

Playing a Bigger Game

by Kirsty O'Callaghan

When you think about playing a bigger game, it is not to go searching for a larger Monopoly board or more Hungry Hippos, it is about you playing larger in the game of life.

In the Macquarie Dictionary it states the meaning of game as being a competition for amusement involving chance, skill, strength etc., according to a set rules; a particular manner of playing a game; complete victory.

The dictionary also states meanings for giving the game away – to give up; off one's game – not giving one's best performance.

Doesn't this sound like some of the ways you experience life daily?

If this is so, that would lead you to believe that the game you are now playing is who you are becoming. Therefore if you have no set and clear rules, no start and finish, no moving piece to monitor our progress through the steps of life, you are certainly allowing yourself to be the 'victim' of the roll of the dice!

Creating and playing a bigger game involves a few key aspects. These include:

- Being aware of your vision, dreams and what you would love to do. Being able to visualise yourself being this person, taking action and getting support (other players in your game). Once you are taking action you can say yes to things that align with your goals and values.
- Being able to think bigger of what could be in your life, not just settling for what you believe you are capable of, or believing what others have told you about what you are able of achieving, but knowing that you can have and do more.
- Focus on what you DO want, not what you DON'T. We are all a product of our past experiences, so the only way to change that is to create new experiences and be a product of these.
- Surround yourself with others that challenge you as well as support you. Others and situations that move you out of your current comfort zone or current experiences, so that you can learn more and grow and then you will have more opportunities.
- Give yourself permission to take calculated risks. This means that you can take a risk, to get closer to playing larger and

getting what you visualise for you, keeping in mind not to harm yourself or others, send yourself broke or give up another part of your life that is important to you. There may be other areas in your life that you are not prepared to 'gamble' with. Taking risks is all about doing things that you may not already be doing, that you have never done before, that more than likely can lead to high pay offs.

- Being able to always do your very best. Now this isn't someone else's best, this is YOUR best. Sit down at the end of every day and slowly let your day unravel in your mind. Look at the experiences of the day and ask yourself for each situation, did I do my very best with the knowledge I have now? If it is yes, good on you, go to the next step and say, next time how could I do even better? If your answer is no, look at the situation again and ask yourself, how can I do my best from now on? What do I need to do, find out or who can I enlist to assist me, so next time I feel I gave it my absolute best shot?
- If something doesn't work or doesn't feel right, stop it! I often see and hear people complaining about their life and the game they find themselves in, yet they do not change the way they are doing things or stop being in that situation. It can be as simple as that. In business or home if you are finding a project is not getting off the ground, there are no pay offs, or a system of doing something is not effective.... Stop it, try another way, or just do something else that is line with your 'bigger game plan'.
- Set realistic goals for you, challenge yourself, set ways of achieving these goals and be open to the opportunity of change in your life. Be very clear on who you are and what you want from life.... The funny thing is, life often answers and we can get what we want, with a bit of effort, action, moving forward on our game board and foresight before you know it you will have it.

Coaching exercises for further consideration:

- Take some quiet thinking time out now. Create a space, with no distractions and have a pen and paper handy to jot down your thoughts. Think about your vision for life, how you would like it to be. What is your dream for you? What would you love to do? When you have this clear, imagine it really happening. How is this happening, what are you doing, who is there with you? Then when you have these thoughts clear, set yourself some goals or a goal, with steps (rules) on how you could achieve this, what you need to do and how long you think now this may take.
- Now imagine your life laid out on a playing board. What does your moving piece look like? What does the start look like and

say? What does the finish look like and say? What is happening as you move around the board? What does each square say? What takes you up the ladders and down the snakes (or whatever you choose as rewards and challenges)? Who do you want playing with you? How can you transfer this mind game into your reality?

- Ask yourself what risks you are prepared to take, which are reasonable, but yet a bit exciting for you? What would you have to do to take a small (or big) step out of your comfort zone of current life experience? Are you prepared to do this for the reward of a possibly more fulfilling and satisfying future?
- Who could you surround yourself with who would challenge you and/or support you? What sort of people would be beneficial to reaching the 'finish'?
- Have fun. It has been proven children learn the most through play, and as far as I have experienced that still happens when we grow up! So how can you make your 'game' fun and amusing?



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role. The techniques and strategies Kirsty uses focus on a holistic and individual basis; knowing we are all capable of greatness, with the right knowledge, tools and support.

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