

## Workshop: **Embrace Your Wellbeing**

This game is a fun, collaborative, powerful “workshop” for ANY group, ANY time. Use it as a workshop or bring it as a game to the next Wellness Fair you attend. It will help you engage people powerfully in their personal wellbeing. Playing the game leaves the individual with increased awareness of wellbeing, a personal commitment around their wellbeing and a support structure. You will need one or more Variety Pack sets of Inspiration Cards:

<https://www.songsforyourspirit.com/purchase-cards>

Or, if you prefer, order as individual decks of 30 identical cards, those you wish to use for your game. Minimally, there are five cards, one for each perspective in step two below. It is nice, however, to have multiple cards for each perspective to give your participants choice.

You will also need:

- Five labeled envelopes for five sets of cards at each table
- One set of handouts for each table
- Blank cards and pens for persons to journal and to write their commitment on – OR – using the suggested commitment form below, pre-printed forms. If you do one-on-one work with people, I suggest card stock on which you have printed your contact information so it is handy and goes home with them.
- If you are using this game at a Wellness Fair or event, you may want to have a flip chart with sticky paper and have folks write their commitment on the big chart. As the event progresses, you have more and more commitments displayed on the wall behind you.

SETUP:

1. Using the suggestions on page three below, decide which Inspiration Cards you will put into each envelope. Follow the instructions to preview the cards and place your order.
2. Order and receive your cards
3. Load the envelopes with card sets
4. Print the instruction handouts for the tables – or – print table signs for your Wellness Fair *{NOTE: As workshop facilitator, you decide whether you'll place all the instructions on the tables ahead of time or not. I suggest that you DON'T, but, rather, hand them out at the appropriate time.}*
5. Print the Commitment Forms

## Workshop: **Embrace Your Wellbeing**

### **OUTLINE FOR YOUR WORKSHOP OR WELLNESS FAIR GAME:**

1. **GETTING STARTED:** *As a workshop*, this experience involves people sharing vulnerably about their personal wellbeing. You know yourself and at least to some extent, your group, the level of trust present, the level of discomfort (or not!) with this type of experience. It is important for you to set a tone which creates safety and to invite their open minds, sense of adventure, trust in the process. You will also want to ask for confidentiality, non-judgment, encouragement and support for one another.

*As a Wellness Fair game*, the experience is sometimes one-on-one – you and this other person. You create the safe atmosphere as you know how to do! However, you may also have the advantage that groups of people who already know and support one another travel the tables at the fair together. This makes for built-in accountability partners as well as built-in mirrors of truth (friends can see in us what we cannot).

2. **STEP 1 - DISCUSSION:** What does *embracing your wellbeing* mean to you? What areas does it include (physical wellbeing, food choices, ...)? When our wellbeing is “off”, what do we experience? When it is “on”, what is possible? This discussion is meant to set the stage for the rest of the workshop or game. *At a workshop*, the discussion can be with the entire group or at the individual tables. Depending on the time you have for the entire experience, you may do both! Invite discussion at the tables. Then, using a flip chart to write answers, call for each table to offer the ideas they discussed.
3. **STEP 2 –** Point your participants at the Step 2 guidance page. Each person will select the statement which is most true for them.
  - 1) I fully embrace and celebrate my well-being!
  - 2) I don't know where to begin to experience well-being.
  - 3) I don't have time to think about my well-being.
  - 4) Other things are more important than my well-being.
  - 5) My well-being is a pipe dream – it will never happen!
4. **STEP 3 -** Invite each person to select a collage from the envelope whose number matches their choice from Step 2. Guide them to use the collage, its questions, their intuition, their deep inner truth, to come up with **one step forward** toward embracing more of their wellbeing. *In a workshop*, you may have them journal on the questions. Consider also discussions at the tables, or in subgroups of two, where participants help one another dig deeper. *Then, have each participant make a commitment:* What is it? By when or how frequently will they do it? What do they believe will be its impact on their life? *Complete the commitment form.*
5. **STEP 4 –** Commitment Ceremony. Having drawn a real or imaginary line on the floor, gather all participants on one side of the line and you on the other. Then, one by one, each person steps up to the line, hands you their commitment form which you hold so they can read it aloud with conviction. When they feel empowered, they take back their form and cross the line, ready to acknowledge each next person.
6. **STEP 5 –** Invite each person to take an Inspiration Card home as yet another reminder of their commitment. This may be the card which they used today or a card which represents the impact of their committed journey.

## Workshop: **Embrace Your Wellbeing**

FACILITATOR: Here are the topics for the five table envelopes and the cards suggested for each. Use this link to preview and order each suggested card: <https://www.songsforyourspirit.com/purchase-cards>. Cards marked with an (\*) are not **yet** in the Variety Pack; it will take a bit longer to fill your order. View these brand new cards at: <https://www.songsforyourspirit.com/more-cards>

**1. I fully embrace and celebrate my wellbeing!**

A New Focus  
Celebrating You  
Mind Your Own Big Ideas  
(\*)Grow

**2. I don't know where to begin to experience wellbeing.**

(\*)Survival Guide  
(\*)Imprisoned  
(\*)Rock the World  
(\*)Unveiling You  
Adventure  
Looking Forward

**3. I don't have time to think about my wellbeing.**

(\*)Start Today  
Wake Up Your Life  
The Gift of Time  
Be the Woman

**4. Other things are more important than my wellbeing.**

(\*)Persevere  
The Center  
Challenges Ahead  
It's Time, Break Free

**5. My wellbeing is pipe dream – it will never happen!**

Dwell in Possibility  
Walk On  
Life Without Limits  
Infinite Possibilities  
(\*)Penny Lane

# TAKE ONE POWERFUL STEP TOWARD EMBRACING YOUR WELL-BEING!

**STEP ONE:** What does embracing your well-being mean to you?

**STEP TWO:** Which of these statements is MOST true for you?

- 1. I fully embrace and celebrate my well-being!**
- 2. I don't know where to begin to experience well-being.**
- 3. I don't have time to think about my well-being.**
- 4. Other things are more important than my well-being.**
- 5. My well-being is a pipe dream – it will never happen!**

**STEP THREE:** Based on your response, select a card with the same number (1-5). Use the collage and its questions in combination with your intuition, what you know and feel about YOU, to come up with **one step forward** toward you embracing more of your well-being.

Define your commitment clearly: What is it? By when or how frequently will you do it? What do you believe its impact will be on your life?

***What one action step will you commit to now?***

**STEP FOUR:** Write your commitment on the flip chart. Ask a friend to support you in following through. Select a small card to take with you for inspiration. Reference it daily as a reminder of this commitment.

**STEP FIVE:** Select an Inspiration Card to take with you.

**Facilitator:** *This is a sample handout that you can reproduce for each person in attendance. They will complete this handout in Step 3. Feel free to customize with your personal information as desired.*

## My Personal Commitment toward Embracing My Wellbeing!

My commitment, my one step forward toward embracing my wellbeing is (be specific!):

I will complete this by: \_\_\_\_\_

OR, I will practice my commitment on this (daily/weekly/...) schedule: \_\_\_\_\_

Keeping this commitment will have this impact on my life:

My accountability partner (friend, person at this workshop, a coach, ...) will be:

\_\_\_\_\_