

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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Download the e-book, or order the book together with a beautiful blank journal (& optional watercolors!)



*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*

INSTRUCTIONS

Fold this page to make a three-panel brochure. Then trim it to fit in your journal or gift envelope.

Be sure to print "borderless" (like a photo) to get the intended full-width blue front image

Print it landscape, "duplex" (two-sided), and with flip (or "staple") along the left edge, not the top. Enjoy! -

you can design a bigger game

self-coaching exercises
for change agents ready to play big

by **Deborah Hartmann Preuss, CPCC**

Four exercises to increase your impact; reflections on:

VALUES: what do you love?

MISSION: how do you want the world to be?

VOICES: which ones give you good advice?

ACTION: what's the next step?

Get the free pdf, Kindle e-book and Journal print edition
online at abiggergame.today

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

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Getting Started with journaling

Start a fresh page, and write from your heart:

- What's most important today, for me?
... and what outcome would I love to see?
- What am I feeling now?
- What do I need?
- What resources will I call upon,
to make today more joyful and satisfying?

Or shop around for an approach that suits you. For example:

Gratitude Journal
is.gd/gratitudejournal

Morning Pages
is.gd/morningpages

Bullet Journaling
bulletjournal.com

Personal Retrospective
is.gd/personalretro

Start your own **Journal Prompt Jar** is.gd/journaljar

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Journaling Prompts

1. Write 1 page inspired by a quote or folk saying.
2. List what makes you happy.
3. "The most surprised I've ever been was ..."
4. What did you do as a child that you'd love now?
5. Done with something? Write it a farewell letter.
6. What made you feel good this week?
7. "3 things I'd do if I had the courage/time/cash."
8. How would your best friend describe you?
9. Write 1 page inspired by a piece of art or music.
10. What's your (perhaps secret) superpower?
11. List 12 people you admire: living, dead, fictional.
12. Describe the best job you ever had (or never had).
13. List ways your life is different from your parents'.
14. "If I could change the world..."
15. Write your 5-point No Compromise list.
16. List: things to remember next time things go wrong.

Tip: search the web for more Journaling Prompts and Journal Cards

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