



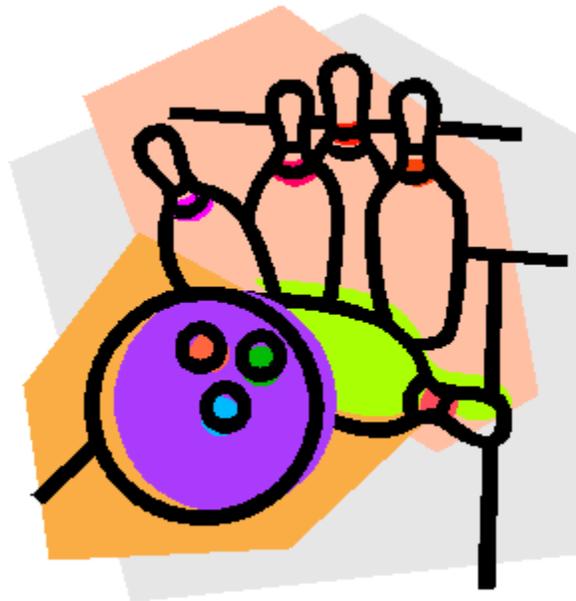
GAME - On

Your Moves = Your Life

Kathleen Faflik

GAME-On Strategy:

- Decipher Focus
- Lay Out Vision
- Set Objectives
- Tally and Score Actions
- Collect Prizes
- Repeat Last 3 Bullets for 90 Days



Name: _____

GAME-On Start Date: _____

Chapter 1

The Game

Welcome to your GAME! This process has been designed to step up the process of creation in your life and get you to your desired destinations swifter, sharper and smoother. Whether that destination is a new gadget, a new relationship, or a whole new self, this workbook can set you on a solid course for achievement.

GAME-On, "Your Move = Your Life!" is a game in the form of a workbook. It uses a specific system to make life's activities, your to-do list fun. A SYSTEM is just a way to save time and money and is the 'stem' to efficiency.

No matter what your job, responsibilities, calendar, or duties look like, GAME-On will help you accomplish more. It is a game you play with yourself, not by yourself, for the game of life cannot be played alone.

This system will help you move what you want towards you at a swifter pace than what you may currently be experiencing. Good systems equal efficiency. Putting a system into place or enhancing your technique and or structure, will improve your outcome.

Our objectives and aspirations are important to us as individuals, and many times they are also important to those around us. Yet, day after day, we do not focus on them. We live a perpetual looping life and it is a constant ring, like the hands on the clock that faces the same numbers over and over, minute after minute, hour after hour, and day after day. Our circle, our slinky, our maze, is the rut and behavior that we cannot seem to modify and eventually our years repeat themselves with the same negative aspects over and over.

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Creating different paths can help take the same old obstacles out of your way. Of course you will run into new obstacles on your new paths, but that is good. New obstacles lead to new things. New challenges, new thoughts, new ideas, and new actions equal new beginnings.

We all want to live a balanced life. We want to be healthy, be wealthy, and be wise. We want to have friends and loved ones in our lives, and strike a good balance of work and play. We want our homes to be clean and organized, our kids to be loved and nurtured, and our finances to be well taken care of. We all want it all, and the cherry on top would be that we could have it all with serenity, peace and calmness.

The problem is that our to-do lists never end, and we never give ourselves credit for accomplishing anything. There is always too much to do with too little time.

So, in order to create space, clarity, and vision for possibility to occur, let's play a game. The game is strategic and tactical like Cribbage or Backgammon. It is premeditated like Chess or Checkers. It is wild and fun like Hockey or Soccer, yet it is as individual as surfing or golf.

The board is your life. The little game piece replica is you. The path is yours to take or not, so in the end it is you choosing to win, lose or draw. The roll of the dice rests in your actions. One step or ten, no one is counting except you, and counting is exactly what you'll do.

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You name the game. The wealth can be high stakes like Monopoly money, yet the stress level you choose can look more like Candyland. Let us set the stage for greatness. Put on your lavalier microphone because you are the star. You are in the spotlight and it is all up to you on how this main production, your life, turns out. Win or lose, playing is not an option, so why not make it fun and rewarding?

Since you are ultimately your own quarterback, cheerleader, and referee, you will need a game plan, a winning attitude and a set of rules. A quarterback can throw high, throw low, throw long, toss, spiral, or get sacked. We all know that even with the best laid game plans, sometimes we fall short of the goal. At that point it is important to cheer yourself on, lift yourself and brush yourself off.

The only option you have is to get back in the game. Games are only won while on the field, in the court, or on the board. You are no longer just an observer. You are not in the bleachers for this gig.

Only you know what inspires you and drives you. Use affirmations, read positive quotes, state great declarations, talk to inspiring people. When you choose to win you will!

Chapter 2

The Attitude

Every game has a winner and every winner has a game plan. You understand why you are where you are. Your commitment, action and attitude have brought you to this juncture in your life. If you have not had a focused concentrated game plan, you probably are not in the place where you expected to be.

First let's talk about creation, and mind set. Reality is relative. This is worth repeating. Reality is relative. This is because everyone's reality is different. Don't worry or even consider other people's reality.

See things how you want them to be, not how they appear to be. You must perceive things in your mind as real and true to move yourself to that greater plane of energy. Possibility always exists. It is up to you to create it, and this all happens through the process of thought, word, and visualization.

Choosing the correct thoughts and words are like taming a rope. Think of it this way. You have a rope. You picture it in front of you. You see how wide it is, how long it is, what color it is and you picture the texture. You now have a rope in your mind.

Now imagine that the rope can either help or hinder your life experience and possibilities. Thinking of the rope in a positive light can create it into being your guide, your staff, your bridge, your ladder, your lasso, your swing. Imagining the rope in a negative light it could become your wall, your noose, your handcuffs, your shackles. What you focus on you create.

How many times have you heard, "I'm at the end of my rope."? Have you ever heard anyone say, "I'm at the beginning of my rope."? No, probably not, but the words you use, and the visions you create, create you.

How many obstacles have you been creating? Do you continuously see the negatives, the walls, the no's, the noses up in the air? Do you let other people's negativity control your output, your behavior, your reality? If so, it is time to take your newly developed and envisioned rope into supporting your growth, success, joy and abundance.

When negative thought creeps in, and it will over and over, just focus on the rope supporting your goals in whichever way you see it working to your advantage.

It takes work and focus to kill off the negative thought patterns in your mind. They have been developing and manifesting all of your life. Take control of them by interrupting them with positive thought. It is possible. Just focus and believe in that possibility. Smile and know that you are the one with the power, just keep taming the rope.

Positive or negative thought, one is no more powerful than the other. The choice is yours!

Repeat this statement out loud. Be loud and clear for again, words create reality! "I am the possibility of creating a positive life through positive thought!" If you knew how accurate this truly was, is, and will be, you wouldn't need this workbook, so go back and state it!

Another way to keep a positive frame of mind and establish a strong sense of self is to state affirmations on a regular basis. Here are some written affirmations and room to write your own personal ones. Let them speak to who and what you are creating!

Affirmations:

- I constantly affirm myself with positive thought and God delivers it or something better
- I am loving, living and having the time of my life with my soul mate
- I am a creative genius and I apply my wisdom into action
- I am a secure beautiful successful person
- I am a joyful giving person of honor
- I am proud to be respected and admired
- I am loved by many
- I run profitable successful culturally friendly companies
- I think fast and move fast
- I have the right answers or know where to find them
- I am courageous and take fear out of the equation
- I am known for the great questions that I ask
- I manifest and share a beautiful life of luxury and love
- I am animated, alive and enthusiastic
- I naturally create energy in others
- I visualize a better life every day
- God is my infinite supply and large sums of money come to me quickly and easily
- I am happily and easily saving, and investing \$_____ each year
- I have \$_____in assets
- I am enjoying this gift of life to the fullest
- I am wearing beautiful clothes and have a distinct sense of style
- I delight my friends & family with gifts and cards
- God grants me visions of things I can manifest
- God loves me and I love myself
- God is putting people in my path to help lift and support my success
- I have great thoughts and I am healthy and strong

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- I am a living magnet and attract beautiful things
- I am a giving generous parent and my children love me
- Words flow to me and through me for the improvement, success, and joy of all
- I am an embodiment of joy and prosperity
- I speak the truth and it lifts me up and helps others find their truth
- I heal myself daily and feel the energy lift my being

Chapter 3

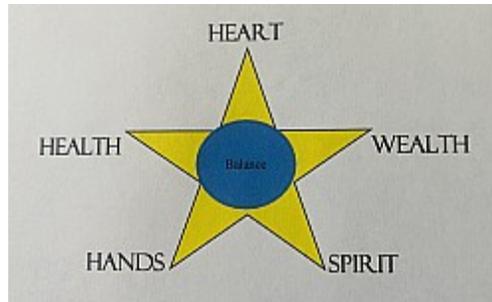
The Focus

The strategy in GAME-On is to follow the system. The structure of the system is the workbook. The process is 90 days. It is recommended to commit to daily monitoring for the first 30 days to get you on course. The objective is to get you to the point where you are moving forward without needing a workbook because you have developed your personal system of success. You hold the dice. You set the course and you determine prizes because it's your game.

To create a game and life of power and influence one can use the 'Surefire Star'. This tool will support you in your effort to create abundance in specific areas of your life. When used appropriately it can guarantee the generation of harmony and balance. In order to shine bright, a star has five points of clarity. You perhaps will focus more time and energy on one point over the others, but observe all of them for now.

Choose the top areas of your life that you want to focus on in your game and write them below. You can choose from the specific areas listed or add your own. For this exercise choose at least one focus from each of the five areas and one main focus for the next 90 days. Everyone has different aspirations and live different lives so don't worry about what you choose. It is what you want to create that matters.

Surefire Star



Heart: (Who)

- Relationships
- Sex
- Communication
- Family
- Friends
- Community
- Organizations
- Social Platforms
- Home
- Quality of Life

Health: (Body)

- Wellness
- Diet
- Nutrition
- Sports Activities
- Energy
- Sleep Weight
- Exercise

Wealth: (Affluence)

- Business
- Income
- Retirement
- Finances
- Assets
- Ingenuity
- Investment
- Education

Hands: (Creation)

- Actions
- Deeds
- Movement
- Hobbies
- Music
- Creative Activities
- Design
- Appearance

Spirit: (Soul)

- Faith
- Vision
- Love
- Character
- Peace
- Acceptance
- Insight
- Inspiration

These categories can also be crossed over or combined. If you are a pastor, then your Wealth and Spirit segments may merge. If you are a professional musician, then that portion of your Hands and Wealth could combine. If you meditate while you exercise, Spirit and Health will become one. It is all good. We just need to break them down for game sake.

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To create balance and therefore happiness, a couple of the things that I will focus on in each area are:

Heart

Health

Wealth

Hands

Spirit

Now choose your main focus for the next 90 days. I am creating my 90-day focus on:

Circle One:

Heart Health Wealth Hands Spirit

Chapter Four

The Map

As stated by Wikipedia:

*"A **mind map** is a diagram used to visually outline information. A mind map is often created around a single word or text, placed in the center, to which associated ideas, words and concepts are added. Major categories radiate from a central node, and lesser categories are sub-branches of larger branches. Categories can represent [words](#), [ideas](#), [tasks](#), or other items related to a central key word or idea.*

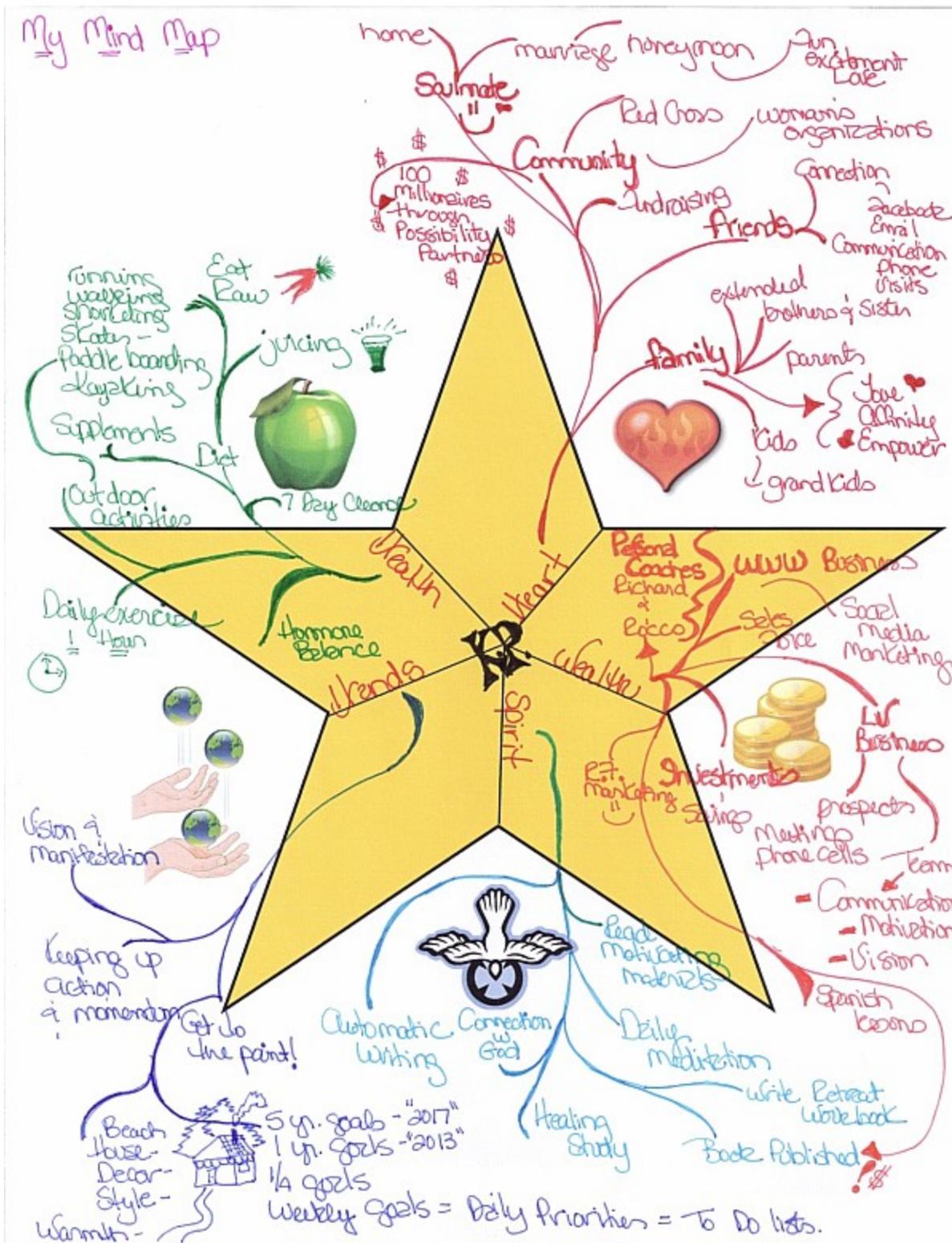
Mind maps can be drawn by hand, either as "rough notes" during a lecture or meeting, for example, or as higher quality pictures when more time is available."

Mind maps are the perfect way to break down objectives as to ensure all aspects of your hopes, dreams and ambitions are included. It helps you to assimilate the data that represent your preferences.

Incorporating every aspect of your personality, and delineating each area of your life in detail, helps create a full vision of who you are, and what you are up to creating. If you want to really delve in, you can create a mind map for every separate section of your life.

This is an example of a mind map on the next page that you can design using the Surefire Star Template.

(Example / You May Also Google Mind Map Images)



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Now it's time to build your own mind map. Add as many branches to the template that you need to create a full view of you. You can also add pictures, drawings, and doodles to make your map come to life. Make copies first if you want more than one template.



Chapter Five

The Vision

A vision board is a tool that stimulates the law of attraction to begin manifesting your dreams into existence. It is simply a collage of cut-out pictures, drawings, or writing of things that you want to be, do or have in your life. Focusing on positive, beautiful, exciting things will pull those things towards you.

The board is meant to create uplifting emotion and feelings of love, abundance and passion. When you cause increased happiness and joy through external stimuli, you create and materialize more of that exact same thing in your life.

Vision boarding is extremely important in first helping to create the vision, and then pulling that vision towards you until it becomes matter.

Get out all the materials you will need to Vision Board. You can use old magazines, old greeting cards, scissors, glue, markers, etc. It is now time to create your future.

(Example / You May Also Google Vision Board Images)



Chapter Six

The Game Plan

You are now set for greatness. You have determined your focus, laid out your Mind Map, & designed your Vision Board. You are ready to get your GAME-On! You will do this by first setting your long-term objectives. Goals are more effective when you look long range first and then work backwards in time. It's like what Dale Carnegie always recommended and that is to start with the end in mind.

Commit to be extraordinary. Since the way you play this game is the way you are in life, play it with integrity, consistency and passion. This game is about accountability, and you are fully responsible for it.

Goals/Objectives/Intentions are the cornerstone of achievement. We all know that whatever you choose to call them, 'goals' must be written in order to be valid. Therefore, the first step here is to write down your goals.

Some people state that they do not need to write their goals down for they know exactly what they are. The question would be, how many of those dreams and goals that you have in your head, remain right there? The reason we write goals down is to start bringing them into existence, and materializing them into stuff, rather than the non-stuff that sits in your head.

Starting with the end in mind, we will write down our long term 5-year goals first. We will then bring it forward writing our 1-year goals, quarterly goals, and you'll decide what your weekly goals need be. In the end you will transpose your weekly goals into daily accomplishment lists, and then measure your daily productivity.

Make your goals SMART. That is specific, measurable, attainable, relevant, and time-based. Look back at your Surefire Star focus, your Mind Map and your Vision Board to find what really pulls you and excites you, and then complete the next section.

You will want to focus on what it will take from you in the ways of being. Some examples would be that you can't be lazy, immature, and untrustworthy, if you choose to improve your life. Therefore, it's the changes in how you are being that will change your outcomes and transform your life. A personal transformation is just a change in the way you are being.

Some positive 'I AM BEING' examples are: Responsible, Accountable, Courageous, Fearless, Fun, Bold, Remarkable, Extraordinary, Abundant, Inspirational, Joyous, Motivating, Urgent, Insistent, Enrolling, Communicative, Powerful, Influential, Loving, Effective, Compelling, and Forgiving.

Some 'I AM DOING' examples would be: Running 5 miles a day, Kayaking three times a week, Running for Mayor of my city, Accepting a leadership award, Speaking in front of groups of 1000 or more, or Fundraising for the Red Cross. You will know it is correct for the action will come first.

'I AM HAVING' is just as it states. In five years, one year, and 90 days, what is currently in your life that you have manifested? A few examples here are: A close knit family, A new home on the beach, A blue convertible, A beautiful, strong, loving relationship, A 24 day trip to Europe, A 36 foot boat, A designer wardrobe, and/or A healthy strong body.

Fill in your Five-Year Goals and use more paper if needed. Think big! The materializing comes after the visualizing! Ask yourself how you will have to be to attract manifestations desired.

5 Years From Today...

Heart (Self, family, friends, community, world)

I AM BEING

I AM DOING

I AM HAVING

Health (Wellness, diet, exercise, sports activities)

I AM BEING

I AM DOING

I AM HAVING

Wealth (Career, business, education, financial)

I AM BEING

I AM DOING

I AM HAVING

Hands (Actions, hobbies, art, music)

I AM BEING

I AM DOING

I AM HAVING

Spirit (Faith, belief, personal growth)

I AM BEING

I AM DOING

I AM HAVING

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Fill in your One Year Goals and use more paper if needed. Go for the gusto! Power lies in words themselves. What will you need to achieve in 1 year to be on track for your 5 year goals? Work backwards. Again, as Dale Carnegie states, "Start with the end in mind."

1 Year From Today...

Heart (Self, family, friends, community, world)

I AM BEING

I AM DOING

I AM HAVING

Health (Wellness, diet, exercise, sports activities)

I AM BEING

I AM DOING

I AM HAVING

Wealth (Career, business, education, financial)

I AM BEING

I AM DOING

I AM HAVING

Hands (Actions, hobbies, art, music)

I AM BEING

I AM DOING

I AM HAVING

Spirit (Faith, belief, personal growth)

I AM BEING

I AM DOING

I AM HAVING

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Fill in your Quarterly Goals and use more paper if needed. This is where your future begins. It lies within your present actions. What will you need to accomplish in the next 90 days to be on track for you one-year goals?

90 Days From Today...

Heart (Self, family, friends, community, world)

I AM BEING

I AM DOING

I AM HAVING

Health (Wellness, diet, exercise, sports activities)

I AM BEING

I AM DOING

I AM HAVING

Wealth (Career, business, education, financial)

I AM BEING

I AM DOING

I AM HAVING

Hands (Actions, hobbies, art, music)

I AM BEING

I AM DOING

I AM HAVING

Spirit (Faith, belief, personal growth)

I AM BEING

I AM DOING

I AM HAVING

Chapter 7

The Scoreboard

(Example)

GAME-ON WEEKLY RATING CHART

Accomplished	Rating	Week #	First Quarter														
			1	2	3	4	5	6	7	8	9	10	11	12	13		
100%	10																
90%	9																
80%	8																
70%	7																
60%	6																
50%	5																
40%	4																
30%	3																
20%	2																
10%	1																

This section is fun and rewarding for it is all about your score and your prizes. You will use the following board to enter your weekly rating. If you attain your weekly goal, you will then honor yourself with the achievement award that you will choose at the beginning of that week.

You score yourself on a percentage basis from 1 - 10. This score is in accordance with how many weekly objectives you accomplished. You start the week with 10 main objectives. If you accomplished 8 out of 10 you would be at 80%. Thus, you score an 8, and you would color in eight squares at the end of the week.

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Remember, you are rating yourself, so be the honest student, and the critical teacher at the same time. Be fair and be accountable.

The first 90 days, thirteen weeks, or quarter are critical in developing consistency and accountability.

Set your top 10 priorities/goals for the week. Then decide and record how you'll reward yourself if you complete your top 10 weekly objectives.

Some Rewards for Achievement could be a:

- Pedicure
- New fishing lure
- Nice bottle of wine
- Date night
- New dress
- New Tie
- Movie
- Bag of chips
- Cashew, chocolate, caramel turtle
- Golf outing
- New lipstick

Ensure that your reward is equal to your effort. If you have a crazy week, and need to accomplish a lot, then push the reward up a notch! Put a picture of this "carrot" by your desk or in your car.

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At the end of each week you will reward yourself if you hit 100%. If you did not complete all ten items, still applaud yourself, with a pat on the back, or a celebration jig, for what was accomplished!

Finally, make sure you are coloring in the GAME-On Weekly Activity Chart found below. Fill in your numbers to track your continued progress.

It is guaranteed that if you honor this program for the next 90 days, you will set yourself up for many outstanding rewards of achievement for the future. State out loud with force and passion.

"I declare, I am committed to honoring myself, and working this program the next thirteen weeks to create a shift, therefore, creating my life anew."

This rating chart can be used for an entire year. If you want extra copies make them before you start charting. You will be able to track and have a visual of how you are doing overall by the numbers entered weekly. Of course, the objective is to fill out as many squares as possible.

GAME-ON WEEKLY RATING CHART

First Quarter

Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Second Quarter

Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Third Quarter

Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Fourth Quarter

Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Chapter 8

The Time Out

We are here on this earth to make a difference, to play this game of life masterfully. The more you fully engage and let loose, the more fun you will have, the further you will go, the more friends you will make, the more you will take chances, and the more you will increase your odds for the win. Even though your headstone will most likely not be a trophy, or a gold medal, you have a choice to offer the world a Win!

You have nothing to lose. By jumping in and playing with crazed uninhibited love, energy and joy, you will leave the fear behind, and this existence will become the thrill ride it was intended. You won't sit home afraid of talking, smiling, acting, moving, grooving, and generating the moments and days that create you. You will live fully in each and every moment!

Your choices, up to this point have set the context, the location, all the other players in your game, the mood, the style, the time, and the overall universal stage. The inspiration from new thought, can stimulate words which influence a new direction. At this point a new course can be set through actions, and it's the calculated strategic synchronized moves which can create your fulfillment of life.

How much stake have you invested in your own life? You are your own empowerment. You not only hold the cards; you are the cards. You are the deck. You are the dice. You are the board. It's time to play the game with maximum intensity and abundant passion!

Use the Game-On, To Be – To Achieve Daily and Weekly Planner, as the road map to your Being, Doing, Having Goals.

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As the whistle blows to resume play...it is now GAME-On time!