

Game Playing Field

Today's Date

Aspects of Your Life

**Rating on a Scale of 1 – 10 which needs most work/goals
Just spend about three minutes rating these**

Body and Health

Money

Relationships

Spiritual Life

Mind/Peace

Tools/Technology

Community

Environment/Organization

Education

Family

Work

Charities

Hobbies/Interests/Art

Recovery

Vacation

Pets

Car

Fun

Incentives

Goals of the Game:

To provide you with the support of a coach or team and a Game community for 90 days.

Achieve Personal and Business Growth through playing the Game

Learn to adapt the Game Technology ongoing into your life

Choose the top three areas you identified as the ones to set your goals in....

Next...

Game Goals

Reasonable Goal	Projected Date	Today's Date	Incentive
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Consequence

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Some goals are bigger than others; where we seem to bog down is when they are too big or we set unrealistic timeframes. A bigger goal might have several pieces to it to get there.

This exercise helps us to set reasonable and achievable goals in a practical timeframe and ask for input on ways we might achieve them better from others. This might include resources we don't know about or ways we haven't thought of doing it based on the experience, strength and hope of others.

These instructions are mine, from observing an Action Group at the UA conference in 2012. We can always use revisions and from time to time we will have a business meeting to see how we can better achieve our visions for this Action Group Tool.

Meeting Format:

Open with Serenity Prayer

20 min sharing our week's events and accomplishments

20 min inventory together, meeting leader calling out categories, then 6 -7 min silence while writing out concrete achievable goals which are to be done over the next week or month

20 min sharing goals at end of meeting

Close with Serenity Prayer