



A Game Worth Playing

Worksheet

Any game worth playing is a game worth losing. Discovering and living your life On Purpose takes rare courage and resilience. It is a journey which tests us through defeat while tenderizing and opening the mind and heart. Humility makes us willing. We pretend that we can promise a result. But we can't. We can only promise an action.

This Guide Module will support you in designing A Game Worth Playing. That includes playing for what matters most and supporting you to get your Purpose and Intentions into the grain and grit of life.

Though it is 100% possible to live On Purpose Now, the Ego and our fear-based thought system is in strong opposition to it. **Living On Purpose is not for the weak and faint of heart. It is for the heartfelt and those who simply persist with Intention, Honesty and Practice.** It is more than likely you will encounter confusion, doubt and fears along the awakening journey.

This practice can be applied for any time frame or project you want to keep on track and On Purpose. A day, week, month, year (I recently designed one for 30 years — the rest of my life), or you can use it for a project or event.

PERIOD OF TIME

Create intention around a specific time frame.
Try a 3 week sprint, a 1 year stretch, or a customized time frame.

SUBJECT MATTER

Focus your intention around a specific project, problem, or life event rather than a period of time.

COMBINATION

Harness the power of both, by creating an intention centered around a specific life event for a specific period of time.

The more games you play, the more clarity, focus, and direction you will bring to your journey and the closer you will come to discovering your Essential Self. By making it a regular practice to design and play A Game Worth Playing, you will **feel the Power of Purpose getting traction in the grit of Life.**

Instructions

1

First, determine the focus of this Game Worth Playing. Is it centered on a period of time, a subject matter, or the combination of both?

2

Relax and let your mind and heart open.

These are both a bit like a parachute. They seem to work best when opened. Allow your thoughts to drift to the future and imagine how it will feel when you've won the Game Worth Playing you are about to design. Think of **two or three words** that describe what you will experience then.

3

Create an Intention.

This is the spirit or nature of what will **fuel your game.** Maybe some of the words you thought of that describe what you will feel at the completion will fit here. For example, an Intention could be: To live with Freedom and Presence, Creating a sense of accomplishment.

4

Ask yourself — what are the keys to succeeding with this?

Nobody knows you better than you know yourself. If you were your guide looking on from above, what would you say are the most important things to follow/do in this game to succeed? The answer to this will help to shape your **“Game plan”.** For example: Stay in the game, notice when I want to quit and review this Game Worth Playing when I am wandering in a funk.

5

Now “call your plays”.

A play is a specific action you will take to make progress. For example: “Make 25 calls”. Plays are the things that you truly plan to do in your game to reach your intended outcome. They can be accomplished. You might say these are the agreements you are making with yourself. **When you keep these agreements — run these plays — you build self-trust and the power of your Purpose gets stronger.**






6

Finally, once you have your plays, decide what you will “play for.”

In other words, what are the results you intend to produce by running your plays? For example, three new prospect meetings could be what you “play for” as the result of the play to “make 25 calls”. You could also play for an experience like “Feeling connected to my Sweet Tea when we snuggle”.

Designing a Game Worth Playing, On Purpose.

Here's how a simple Game Worth Playing might look when it's all together:

 FOCUS: TIME OR SUBJECT	3 week sprint.
 INTENTION	To live with Freedom and Presence, Creating a sense of accomplishment.
 GAME PLAN	
 PLAYS (ACTIONS)	 PLAY FOR (RESULTS)
Make 25 calls. Snuggle with my Sweet Tea!	3 new prospect meetings. Feeling close and connected.


Use the following worksheets to put your Game Worth Playing all together. Once you have completed the design of it, decide how frequently you will review it. You might note the times/days in your calendar as reminders.

When you finish and score your Game Worth Playing, start the process over again and design a new Game Worth Playing to keep moving forward toward your future Vision On Purpose Now. You will feel a steady increase in the ability to source and thrust your Thought, Energy, and Action On Purpose. With this, comes added **Clarity, Power, and Speed**, in that order.


Day / Date: _____

 **FOCUS**
Period of time, subject matter, or both?

TOTAL SCORE: (SUM OF SECTIONS)


 **INTENTION**
The spirit or nature of what you want to fuel your game.
Create up to 3.

SECTION SCORE:

 **GAME PLAN**
The most important things to follow or do in this game to succeed.
Create up to 6.


- _____
- _____
- _____
- _____
- _____
- _____

SECTION SCORE:

 **PLAYS (ACTIONS)**
The action steps you truly plan to do in your game.
Create up to 9.

SECTION SCORE (AVERAGE):



 **PLAYS FOR (RESULTS)**
The results you intend to produce by running your plays.
Create up to 9.

SECTION SCORE (AVERAGE):

What makes a game is keeping score. Use the following instructions to score your game after the timeframe or event has passed. Document your scores in the red shaded circles on the previous sheet.



INTENTION

Read your "Intention" and rate it on a **scale of 1 to 10**, asking:

- How well did I follow this Intention?
- How well was I guided by this Intention over the given time frame?
- Write your score on the previous page in the **shaded red circle** on the "Intention" box.



GAME PLAN

Read your "Game Plan" and rate it on a **scale of 1 to 10**, asking:

- How well did I follow this game plan?
- OR Did I make changes On Purpose? Sometimes you get in the game and realize you didn't have the right game plan or learn something new that exposes a better Game Plan.
- If you have more than one bullet, rate them all individually and then average the scores.
- Write your score on the previous page in the **shaded red circle** on the "Game Plan" box.



PLAYS (ACTIONS)

Read your "Plays" and rate them according to whether you completed the play or not. For example, "I will work out 4 times." You did or didn't. Mark each play individually then score your average on a **scale of 1 to 10**.

- Put an "X" on the ones you didn't do.
- Put a "✓" on the ones you did do. Some of them are soft and others are tangible so be kind. It's not about punishing yourself.
- Write your marks for each play in the **shaded red circles** at the end of each line in the "Plays" box. Then average them all. For example, if you had six plays, and completed 3, the average would be 50% translated to 5 on a 1 to 10 scale.



PLAYS FOR (RESULTS)

Read the "Play for" section and rate them according to whether you completed them or not. These may be designed as specific, measurable results or may be more intangible. Just be honest and kind as you score them, asking did I produce these results, yes or no? Mark them individually then score your average on a **scale of 1 to 10**.

- Put an "X" on the ones you didn't achieve.
- Put a "✓" on the ones you did do.
- Write your marks for each play in the **shaded red circles** at the end of each line in the "Plays for" box. Then average them all. For example, if you had six plays, and completed 3, the average would be 50% translated to 5 on a 1 to 10 scale.

Now, average the 4 section scores together: **Intention, Game Plan, Plays (Actions), and Play For (Results).**

- Write the number in the **shaded red circles** at the top right corner of the page in the Focus section. **This is your score for this Game Worth Playing.**

Determine your "Level of Play" based on your overall average score.

5

LEARNING TO PLAY

6

PLAYING NOT TO LOSE

7

IN THE GAME

8

PLAYING TO WIN

9

PLAYING ON PURPOSE NOW

10

MASTERY ON PURPOSE

Put that baby to bed. Game over...

You scored it and noticed your progress as you were rating. You made notes in your mind. Design the next Game and Play it!