

Workshop: **Wellness Game**

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 a self-designed plan and a support structure. You will need one or more Variety Pack sets of Inspiration Cards:

<http://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 six 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:

- One or more pair of dice (one per table where you’ll have people seated; or one for your table at a fair)
- Six labeled envelopes for six sets of cards at each table
- One set of handouts for each table
- Blank cards and pens for persons 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.

SETUP:

1. Using the suggestions on pages three and four 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 Form

OUTLINE FOR YOUR WORKSHOP OR WELLNESS FAIR GAME:

1. GETTING STARTED:

As a workshop, this experience involves people sharing vulnerably about their personal wellness. 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 (see Step 3) as well as built-in mirrors of truth (friends can see in us what we cannot).

2. GROUP DISCUSSION: What is personal wellness? 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.

3. STEP 1 – Point your participants at the Step 1 guidance page. Offer them a choice. They can roll the dice to let the Universe (or coincidence or chance) guide them to their focus area. Or, they can choose what they want to focus on. Note that sometimes our choices are self-limiting in that we avoid what we are uncomfortable with.

After each person in the group has their area, invite each small group to define the areas that have shown up. “For each area that has been selected at your table, go around your group and share what you think the area involves. Expand awareness in order to help each of you go deeper than you might otherwise go alone.”

4. STEP 2 - Point your participants at the Step 2 guidance page. Choose how, for today, you will view your current level of commitment in your focus area by rolling one die. Select a collage from those which match your roll.

5. STEP 3 – Time for your commitment! Point your participants at the Step 3 guidance page. Use your chosen collage and its questions to inspire you to ONE change that you can and will commit to, your ONE step forward. 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? Who will you ask to support you as an accountability partner? *Write your commitment on the handout provided to take with you and reference daily.*

6. 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.

7. 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.

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FACILITATOR: Here are the topics for the six 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 cards at: <http://www.songsforyourspirit.com/more-cards> and contact me directly to order them:

<http://www.songsforyourspirit.com/contact>

1. **I'M DROWNING** Where are you fighting yourself? Where are you stuck in the muck? What course correction is needed?

SUGGESTED COLLAGES HERE:

- Challenges Ahead?
- Quiet
- The Center
- Walk On
- It's Time ... Break Free

2. **I NEED A JUMP START** I've been ignoring this area. I've settled for status quo. I'm sliding backwards.

SUGGESTED COLLAGES HERE:

- Out of Rhythm
- Life Without Limits
- Success at Work
- Nature

3. **WHAT IS MY NEXT STEP?** I do quite well in this way and I am ready for my next step. What is my growth edge?

SUGGESTED COLLAGES HERE:

- Looking Forward
- Mind Your Own Big Ideas
- Dwell in Possibility
- Music of Life

4. **TIME FOR FUN AND PLAY!** A little dose of fun is needed! Playfulness and levity never hurt anyone!

SUGGESTED COLLAGES HERE:

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- Playful Spirit
- Fun
- Impressions
- Life Is A Journey
- (*)Playbook

5. I NEED SOME *SUPPORT* I can't do it alone anymore. What support will get me moving in the right direction?

SUGGESTED COLLAGES HERE:

- Friends
- (*)Together We Can
- (*)Partnership
- (*)Me to We

6. TIME FOR *VISIONING!* I'm ready for MAJOR shift! What is my grandest vision? Where will my imagination take me?

SUGGESTED COLLAGES HERE:

- Soul's Desire
- Infinite Possibilities
- A New Focus
- Adventure

YOU'RE JUST ONE COMMITMENT AWAY FROM FORWARD PROGRESS!

STEP ONE: Select an area of focus by rolling the dice!

2. **EMOTIONAL WELLBEING**
3. **PHYSICAL MOVEMENT / EXERCISE**
4. **MINDFULNESS**
5. **PHYSICAL WELLBEING / NOURISHMENT**
6. **RELATIONSHIPS**
7. **RELAXATION / CREATIVITY**
8. **SELF-HONORING**
9. **SERVICE WORK / AVOCATION**
10. **SPIRITUAL WELLBEING**
11. **CONNECTION TO NATURE**
12. **TIME MANAGEMENT**

Think about your personal relationship with this focus area at this time in your life. Are you investing here – or coasting? Thriving or struggling? Feeling great about it or wanting to hide?

When you're ready, move on to step two!

STEP TWO: Choose how, in this exercise, you will view your current level of commitment in this area by rolling one die!

1. I'M DROWNING

Where are you fighting yourself?
Where are you stuck in the muck?
What course correction is needed?

2. I NEED A JUMP START

I've been ignoring this area.
I've settled for status quo.
I'm sliding backwards.

3. WHAT IS MY NEXT STEP?

I do quite well in this way and I am ready for my next step.
What is my growth edge?

4. TIME FOR FUN AND PLAY!

A little dose of fun is needed!
Playfulness and levity never hurt anyone!

5. I NEED SOME SUPPORT

I can't do it alone anymore.
What support will get me moving in the right direction?

6. TIME FOR VISIONING!

I'm ready for MAJOR shift!
What is my grandest vision?
Where will my imagination take me?

Select a collage whose number matches your roll.

When you're ready, move on to step three!

STEP THREE: Time for YOUR commitment!

Use the collage and its questions to inspire you to ONE change that you can and will commit to, your ONE step forward.

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? Who will you ask to support you as an accountability partner?

Write your commitment on the handout provided to take with you and reference daily.

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 Wellness Commitment

My commitment to me around my personal wellness 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:
