

Set a Goal or Play a Game? Your choice

Most of us have at one time or another decided to set life changing goals and then attempted to manifest them. And that's a wonderful thing.

What isn't so wonderful is when the inspiration and momentum dies. We begin to procrastinate and before we know it we're back into our old routines and habits and our brilliant life changing goal is once again put on the back burner.

And we always have a perfectly good excuse as to why now wasn't the right time to achieve it. Once again we settled into mediocrity.



Imagine for a moment that instead of setting goals that take you nowhere you could play Games. Does that sound more like fun and something that you could persist with?

I'd like to share with you a little about Playing Games, winning on your own terms and having more fun in your business and your life.



Anything can be designed as a Game worth playing - when you have the desire to win - otherwise you may find yourself playing an unwinnable game.

When you play an unwinnable game it's just about impossible to win; WHY? because you aren't invested in the result. Yes, you might have a couple of little wins along the way, but in the long term you'll probably burn out long before your Game plays out into anything remotely like your original vision.



Games, like goals must have certain criteria if they are to become winnable. The basic criteria to determine if a game is winnable are: The Game must be

- Within your power to make it happen - through your own actions
- Something you have a reasonable chance of achieving, even if it's a stretch for you
- Something that is very important to you

You must also be willing to fail – because it's only through failure that we learn, grow, expand and master anything that's worthwhile. Failure is feedback, nothing more.

I always look on failure as a good thing, it's a sign that I'm growing and moving forward and in fact failure can become a benchmark for you and your business.

If you haven't failed at something in a while, take a moment and see where you may have settled or look for what you may be tolerating.

It might even mean that you're happy with your lot and comfortable with your current situation. It's always wise though to check in energetically and notice if you haven't simply settled. You may also decide to look for what you can change or improve to make things even better.



So, back to Games – I'll give an example that you can follow and learn how this plays out.

A business example for instance would be The Game of Mastering Strategy Sessions.

I know some of my clients have problems with this subject. It's something I actually enjoy and haven't had a lot of issues with. I learned from some of the best trainers from the beginning and fortunately it paid off.

So how would you play this game – on your own terms – and WIN – because let's face it, whether you call it a Game, a Goal, an Outcome or anything else – it's the result you want. Agreed?



OK let's look at the criteria starting with the first one – *within your power, through your own actions.*

I think we could safely give this a YES – especially if you have a coach or partner to role play with.

The second criteria I also believe is doable – even if you're scared out of your wits you'll probably survive this and even learn from it. So we'll give that one a yes as well

Now the third one is for you to answer – How important is this game to you on a scale of 1 – 10? Always ask yourself that question, especially as you grow and build your business because it's so easy to get caught up in the 'shoulds' of business building and forget our values and beliefs.

Our values and beliefs are what give our lives meaning. Our desires on the other hand can change on a dime; **and** we don't have to do anything we've grown out of or no longer care about.

When you have agreed with the given criteria you may decide to add some of your own and put them to the test before you begin to play your game. Only then can you move forward.



The rest is simple. It's a matter of figuring out what skills you have and what skills you need to play well and attain mastery. You see, when you play and play well, the result is a by-product of that, not the focus.

As opposed to when you *work at something* or *work on something* or *push your way through* to get results or meet *DEADLINES*! How motivating does that sound? Not very, right?

Wouldn't you rather play, practise, win and start a new game tomorrow? When you learn how to play you get better at winning, and when you get better at winning you play bigger games and have way more fun. And if that wasn't enough, you begin to see results, often (and your cash flow increases by default)

And something else happens, you forget to be afraid, fear actually is welcome in a game, it's just another learning piece. It has its purpose, everything in a game has a purpose and you learn to embrace that.

It's not a case of Set a Goal – get nervous – face your fears and do it anyway – or Push through your fear.



When we play we say bring it on! Everything is welcome, we don't hide anything; we're an open book and we're willing to share this with others. There is NO pretence. No BS. No fear of what others will think – it doesn't matter that much.

We all play – and if we play well it doesn't really matter what level we play at – we win! This is what Playing and Winning means to me:

- ❖ Playing is fun - Winning is Learning
- ❖ Playing is fun -Winning doesn't mean anyone loses
- ❖ Playing is fun -Winning is about being authentic and open
- ❖ Playing is fun -Winning is what we were born to do.
- ❖ Playing and Winning on our own terms is the new way in 2014

If we want to win, we have to play, let's all play better and win on our own terms. Mastery will follow and mastery is currency in 2014.



Business is a Game, a fun game, and yes it can be serious fun too and that's why it's important to play on your own terms, celebrate your wins along the way and be willing to fail gloriously and often.

Failing doesn't have to be scary, embarrassing or intimidating, failure is a key component for winners. This is how I see it.

- ❖ **F Fail**
- ❖ **A Acknowledge**
- ❖ **I Implement**
- ❖ **L Learn and move on**

Nothing bruised except the occasional ego.

Before you know it you will become masterful at your game and ready to play more games more often to have the business and lifestyle you really want, for the long term.

Let's Play!



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Through her own and client's experiences Joan has learned that the biggest issues facing coaches and service professionals is the fact that they get in their own way, second guess their credibility and undermine their skills and talents.

Through her methods, experience, training and enthusiastic professional engagement Joan plays with clients to ensure that these issues become a thing of the past.

If you would like to find out more you can visit Joan via her website at:

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