practice!

Your Team = family, friends, colleagues, advocates, customers.





You can find your own words but it can be helpful to share it in the context of the course.

Example: **Say something like:** “I am participating in a program called Inner Freedom where we create a mission that is on the edge of our comfort zone. Can I share mine with you?”

Go for it! And share about each conversation you have whether they like your BIG MOVE or not!

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	<p>Click through to your game card. Look for Game Action section – (Find the Blue Button with the Star Reacher!) Find the <i>Inner Freedom</i> badge.</p> <p>You will see the game card description...</p> <p><i>Inner Freedom Mission 1: I just shared about my Inner Freedom Mission with someone on my “team”. Here is what happened and what I learned...</i></p> <p>Click on the SHARE button in the right column.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;">  <p>A text entry window will appear. Complete this statement on your game card by sharing about what you learned in the conversation. (If you both said “YES” also share in the BIG Win Section)</p> </div> </div>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p>  <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

3) BIG WIN: “YES. I will support you.”

When someone on your team listens to you share about your BIG move and expresses their intention to support you... THAT IS A BIG WIN. Relish it.

So when this happens you will share in both the Game Action area AND the Big Win area for the same conversation.

	<p>Click through to your game card. Look for Big Win section – (Find the Green Button with the Trophy Holder!) Find the <i>Inner Freedom</i> badge.</p> <p>You will see the game card description...</p> <p><i>Inner Freedom Mission 1: I just got an acknowledgement of support for my BIG MOVE from someone on my team! I am so grateful because...</i></p> <p>Click on the SHARE button in the right column.</p> <div style="display: flex; align-items: center;">  </div>
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	 <p>A text entry window will appear. Complete this statement on your game card by sharing why you are excited to coach this player.</p>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p>  <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

4) 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 BIG MOVES of your game.

Creativity is fun – Find a collection of fun ways to approach your BIG MOVE. 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 BIG MOVE. 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.