

Describe your 'Bigger Game'?

Gains and losses

Key Actions (Start / Stop)

Who benefits? How?

BIGGER GAME ROAD MAP

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Bigger
game™
...you have it within you.

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What holds me back?

AUDIT

Competencies

Likes

Dislikes

The Bigger Game Roadmap:

Introduction:

I have been helping people, teams and organisations play their bigger games all around the world. Sometimes people are clear on what their bigger game may be, and other times they are just not sure.

It is my passion to see everyone, everywhere step up to their bigger games. To perform better, to be more of who they can be and by doing this, inspire those around them to greatness. It serves no-one by playing 'small', and yet fear, habit and social norms all come into play to hold us there.

This is an invitation to see what your Bigger Game could be. Please feel free to follow the process below and see what emerges for you. Perhaps you will find and create your own Bigger Game on your own – that would be awesome! I would love to hear what you have achieved and become. Or else you might find that you need someone that can help you move ahead. When you are ready, I am here to help you reach your Bigger Game. No hard sell, no one time offers. If you recognise that you have a Bigger Game to step up to, you have what it takes to get there, but are looking for someone to help you get there, then contact me.

You will know because your Bigger Game will be calling you.

How to use this guide:

For each element of the roadmap, I invite you to follow the steps outlined and consider the questions that I pose. Like anything, if you give the questions little effort or honesty, the result will reflect this. These questions should be considered deeply and honestly and you don't need to share the answers with anyone. When you have an answer which you know is right, then you are on the right track to your bigger game.

Move from element to element, filling in the roadmap. My suggestion is to print it out A3 size, use pens, textas, post-it notes. Whatever method brings it to life for you. You can adopt this process to yourself, a team, a relationship, or even a whole organisation. Choose what suits you and start asking yourself the questions that matter.

Step 1: Identify your bigger game.

Start with the top box – 'your bigger game'.

As you move through this process, keep in mind that it is applicable for individuals, teams and whole organisations. It is best to keep the scope of which Bigger Game you are activating clear (personal, team or organisational?). If you think you have options in other (or all!) of these dimensions to play other Bigger Games, that's great! –simply print off another worksheet and repeat the process for each.

Let's get started: Do you have an idea what the 'bigger game' is for you? Write that down. If not, I will help you refine your thinking. If you already have something, use the following questions to help determine if this really is your bigger game, or if you have something that is bigger than that.

If you are not sure what your Bigger Game is, that is OK. It might just be a sense that something else must be possible; a frustration at the way things are. Perhaps it is a realisation that there are times when you are out performing and it feels great. These are all signs that your bigger game is just around the corner. Here are some questions to ponder:

- What is your purpose? What do you love doing, and WHY do you love it?
- When you think across a range of experiences in your life, what types of experiences really energise and motivate you?
- What do you find easy, or challenging in a good way?
- Where do you feel your performance is frustrated, or somehow blocked?
- Who is important to you and why?
- What is someone else doing that you would love to be doing? What about it makes it magical?
- If money, time, effort and rules were no object, how would you really like to spend your time?
- What are you afraid of? What keeps you smaller than you could otherwise be?
- What legacy would you like to leave on the world?

As you answer these questions, something potent may emerge. A vision of yourself being much greater than you are. Doing what you love, doing it well, making a difference. As you bring this back to reality – the real question is "how do I make more of this true in my life?"

Step 1: Identify your bigger game cont:

You can now write some thoughts about what your Bigger Game may be.

Before we finish this section, I wonder if you could do one more exercise.

- If what you wrote in the 'Bigger Game' box was a '10/10' – your really big, bigger game – what would an 11/10, or even a 12, look like? Sometimes we don't believe we are ALLOWED to stretch or want so much – so I encourage you to ask "What is BIGGER than that?". That may be your true Bigger Game.

Step two: Experiencing the Bigger Game.

Consider what you wrote in part 1. The '12' out of '10' Bigger Game. Now that you have it on paper, let's consider that in some more detail.

Sometimes we can write down a goal and it remains like an impossible dream; Too far away to reach; too difficult to strive for. Let's bring your Bigger Game to life, bring it close, and make it real for you.

Read these instructions and follow the steps:

Start by imagining your Bigger Game. Imagine it is 3 weeks after you have been playing your Bigger Game in such a way that it is the 'new you'. It is locked in as habit, and you may even be considering what your next Bigger Game beyond this may be!

Imagine you could travel forward to this time and drift into your body then.

- What do you see that is different?
- What are you experiencing? What do you notice has changed in how you feel?
- How are you now acting? What behaviours have you started or stopped?
- What signs are there that show that you have achieved this Bigger Game? Are there specific physical, relational or emotional signs that prove that you have stepped up?

Take a moment to jot down any thoughts.

Now imagine you could talk or communicate to that future version of yourself. Pretend you are interviewing the Bigger Game you, and ask them:

- Was it worth the effort to get here?
- How were other people affected by your journey?
- What was the most important thing you learned on the way?
- What was the biggest thing that you had to overcome?
- What was the first thing you had to do?

Take a moment and jot down any thoughts that emerged in the appropriate box.

Step 3: Who benefits?

Often we set goals because we compare ourselves to others and where they are in their own journey. Our goals are not our own, and we really don't benefit from them. For example, we see our friends being made managers in their careers, and all of a sudden we think that we need to be a manager too.

On the other hand, we sometimes set goals which are entirely relevant to ourselves, but others whom we care about may be negatively affected. For example, we take a job in another city for our career, and we then have to move away from our partner and children. Although we benefit in one way, we and those we care about lose in others. This is an example of a goal which is not ecological. If we and those we care about do not benefit from our goals, we will suffer unpleasant tensions as we try to attain them.

Sometimes we set goals which benefit others but not ourselves. This is also not ecological, and will be difficult to sustain.

So think deeply about your goal – who actually benefits? Who loses? Fill in the box and check that your goal is ecological. If it is not, it may be time to loop back and really define your goal in a way which is beneficial and ecological for you.

Step 4: Gains and Losses

It can be important to consider both what we gain, and what we lose, as we step up to our bigger games. Sometimes we can gain wealth, freedom, excitement, etc. These can be sometimes very easy to define. Harder can be the things we lose.

For example, for someone who steps up into a career on television, they lose anonymity, freedom. That could be a perfectly good trade-off for them, but if they haven't rationally thought about what they 'lose' as they change, sometimes they can self-sabotage to ensure they do not make it, and don't lose things which are important to them.

Often it is the way that we relate to other people, or the way other people relate to us. We can secretly believe that our Bigger Game can drive people away, for example – and this would get in the way of reaching your bigger game if it really were true.

Take some time on this one, and ask yourself:

- What do I really gain by stepping up?
- What do I lose?

Do a thorough audit, and see what might be stopping you from stepping up.

Step 5: Back to the beginning

It is time to think about where you are right now. If your Bigger Game awaits, it waits at the end of the path between your current circumstance and the possibilities that your bigger game offers. To draw that line, it is useful to know where you are starting from.

It is therefore time to take a personal audit. Once again, your level of self-honesty is critical. If you are not sure, getting someone close to assist with this exercise can be really useful. We all have blind spots, and sometimes it is what others see that we don't that can be particularly revealing.

Ask yourself the following questions:

- How would someone describe my key attributes?
- What would they say were my strengths?
- What were my 'weaknesses'?
- What makes me uniquely who I am?
- How do I want to be perceived by others?
- What do I really love doing?
- What do I really dislike?
- How is my performance different from what I described in the 'Bigger Game' section in part 1? Why is that so?

Make a note of your observations in the self-audit boxes at the bottom of the Roadmap.

Step 6: What holds you back?

If you now have defined your bigger goal, it is ecological, and you have a view of where you are starting from, it is important to also be aware of what may be holding you back.

Now is a time to be deeply honest with yourself. Imagine that you were the only person on the planet. There is no one looking, and you have no one to comment or criticise your actions, thoughts or feelings. Imagine you were allowed to be more magnificent and capable than you ever imagined. How would you go about tackling your goal? Now bring yourself back to now – think about how you will approach the goal now. What is different? What are the fears that come up? What are the habits or circumstances that mean that you are not as magnificent as you were in the imaginary case?

In the box, write down these things. Be really aware of these things and decide if you are courageous enough, you are prepared to change your habits, so you are sure that you are ready to step up to your bigger game. It also allows you to be aware of what may pop up to sabotage you on your way.

Step 7: Building your action plan.

Now that you have an idea of what your bigger game is and where you currently are, you now have an idea of the 'gap' to your bigger game.

The gap may be small, changing one or two key things. Sometimes it may be BIG and require a personal revolution. In any case, the place to start is to decide on the specific actions that you will commit to, to make your Bigger Game your new reality.

Ask yourself these questions:

- What will I start doing? (or do more of)
- What will I stop doing? (or do less of)

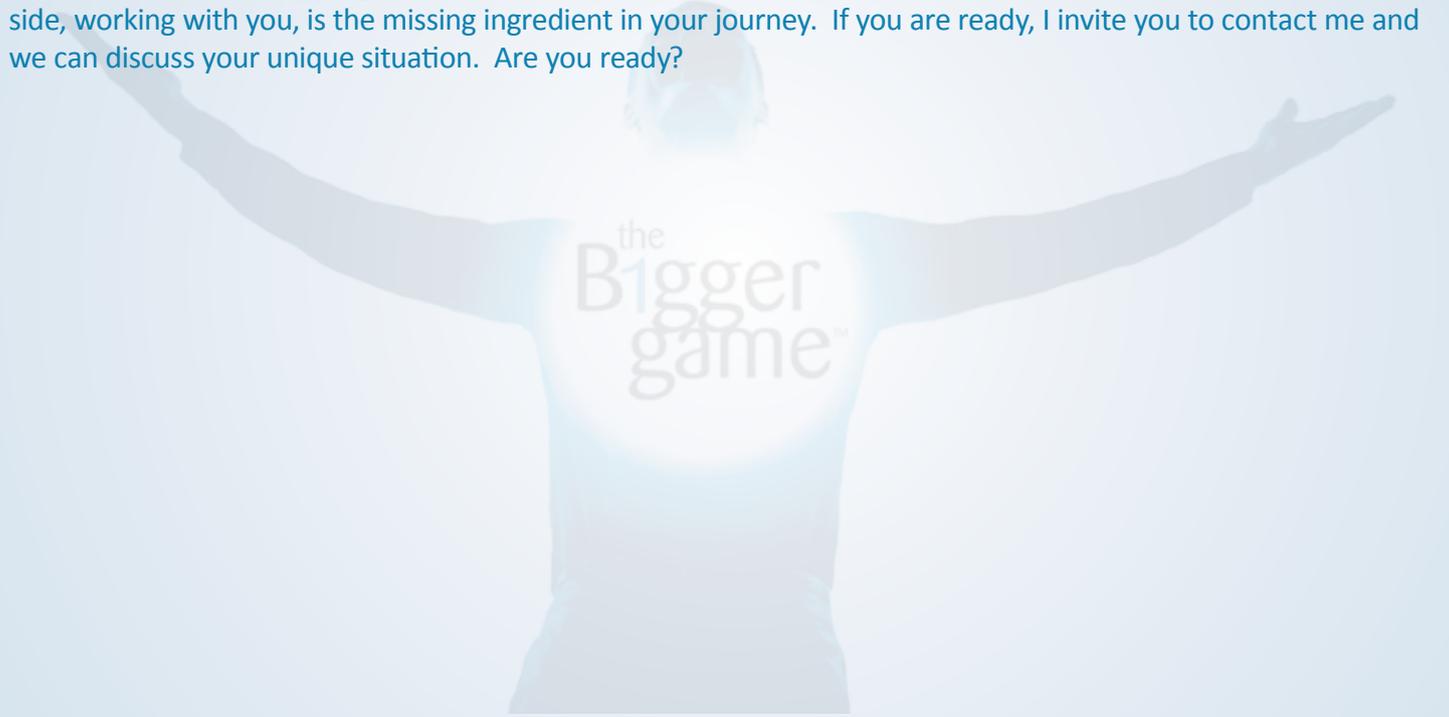
These questions will start to inform you of the very practical things that you can do to get to your bigger game. Now take a moment and create a sequence of steps that you will absolutely commit to. Each step tackles one thing. Each additional step builds on that to take you further...all the way to your Bigger Game.

Write down the key steps.

Step 8: Making it happen.

It is your Bigger Game. I hope that it is exciting, empowering and attractive! The only person that can make it happen is you. So I invite you to get on and start your process.

If you want to play a bigger game or are still stuck, feel free to contact me. Sometimes with someone on your side, working with you, is the missing ingredient in your journey. If you are ready, I invite you to contact me and we can discuss your unique situation. Are you ready?



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