



TEST AND TRY  
(VERSION 1)

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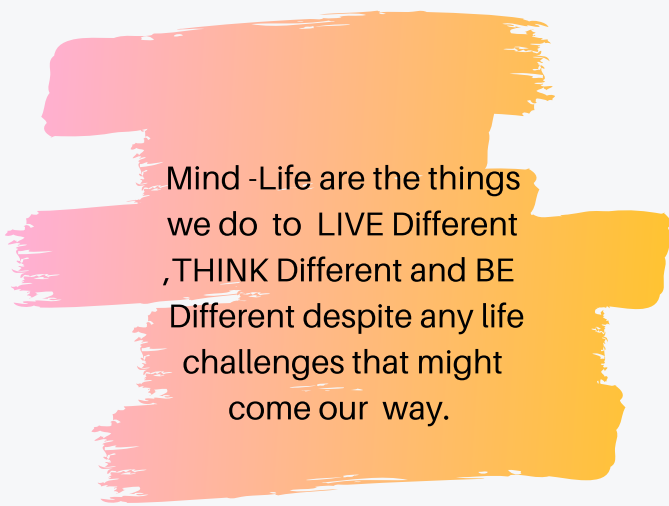

# THE MIND- LIFE CHALLENGE GAME

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DECEMBER 2020

Mind-life project Test and Try (version 1) february 2021

**mind-life**<sup>TM</sup>  
LIVE DIFFERENT, THINK DIFFERENT, BE DIFFERENT



Mind -Life are the things  
we do to LIVE Different  
,THINK Different and BE  
Different despite any life  
challenges that might  
come our way.

# WELCOME

We would like to invite you to play a game. This isn't just a game though, it's an invitation to challenge and stretch yourself in your Mind-Life\*.

In this game are many invitations for you to accept or pass on. Some of these challenges might seem very easy to some and terrifying to others.

Only you can decide if this is a challenge for you and if it's for now. You may pass on something this round and save it for another round when you're feeling more confident.

Below we will explain how to play. However we'd love for you to be creative and come up with your own way to play. Let us know how you experience this and help us make it better.

# WHAT IS THIS GAME ABOUT?

This game can be played with a team or on your own. When playing on your own, simply replace conversations with journalling.

There are 6 categories of challenges:

***Honouring Me***

***Connection***

***Try/have a go***

***Change it up***

***Stretch***

***Notice and Appreciate***

You can ignore the categories and just pick at random or use them to focus your challenge on an area of interest

The game is played in rounds. You choose how long each round is and when to review it. We recommend at least a week for a round.

Be aware that not everyone will be challenged to the same degree by each challenge. Individual players should modify challenges according to their own challenge needs or simply choose different challenges so that everyone is getting a similar level of challenge.

When playing in a team, your team mates act as your coach. They will encourage you, you may ask for specific support and you will be accountable to them.

# HOW TO PLAY

1. Choose your team mates
2. Decide on how long the first round will be
3. Choose your challenges. Set a number for the round (e.g. we will each do 2 challenges this round) You may decide on a particular category or choose which ever challenge stands out to you from any category.
4. Record the challenge numbers on your game card (at the back of this booklet) to keep track of them easily
5. Discuss (or journal about) the Pre-challenge questions before starting the round.
6. If you ask for support record who is supporting you in what way on the game card. Do the same for any support you offer to give others.
7. For each challenge you need to be able to show evidence that you did it. How will you show your team mates? (Selfie, collect a brochure etc). Record what this will be on your game card.
8. Decide on how you'll stay in touch throughout the round (e.g. facebook, group chat, messages etc) and arrange a time to meet at the end of the round
9. Do the challenges and remember to gather your evidence
10. Come back together and use the Post-challenge questions to reflect and share how you went and what you learned.
11. This round is over- you can play another round if you want to

# RULES

1. **This game is not a therapy tool to be "done to" another person.** If you are inviting someone to play, you must be playing too.
2. Don't pressure someone to do something you wouldn't be brave enough to do yourself. Encouragement is good/ pressure is not
3. Everyone in the game needs to feel a similar level of challenge. Players should modify their challenges depending on their own resources and skill or do different challenges from their team mates to match the challenge level
4. You can offer support or do challenges together. Just ensure everyone experiences the challenge and you don't rush in to rescue someone when things get a bit hard
5. When reflecting pre and post challenge. Listen without interrupting. Everyone will learn and experience things differently. There is no wrong or right way to feel about the challenges

# MIND -LIFE GAME CARD

Round Dates (from and to)

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**Player**

**Challenge  
Nunmbers**

**Support?**

**Accountability/  
evidence**
