

*At the center
of your being
you have the answer;
you know who you are
and you know
what you want*

you can design
a bigger game

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a bigger game

a self-coaching workbook
for change agents
ready to play big

Deborah Hartmann Preuss, CPCC

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*For you,
who lovingly change the world
simply by being yourself
one conversation
one workplace
one child at a time,
with gratitude.*

If you want to change the world, this workbook is for you!

Simply set aside a few hours for self-care ... plan them into your calendar: 4 appointments with your heart, 4 moments of truth.

Dare to get off the hamster wheel and sit quietly. You'll rediscover the aliveness of being at-choice. Imagine: what if you did only what brings you joy?

That's where 'world-work' starts.



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you can design
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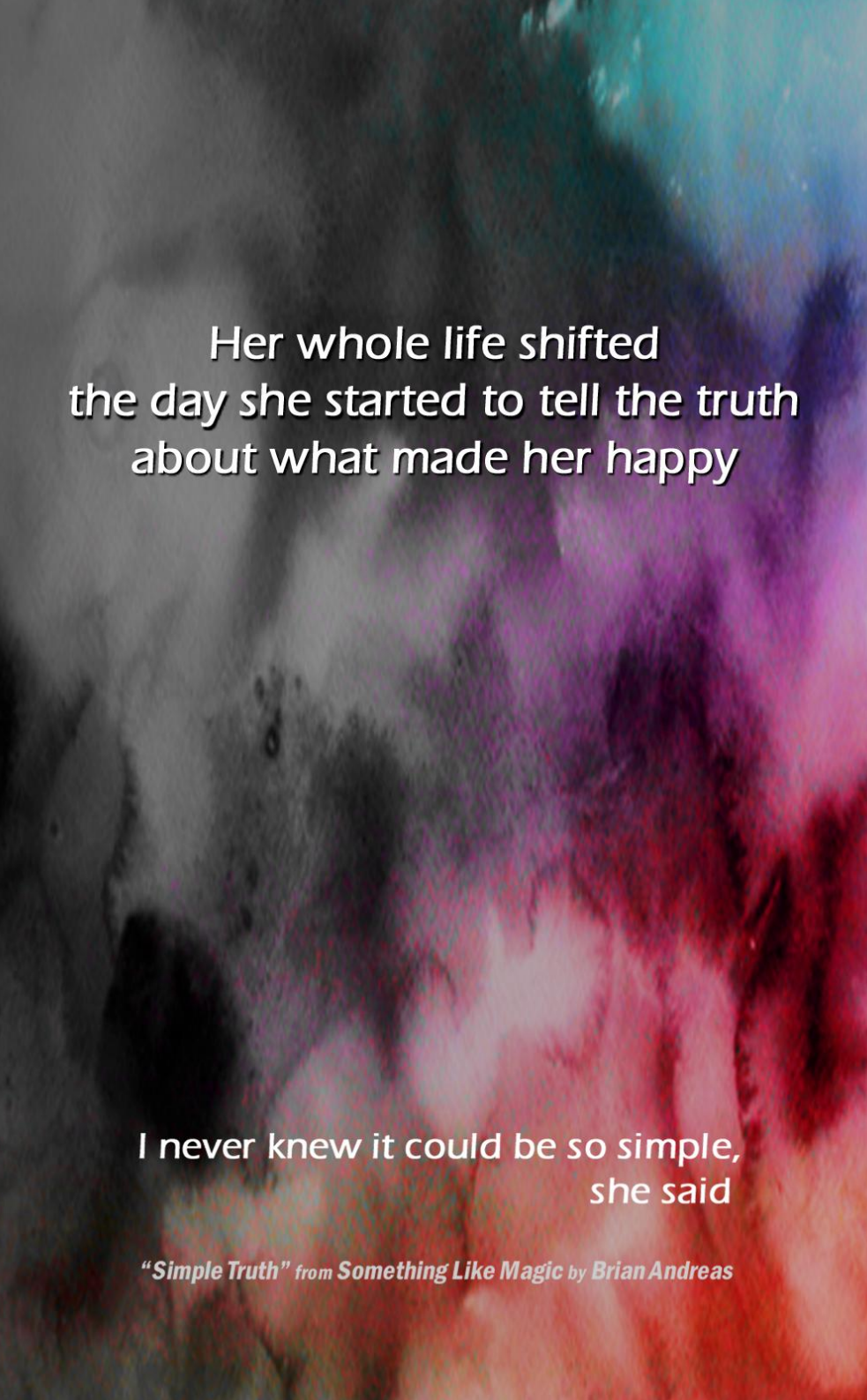
The work of the change-agent is irresistible to some of us: we see new possibilities, better ways, and we long to share them with our valued colleagues and loved ones.

Being out front can be lonely, though: when the dream seems far off, and others don't "get" it; when obstacles abound, or confusion sets in... then, what keeps us going is:

Living from the heart.

Knowing who we are and what we love keeps us vibrant in the face of resistance, delay and uncertainty.

Think of these 4 exercises as time at the spa for your heart.



Her whole life shifted
the day she started to tell the truth
about what made her happy

I never knew it could be so simple,
she said

"Simple Truth" from Something Like Magic by Brian Andreas

Name your values, and suddenly they're everywhere: shaping your daily actions; guiding your plans; or as a whispering ache, a reminder of what's important.

Exercise : Relax & clearly recall a time when you felt so right: fully alive, truly yourself. Breathe, remember; visualise who was there and what happened. Recall what made it so special, and savour it.

Make notes on: *What was great?*
What was true? Who were you?

Next, highlight the themes that made you *you*, & add resonant labels, like "Generous living" "Raindance," or "Stay Curious!"



"Vocation is where your deep gladness
and the world's great hunger meet."

-- *Frederick Buechner*

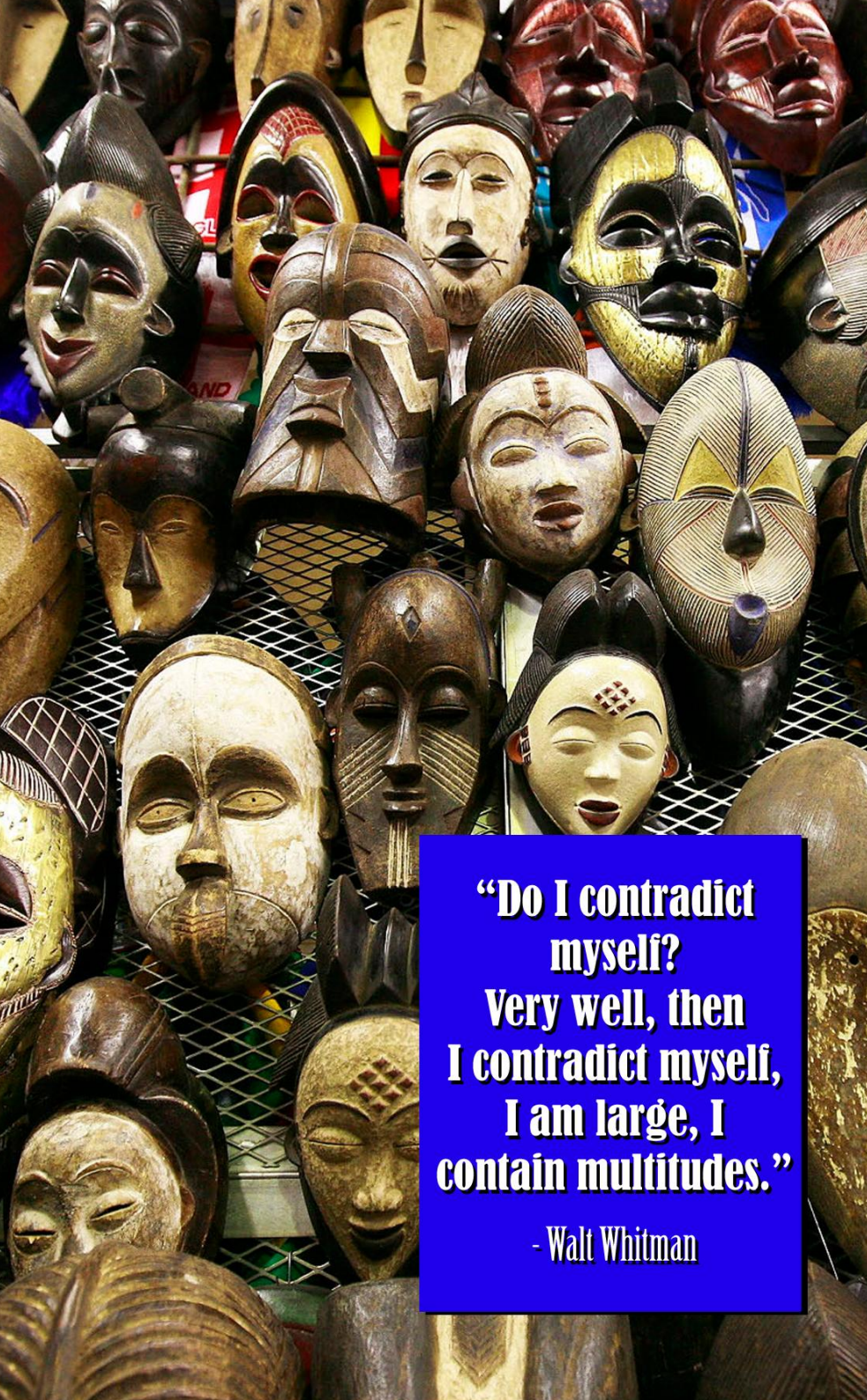
How much energy is wasted in this
world, doing what we "should"?

Imagine doing only what you
enjoy the most, and making the
world a better place by doing so!

Exercise:

What would such a day look like?
Describe one day spent living
exactly as you wish, all obstacles
and restrictions having vanished.

*Who'd be there? What would you
do? How would you feel?*



**“Do I contradict
myself?
Very well, then
I contradict myself,
I am large, I
contain multitudes.”**

- Walt Whitman

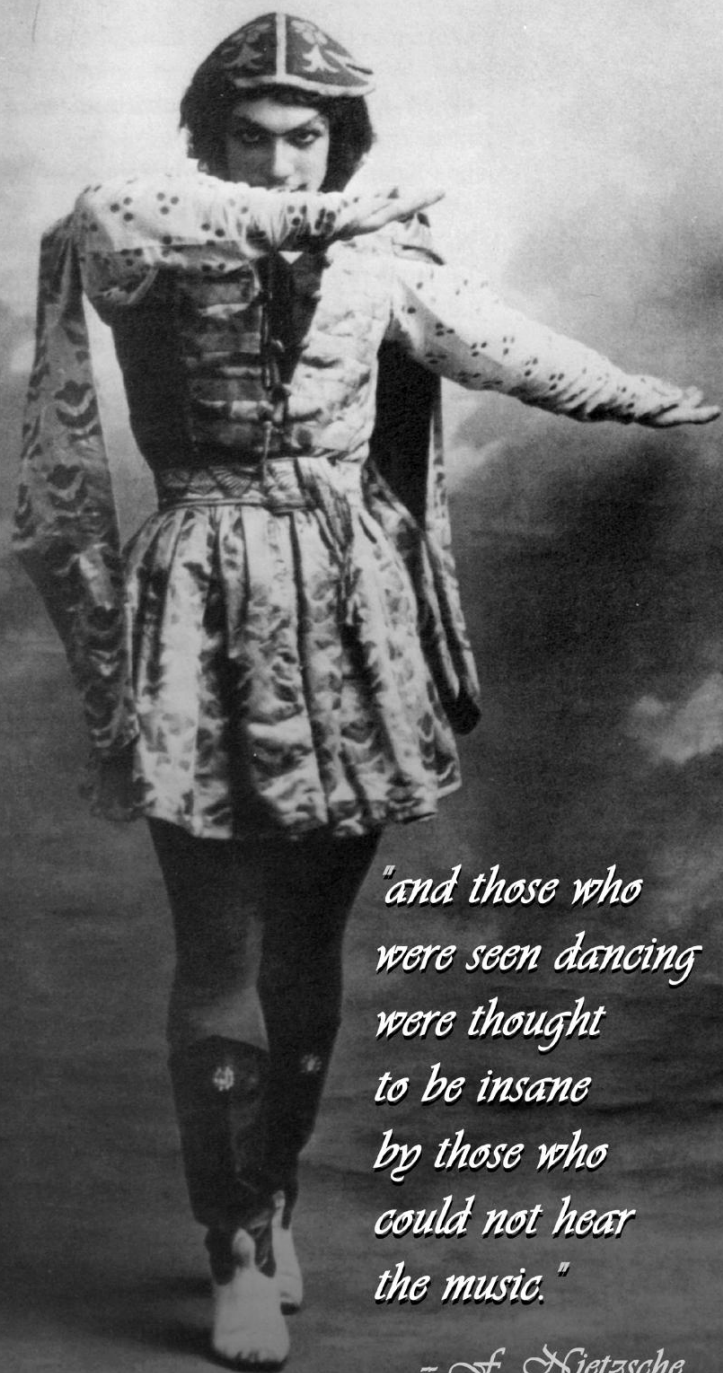
Sometimes we get stuck:
we react out of habit; we give in to
either/or thinking. And when we do,
we sacrifice true choice.

Exercise: Where are you stuck?

Brainstorm different points of view
on your 'stuck' situation:
real / fictional / fun / contrary / wise
/ lazy / rebellious / supportive ...

Role-play and write down as many,
varied voices as you can:
What would your mentor say?
Your enemy? Yoda? Your dog?
Whose voice do you want to hear?

Which voice helps you most, now?



*"and those who
were seen dancing
were thought
to be insane
by those who
could not hear
the music."*

- F. Nietzsche

To dream of acclaim is not enough: to be a great dancer, one must dance!

Are you ready for action?

Exercise :

Q: what 's your next move ?


Q: when will you do it ?

Q: for it to happen, what do you

... need to say Yes to ?

... need to say No to ?

(tip: writing down your answers is actually the first step.)



**“Your time is limited,
don’t waste it living someone else’s life”**

-- Steve Jobs

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Congratulations on having set aside time for yourself! Now what?

Perhaps some more questions?!

Here they come!

1. So, what do you make of all this?
2. What is the part that is not yet clear?
3. What aspect have you not yet explored?
4. How can you make your life more fun?
5. What would you do if you couldn't fail?
6. Where do you go from here? ...and, when will you do that?
7. *What might happen, if you set yourself a weekly reminder to reflect on these questions?*

How to use this book

Here's good news: there's no wrong way to use this book! I offer you these pictures and questions in the hope that they rekindle your passion, spark new possibilities, make your life more joyful and more impactful. Whether you paint in a journal, dream in the bath, or take long walks with them is totally up to you: experiment, find what works!

Here are a few extra ideas to try: screenshot the image that makes you smile most and put it where you'll see it often; or summarize your answers into a list or collage. And: it's fun to share what you learn with a trusted friend - perhaps over a good meal? Enjoy!



from the author:

Deborah
Hartmann
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I believe that soulful work is critical to building a better world.

The most effective way I've found to do this is to encourage individuals who share this passion - people who bring their whole selves to their work and play. I want to collaborate with those who itch to create more joy in their own and others' lives. If you feel this itch, I believe you're on your way to making a much bigger difference than you may imagine!

I'm a Canadian, living in Germany with my husband, Ilja Preuß, working internationally in English, French and German. As a Certified Professional Co-Active Coach, my own soulful work is to support change-makers, with unConference facilitation and training, and one-on-one phone coaching.

*Reconnect with your strengths
in a complimentary
Personal Vision
phone coaching session*

it's time to design
a bigger game

Deborah Hartmann Preuss, CPCC

it's easy to book online at:

abiggergame.today

abiggerga.me workbook

self-coaching exercises
for change agents ready to play big:
on Values, Mission, & Getting Unstuck,
with a Call to Action

v 1.4

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