

RULES FOR PLAYING THE MOTIVATION GAME

The intent of *The Motivation Game* is to encourage people to discuss what inspires and motivates them from within.

The game consists of 140 cards, divided in four groups. Except from the cards there is a blank card added per group, in case you yourself or fellow participants have an addition to make. The groups are:

1. **Activities** (a light bulb, 56 pcs). These cards will help people to find an answer to questions such as: What do I enjoy doing? What gives me energy?
2. **Inspirations** (a flame, 17 pcs). These cards will help people to find an answer to questions such as: Where do I get my inspiration from? What helps me to get in contact with my inspiration? Inspiration often causes inner motivation.
3. **Conditions** (a package with conditions, 37 pcs) These cards will help people to find an answer to questions such as: What needs to be met so as to make it possible for me to work effectively and in a pleasant way? This can be looked at from both work as well as private life point of view. In working situations the employer can often influence these conditions to a larger or smaller extent.
4. **Obstacles** (a gate, 30 pcs)). These cards will help people to find an answer to questions such as : Which thoughts obstruct me in realizing activities for which I am motivated? This category copes with obstructing convictions. These are regularly returning, powerful thinking patterns that effect you in a negative way.

The relation between the separate categories of the game and the concept 'motivation' can be summarized as follows: If you want to get or stay motivated, it is important that you practise activities that you enjoy, that the required conditions are being met, that you make full use of your inspirations and that you are not being bothered too much by obstacles.

Each of these groups can be applied separately as well as in combination with each other. In each of the under mentioned methods of play, only one group of cards is being applied. Methods in which the groups are being combined, have been described in '*The Motivation Games Manual*'

METHOD APPLYING THE ACTIVITY CARDS (2 PLAYERS)

1. Spread all of the activity cards open on the table.
2. Each player selects max. 10 activities that he enjoys doing very much and lists them. When you choose, try to not only focus on your present work. Keep your list hidden from your partner. Rank the activities, beginning with the one that you most like doing.
3. Ask your partner to select max. 10 activities that he thinks you enjoys. He should list them and, if possible, rank them in order of importance.
4. At your turn, you place the cards that you selected at step 2, ranked in front of you. The other player places those cards that were not on your list, but that he selected for you, in front of him. Those cards that were selected by both of you, are placed in between the other rows. The more cards there are in this row, the better your fellow player knows what gets you inspired.
5. Discuss the results in the following way:
 - a. Explain each of the activities that you chose for yourself. You should both explain your choice for the cards that you have both chosen. Ask your partner to give an explanation of the row of cards that are lying in front of him.
 - b. Discuss the selections that have been made. Take the content as well as the ranking of a specific activity into account.

- c. Count the number of cards that have been placed between the both of you and consider the ranking. What conclusion can you draw about the extent to which your partner knows what makes you tick?
- d. Repeat steps a to c for your partner.

METHOD APPLYING THE INSPIRATIONS CARD (2-8 PLAYERS)

1. Place all of the inspiration cards, including the blanc card, face up on the table.
2. In turn, you select one card about which you yourself want to share something or about which you want to ask questions to one of your fellow players.

Consider one or more of the following questions:

- a. What is this source of inspiration all about for you?
- b. How, where and how often do you find it?
- c. How does this inspiration affect you?
- d. Is the affect of this source of inspiration visible in your work or private life and, if so, how?

Invite feedback. If you have had your turn you place the card back and the next person selects a card. This can also be a card that has already been discussed before. Continue until the participants have the impression that most of the interesting subjects have been passed in review. What conclusion can you draw?

METHOD APPLYING THE CONDITIONS CARDS (2-6 PLAYERS)

1. Spread all of the prior condition cards face up on the table. Agree on the point of view: work or private.
2. Each player selects max. 8 prior conditions that he needs to be able to live or work in a enjoyable and motivated way. Rank them in order of importance. Write down your selections and ranking.
3. One at a time, use the following procedure: Place the selected cards, ranked in order of importance in front of you. Explain your choices and to which extent each of the selected prior conditions are met (totally, partially or not at all). How do those prior conditions that are only partly met or not met at all, influence your behaviour? The other players can ask for clarification. Place the cards back.
4. When everyone has had a turn, discuss if there are any important differences between the prior conditions each one of you chose and the extent to which they are being met. What conclusions can you draw?

METHOD APPLYING THE OBSTACLES CARDS (2-8 PLAYERS)

The obstacles undoubtedly represent the most confronting part of *The Motivation Game*. Lots of people need rather some courage to admit to themselves and to others that they hold that kind of thoughts. However, obstacles quite often tend to be a considerable activating motivation for one's behaviour, so it is important to be aware of them. This can for example be achieved by applying the following procedure:

1. Place all of the obstacle cards face up on the table.
2. Each player selects max. 3 obstacles that bother him the most. Write these down and also in what kind of situation they occur and how they affect you. Consider for each one, two advantages and two disadvantages gained by clinging to this way of thinking. Does this give you any new insights?
3. One at a time, pick your selected obstacle cards. Explain your choice of each one. The other players may ask for clarification. Invite tips on how to tackle your obstacles or reduce the negative effects of them on your behaviour. Place the cards back
4. When everyone has had a turn, share your conclusions.

THE MOTIVATION GAMES MANUAL

To get the maximum from *The Motivation Game* and your training session, please refer to *The Motivation Games Manual*. This manual contains 25 separate versions of *The Motivation Game*, for example: self-awareness of what motivates and inspires a person, icebreaker in training-sessions, teambuilding, performance review, career planning and individual coaching.

OTHER GAMES

The Feelings Game, *The Feedback Game*, *The Development Game*, *The Motivation Game* and *The Values Game* form a series and are aids to finding answers to five essential questions:

- Who am I? (The Feedback Game)
- What is valuable to me? (The Values Game)
- What am I good at? (The Development Game)
- What do I want? (The Motivation Game)
- What do I feel? (The Feelings Game)

These games can be applied individually or in combination.

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