

SAMPLE LECTURE

Prepare. Love. Honor. THE GAME

Sue ENQUIST

“LET ME BRING OUT THE CHAMPION IN YOU!”

WHETHER you're a CHAMPIONSHIP ATHLETE, a WORKING DAD, OR a MULTI TASKING CORPORATE MOM. EVERYONE HAS THEIR *game*. IF I'M AN ATHLETE, MY *game* IS SPORT. IF I AM A BANK TELLER MY *game* IS THE BANKING INDUSTRY. IF I AM A JANITOR, MY *game* IS CLEAN UP. WHO'S COACHING YOU HOW TO PUT ON YOUR DAILY ARMOR SO YOU CAN PREPARE FOR YOUR *game*? KNOW WHEN TO TAKE OFF YOUR “WORK” COAT AND SLIP INTO YOUR FUN SUIT. AND FINALLY BE ENERGIZED FOR YOUR FAMILY TIME!

FOR THOSE LUCKY FEW, LIFE IS A MAGIC CARPET RIDE AND THEY CAN YELL YIPPEE ALL DAY LONG. GOOD FOR THEM! UNFORTUNATELY, THE MAJORITY OF US MUST LEARN TO BE AWARE OF WHERE WE ARE, BE FOCUSED ON THE TASK AT HAND, AND BE ABLE TO RELY ON OUR FUNDAMENTALS TO EXECUTE ON A DAILY BASIS.

IN FAMILY, COMMUNITY, WORK, AND PLAY (SPORTS). EVERYONE HAS A *GAME*. WE WILL STOP AND BECOME AWARE OF OUR HIGH AND LOW EMOTIONAL TIDES. WE WILL PLACE OUR WORK ARMOR ON SO WE CAN BE GREAT CONTRIBUTORS IN THE WORK PLACE. AND MOST IMPORTANT BE 100% OF WHAT WE HAVE WHEN WE RETURN TO HOME BASE TO BE THE BEST PERSON POSSIBLE TO OUR FAMILY MEMBERS.

THE GAME-Interactive Exercises

Prepare:

1. This is what I am! (5 positives about self: Daily Anchors).
2. This matters! (List of priorities)
3. I love you because (name 3 people and why you love them).

Love:

1. Ways to love my work every day. Draw out your map to ramp up.
2. Stopping areas. Regroup. Markers.
3. How do I steal 2 minutes to fill my well? (Car. Office. Park.).

Honor:

1. 3 areas I can improve self at work.
2. 3 areas that my co- workers wish I would improve.
3. Post-its for work and home. Just Say It!

1-3 hrs. SAMPLE CONTENT

SYMPOSIUM

PREPARE: 33% RULE-Priorities are your foundation. (family/faith.work.extra fun activities)

1. Awareness-check your personal inventory.
2. Wake up: Is your well high or low? Adjust your next step accordingly
3. Full well move on. Empty well: trigger words.
4. Plan B: Emotional Discipline must take over. START.
5. Learn how to create mental drawers.
6. Learn how to ramp UP and relax down.
 - a. Home to car. Car to Work. Work to play. Play to Home- Being present everyday
7. Type A personality: Imperfection is OK. Don't wait for perfect tomorrow. Grab a good today!
8. Type 0 (zero) motivation: Get 1% better today each day. Baby bites.
9. Quality work.
 - a. Assess and Adjust: Daily Grind. Give and take Blows.

LOVE

1. Defining the love.
2. Why do I like this?
3. I hate my job? Uh Oh!
4. Commit to the relationship-Be unconditional.
5. We must love it even on our tough days. The *Game* will test you!
6. Good talent is flexible_We must adjust if our jobs involve change.

HONOR

1. Game doesn't know! You must execute everyday!
2. We can't rest on our laurels. Earn the execution each day.
3. Respect and you will be respected
4. Give people the benefit of the doubt. It's not as draining.
5. Be a giver regardless
6. Leap into people's favor.
7. Don't keep score
8. Don't sweat the little things
9. No looking left and right-Once you start comparing your will slow down.
10. Put in the investments: The *Game* will pay you back
11. Everyday isn't perfect. So what! Let go!
12. Don't get caught looking in the other dugout (don't lower self to the competition. Shoot for daily excellence. (don't assume you are good).
13. Honor YOUR *game*. Stick to your fundamentals