

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.

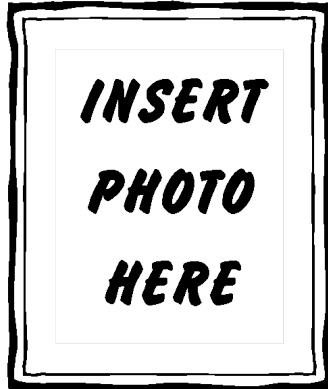
Avatar #2 is someone you see as the complete embodiment of qualities you truly admire or are required for the task at hand - a real *Self-Leader*!

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...

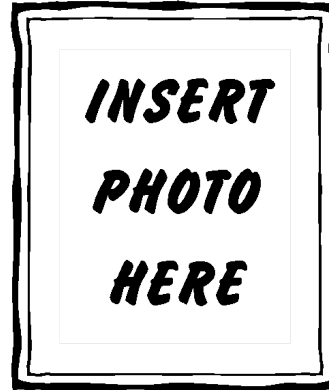
Avatar #1



Name:

Qualities & Characteristics:

Avatar #2



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% **MORE** _____ into my current challenge?

What would that look like?

What if I brought 5% **LESS** _____ into my current challenge?

What would that look like?
