

# **Name Your Game**

*A Coaching Tool for Creating Awareness, Shifting Context and  
Generating New Actions*

I love games! I grew up in a family that played lots of card games and board games. So when my personal coach, Stacy Fielder, made the statement, "We are always winning at the game we are playing," she caught my attention. And, when she then asked the question, "What game *are* you playing?"....well, she opened up a whole new world of insight for me. That brief interaction became the catalyst for the creation of 'Name Your Game'.

Are you ready to learn a new game? Do you want to play?

***This is a coaching tool and is intended for well-functioning adults who want to gather information, make new choices and take action in the service of their goals for life and work.***

**Step 1: Pick a focus for your 'Name Your Game'.** (Check out the worksheets at the end of this document.)

- A project you're working on
- A theme in your life like money, relationships, your business
- A pattern in your life that repeats itself, like discomfort with public speaking
- Sit back and, in your mind, 'play the movie' of how you do that part of your life. The 'movie' doesn't have to run very long. Just get yourself 'in that space'.

**Step 2: Now, imagine yourself at a toy store** -- a place like Toys R Us that has rows and rows of toys and games. Ask yourself, "If the way I do this part of my life is My Game, what game would it be? What would I call it?"

*I had one client who immediately shouted, "I play 'Chutes and Ladders'!"*

*Another client went a different direction. She called the game she plays 'I Can't Win'.*

*It's fine to invent your own name or to claim a commercial game name that resonates with you.*

Got a name for the game you are playing??? Does it give you that 'zing' of epiphany? Does it make you chuckle? Does it make you go..."OH MY!" Stay with it until it does.

**Step 3: This is where you get to discover the rules to your game.** You already play the game....so what are the unstated rules you are playing by? Imagine that your best friends have come over to learn this new game from you. You're the expert because it's Your Game. How would you explain the rules you follow to win?

These questions might help you discover your unstated rules for this part of your life.

- What do I do?
- What do I think?
- What do I feel?
- What do I believe?

*My client who saw that he plays "Chutes and Ladders" had some clear rules for playing his game. Here are a few:*

- *Always be the one that has to fix something.*
- *Over-schedule the day or don't schedule at all.*
- *Don't write anything down, try to remember it.*
- *Don't delegate.*

*My "I Can't Win" client had very different game rules for her game. Here is a sampling:*

- *Don't start until you know the outcome.*
- *Don't ask for help.*
- *Work hard.*
- *Never be satisfied.*

**Step 4: This step is to discover the prizes we are winning by playing Our Game.** Since we are doing this exercise for a portion of our life that isn't serving us, the prizes are more often Booby Prizes!!! Let's take a look at the examples:

*My "Chutes and Ladders" player recognized some of his prizes as:*

- *being constantly overwhelmed*
- *feeling like a failure in business, and*
- *the tricky prize....CONTROL!*

*My "I Can't Win" client recognized some of her prizes were:*

- *always feeling like she's never enough,*
- *safety, and*
- *being perpetually disappointed.*

So list those prizes. And, take a look. Most of them are more likely Booby Prizes. Do you have some prizes that seem great? Like control and safety? If you generate a list of 6 or more items, it makes it easy to see that prizes such as control and safety come at a very big price.

**Step 5: For me, this last step is the clincher.** It hits me in the gut and has me sit up and really pay attention. It is just a yes or no question:

Would you be proud to teach this game to your children, grandchildren or loved ones?

**Are you ready for a change??**

**Are you gosh-darned tired of that old game?**

**How about creating a New Game, with New  
Rules and New Prizes that you really want to  
WIN!**

## **Go through the steps again.**

**Step 1:** Revisit that area of your life you've been using in this exercise. Visualize how you really want it to go. Play *that* movie for a while.

**Step 2:** What's the name of your new game??? Find a name that inspires you.

**Step 3:** Create the rules to play this new game. What rules will truly serve you?

*My "I Can't Win" client created "The Happy Game". Here are several of the rules to play her new game:*

- *Laugh*
- *Express freely*
- *Be flexible*
- *Trust*

**Step 4:** List out the prizes you are going to win when you play your new game, full out.

**Step 5:** Double check to see if this is a game that you are truly proud of and that you would want the whole world to play!

**PLAY YOUR NEW GAME!!** Find ways to keep your new game in front of you. Here are some ideas:

- List out the rules and prizes in the front of your day-planner.
- Do an art piece.
- Create flash cards.
- Post your rules by the bathroom mirror and read them each day as you brush your teeth.

## Name Your Game Worksheet – Current Game

Today's Date is: \_\_\_\_\_

<p>Step 1: Pick your focus</p>	
<p>Step 2: Name Your Game</p>	
<p>Step 3: List the rules of how to play your game</p>	
<p>Step 4: List all of the prizes you win when you play your game</p>	
<p>Step 5: Do I want to teach this game to my loved ones?</p>	

## Name Your Game Worksheet – New Game

Today's Date is: \_\_\_\_\_

<p>Step 1: Pick your focus</p>	
<p>Step 2: Name Your Game</p>	
<p>Step 3: List the rules of how to play your game</p>	
<p>Step 4: List all of the prizes you win when you play your game</p>	
<p>Step 5: Am I proud to play &amp; teach this game?</p>	

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