

Inner Freedom Mission 2: Play ICE Bold!

Inner Freedom Method Playbook



Outline

1. You are on a mission to get your Hearts Desires out into the world with ICE Bold Moves
2. **Power Up:** Name a few ICE Moves for the week
3. **Game Action:** Make your ICE Moves (or NOT) and share about the experience.
4. **BIG WIN:** You co-create the desire results of your ICE Moves!
5. Find the Fun!

“Inner Freedom Coaching Axiom #1:

“All growth happens at the edge of your comfort zone.” - Coach Dave

1) Introduction: You are on a mission to get your Heart’s Desires out into the World with ICE Bold Moves!

Quick Recap:

BIG Idea: Get your Heart’s Desires through a FUN “Maze of FEARS” based on the Social Survival Imperative and out into the World by PLAYING for your BIG DREAM. Fully immerse yourself in the Inner Freedom Method by experiencing it as a player.

We PLAY LIFE by **relating, creating and exploring.**

We will use the **ICE** framework to create a fun weekly game to get your Hearts Desires out into the world!

I = Relate to be a positive **INFLUENCE** (also called Play for “YES”)

C = **CREATE** “things” and experiences and share them with people

E = **EXPLORE** new people, places, activities and ideas to expand your comfort zone

ICE Bold is when you play with the **FEAR** on the edge of your comfort zone; to play in the transformation zone and... the Superpower Zone!

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We are going to do this together! The BIG idea is to play “ICE BOLD” each week and then explore your doubts, fears and resistance with your Inner Freedom class partner. You will be able to take actions and get results that have eluded you in the past. Let’s DO IT!

2) Power Up: Name your ICE Moves for the week

Each week you will have a Game Card item where you can share your ICE Bold Plan for the week.

Then each day you will set out to do one of the moves you described... as well as all of the other awesome things you plan to do that day.

IMPORTANT: Choose ICE Bold Moves you can do at least a little bit every day / 5 days per week. These activities will keep you on the edge of your comfort zone and give you lots of experiences to explore with your partner / coach.

This is important. The Inner Freedom Method is about what happens in your body and mind during critical moments when you choose to do something where you will experience some fear, doubt or uncertainty. You start the adventure when you CHOOSE to play BIG.

How do YOU plan?

You pulled together some support from your team so that you can get these activities into your daily life.

Do you put time/events on your calendar?

Do you just let the day play out with the intention to do it?

It’s up to you. But remember the key is to notice the “moments of choice” around your BIG MOVE.

So for example: if “Make a phone call to a potential referral partner” is on your calendar, and then you somehow get “too busy” and don’t do it, THAT is interesting!

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

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



ICE Bold Mission Week #1:

Here is an overview of the ICE Play Moves for my DREAM I am planning to do this week...



Share

WHAT TO SHARE:

- 1) Share the name of your **DREAM** (even if it is the same every week)
- 2) **Influence:** Share the Influence Plays you are playing for. Are you playing for “Yes”?
- 3) **Create** and share: Share about anything that you are going to create and share with others (either a few specific people, a group or the World!
- 4) **Explore:** Describe any new territories, frameworks, groups you are going to explore.



Share on Facebook +1

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See the “Facebook Login” or “Share on Facebook” button. Copy what you shared, and paste it into the Facebook Share box. Edit if desired.

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3) Game action: Make Your ICE Moves

This step is about action and awareness. (Like all BIG DREAMS in life)

As you play your ICE MOVE notice what you are thinking, what you are feeling in your body and what is happening and not happening.

If you notice that you are avoiding or resisting your ICE MOVE, what ARE you doing instead?

Make notes and be prepared to share about it on your game card AND with your coaching partner in class.

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This is the Connected Age of Play. Your DREAM is NOT a game of solitaire. Your ICE MOVE experience matters to ALL of us.



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



ICE Bold Move:

I just made my ICE Bold Move (or NOT) this is what I experienced...



Share

WHAT TO SHARE: Share about what you did (or didn't do) and what happened (or didn't happen); Share about anything you noticed about your thoughts or physical sensations.

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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4) **BIG WIN: Something awesome happened**

When you make a move outside of your comfort zone to Influence, Create or Explore it is a BIG deal when you get the results you were aiming for. This means that because of your courage, the world is a different place. How awesome.

Share about it and let us celebrate you!

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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!



ICE Bold Win:

I just co-created my desired result / experience from my ICE Move! Woo Hoo! This is what happened...



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!

Influence is fun!- When you are successful at doing something with or for someone that influences them – or contributes to them - is a positive way... That is really fun!

Creating and sharing is fun – We LOVE to create... it is the sharing that is the scary part. But that is what makes the creating even more worthwhile is when it is experienced and appreciated by others.

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Exploring is fun – Exploring new places, groups, ideas or ANYTHING opens you up to new possibilities AND expands what you can contribute to others.

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)...
Only do what you can control.	Playing outside of your comfort zone is what keeps life fresh and exciting AND keeps you growing.
Keep your work to yourself.	The game of life is a public game! Share about your endeavor with your team and classmates. They CARE about what happens.