



POINTS OF YOU SIGNS OF LIFE Creating Visual Life Lessons

POINTS OF YOU SIGNS OF LIFE encourages teamwork while enhancing individual skills and awareness. Participants will create visual Life Lessons based on the stages of the Points of You cards. Ideal for adults of all ages, this exercise can be used with as few as 10 people and as many as 50. Three to four hours will be needed to fully execute this exercise.

The objectives of this exercise are:

1. To individually identify the player with the card they selected.
2. To fit that individuality into a group of like-minded players with a specified goal.
3. To create a visual reminder that will assist in the successful completion of individual goals and serve as a reminder of the POY experience.

Pre-Exercise Preparation

Five separate tables or sections on the floor should be prepared with the following:

- Identification Signs (one each of Journey, Doing, Just Be, Difficulties, Opportunities)
 - Quotes (from POY book) that correspond with each Identification;
- Examples:

Journey – “There are no such things as wrong turns. Only paths we never knew we were supposed to take.”

Doing – “Nothing will ever be attempted if all possible objections must first be overcome.”

Just Be – “Enjoy the journey, enjoy every moment and quit worrying about winning or losing.”

Difficulties – “He who finds diamonds must grapple in mud and mire because diamonds are not found as polished stones. They are made.”

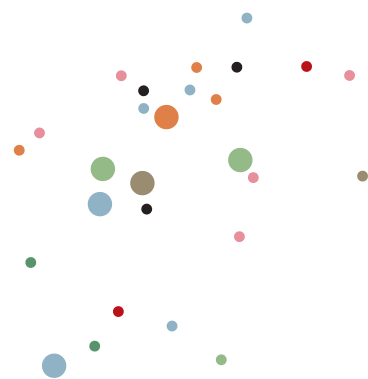
Opportunities – “Every moment that passes by is an opportunity to change your life.”

- White Poster Paper
- Arts & Crafts Supplies – Scissors, Crayons, Pens, Colored Pencils, Colored Paper, Magazines, Stencils, Glue, Magic Markers, and anything else you can think of.



Exercise

1. Conduct a five-minute Pause with the entire group. Spend a few minutes getting their reactions to the Pause.
2. Spread the cards out on the floor face down.
3. Have each person draw a card and briefly introduce themselves through their card.
4. Give everyone an opportunity to switch their cards with one of the undrawn ones on the floor before you continue.
5. After everyone has their card, have them locate the symbol in the lower left hand corner.
6. Explain what each symbol means:
 - A. Journey – the path through life which we all take
 - B. Doing - the practical aspect of action and reaction in our lives
 - C. Just Be – the emotional and the flowing nature of our lives
 - D. Difficulty – the difficulties and challenges of our lives
7. Ask everyone to find the table that corresponds to the symbol on their card. Possible things to observe:
 - How do they come together as a group?
 - Who becomes the leader(s)?
 - Who participates? Who doesn't?
 - What do they do if there are not enough chairs?
 - What do they do if one table is sparsely populated?
 - Do they invite them to join?
 - Do they accept the invitation or prefer a small intimate group?
 - What if one table is left empty?
 - Do they mix supplies from other tables?
 - What do they do with the extra supplies?
 - Do they make one big poster or do they make several smaller ones?

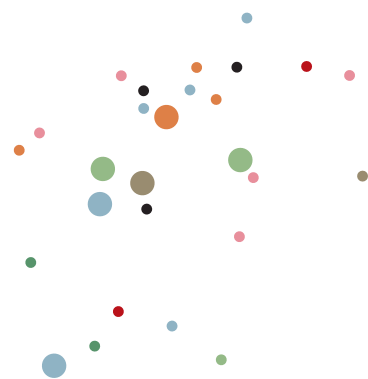




POINTS OF YOU™
Creative Tools for Personal & Organizational Development



8. Hand each table their own distinct list of questions (from Journey, Doing, Just Be, Difficulty, and Opportunities pages in the POY book). Ask them to discuss the questions as they create their Signs of Life poster. Move among the tables facilitating the conversations when necessary.
9. Have tables share their creations. Share your observations of how the tables organized, worked together, and interacted with other tables.
10. Take pictures of each sign and send them later to each participant, along with a special offer to buy Points of You.
11. Marketing – including brief explanation of the features of the game and special offer to participants. Wrap up.



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