Tool Number 1: Your AWARD-WINNING Blockbuster Hit

Consider the *most stressful or seemingly serious* feeling, thought or event that is happening in your life right now.

In the space below, describe that story as vividly and dramatically as possible using all <i>Prisoner</i> language in the world and then move on to the next section! (Remember, this really about letting it all out, so be petty, be un-enlightened, be serious, don't censor yourself, really go for it!)				

Tool Number 1: Your AWARD-WINNING Blockbuster Hit Continued...

Now, imagine you were offered **\$10 million dollars** to take that same story and turn it into a major blockbuster film (staring Ben Stiller and Melissa McCarthy as the lead actors), how would you re-write it using the Playful and Prosperous lens and language of a Not-So-Serious Self-Leader?

absurd, relatable movie, what might that look like?					



Tool Number 2: Choose Your Avatar

Sometimes, the thought of taking action can *feel* **SERIOUS** or **HEAVY**. But what if it was actually fun?

Use this "Choose Your Avatar" tool as a fun and powerful **GAME** to help you **PLAYFULLY** shift into *Not-So-Serious*, *Self-Leader* mode!

Use the spaces on the next page to create **YOUR** Avatars. Ones that you can playfully and creativity step into and embody all the qualities of whenever you need to or want to - no matter what challenge you are facing!

Avatar #1 should be as much of a *Prisoner* as possible, lacking in motivation, passion and energy.

Avatar #2 is someone you see as the complete embodiment of qualities you truly admire or are required for the task at hand - a real *Self-Leader*!

Remember in any given moment you have a *Not-So-Serious* choice: Will you CHOOSE to show up as Avatar #1 or Avatar #2?

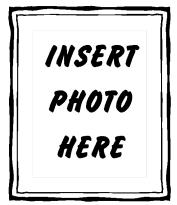






Tool Number 2: Choose Your Avatar Continued...

Avatar #1



Name:

Qualities & Characteristics:

Avatar #2

INSERT PHOTO HERE

Name:
Qualities & Characteristics:

Tool Number 3: The 5% Solution

The 5% Solution is a hugely useful tool in helping you access the highest qualities of yourself without being SERIOUS throughout the process.

Being a self-leader does not require "all of nothing" action. Just as you can do ANYTHING for 15 seconds, you can too can choose to bring just 5% MORE (or 5% less) of ANY characteristics you'd like!

So, once you are aware of who you need to BE in order deal with the challenge at hand, brainstorm and answer these stems...

If I showed up with 5% less seriousness, I would do/be?

If I showed up with 5% more playfulness, I would do/be?

If I showed up with 5% more calmness, I would do/be?

If I showed up with 5% more relaxation, I would do/be?

If I showed up with 5% more creativity, I would do/be?

Tool Number 3: The 5% Solution Continued...

What if I brought 5% <i>MORE</i>	into my current challenge?		
What would that look like?			
What if I brought 5% <i>LESS</i>	into my current challenge?		
What would that look like?			