

2 How To Give Feedback

- Be brief, 15-30 seconds
- Give no hard advice or 'shoulds'
- Even simple encouragement is valuable
- Use 1 or 2 Red Prompts below
- Feedback receiver, don't react yet Take Feedback Notes below

3b Give Feedback using Red Prompts

Red Prompts:

- A person to meet is...
- I can see you...
- A lasting image is...
- What if...
- I encourage you to...
- A question to consider is...
- A wish I have for you is...

Receiver's Feedback Notes

Explore using Who You Are Matters! with diverse groups & workplaces. Learn to use our narrative assessment system including this game and Online Storyteller web application and narrative methods. Visit OneLifeTools.com

4 Inspired Action

The Inspired Action I want to take is ...
example: Contact the school's office about volunteering.

by Due Date:
example: May 5

Post-Game: Next Steps

Get things done by finding a **Capability Partner** for accountability on your **Inspired Action**. It may be a game player or anyone else.
example: Trudy / tjp@email.com

On Page 2, Maximize your **Clarification Sketch** by reading it to yourself, or an ally. Begin using the prompt "The fuel to empower me..." and read entire **Sketch**.

Deepen conversations by **sharing** your **Clarification Sketch** with a coach, advisor, counselor, friend – or manager.

Accelerate exploration of your **Possibilities** by visiting onelifetools.com/resources to:

- Gain insights from reading **Clarification Sketches** of real life clients,
- Get insider tips from hundreds of inspirational career stories,
- Build your network and confirm next steps. Download free Field Research Guide.

Name: _____

who you are MATTERS!

Spark meaningful conversations, gain clarity and confidence about what's next

GUIDEBOOK v7.5

Take turns reading aloud all 4 boxes

Objective

Gain clarity, generate possibilities, receive feedback and take inspired action.

Who You Are Matters is fun and non-competitive. Everyone wins when enjoying deeper conversations and talking about what really matters.

Guidelines:

- Share what's comfortable; feel free to pass
- Keep confidential player details
- Smile and have fun

It's not just a game, it's your life!

Choose Firekeeper

Whose birthday is next? This person is the first Firekeeper, and takes the Firekeeper's Stick.

The Stick serves two purposes:

1. Players only share aloud when holding the Stick;
2. Turn Stick over! Contents serve as a reminder to finish your turn within **15 to 30 seconds**.

Warm-up

Firekeeper, with Stick in hand, answer these questions:

What is something you really liked when you were younger, and why?

Pass stick to player at left. Each player takes a turn answering these questions.

Go to **Five Easy Steps** in Part **1** on next page. ➔

PART 1

Gather What Matters by Using Element Cards to Tell Stories, in *Quick* or *Extended* Play

When on colored dot always do the **Five Easy Steps**

1. DO

Firekeeper: Find Game Piece on the colored dot. Pick up all 12 corresponding Element cards. Turn cards over and quickly place them 1-by-1, face-up, in the white outlines round fire.

2. WRITE

All Players: Read each card and select 3 that best describe you. Notice the fill-in-the-blank card. Write only colored keywords in the corresponding space at right. "Or" means write one keyword or the other, or both.

3. SAY

Firekeeper: Select 1 of your keywords and say it aloud. Then in 15-30 seconds, say "I chose it because..." Pass Stick to player at left. Each player takes a turn to finish round. Players listen carefully.

4. GIVE

Firekeeper: Look at a person whose story you appreciate. Place a stone token in their hand. Briefly say, "I appreciate what you said because..." Receiver places stone in fire. Pass Stick to player at left. Each player takes a turn to finish round.

Remember, tokens help everyone listen, and benefit by expressing and receiving gratitude.

5. PASS & REPEAT

Firekeeper: Collect cards and replace them on their game space. Pass Stick to player at left who becomes next Firekeeper.

Next Firekeeper: Move game piece to next dot. Repeat these **Five Easy Steps** through Possibilities following *Quick* or *Extended* path.

Help each other with instructions.

Your Clarification Sketch

The fuel to empower me are my Personal Qualities of being ...	The tools I have handy are my Strengths to ...	The sparks to ignite me are my Desires to ...
Personal Qualities example: logical	Strengths example: teach and share ideas	Desires example: have more fun

QUICK

Extended Play

Other People who influence me include ...	My credibility and impact come from my Assets of ...	I am guided by my Natural Interests in ...
Other People example: logical	Assets example: teach and share ideas	Natural Interests example: have more fun

NOTES

I'm curious about exploring the Possibilities of ...

Possibilities
example: Volunteering

After Possibilities dot, continue to Part 2.

PART 2

Star Cards Guide You

- Next Firekeeper: Move game piece to Star dot. Pick up and turn over Star Card 1 and read it aloud entirely. Place Card on gameboard for all to see. Follow directions.
 - When done, pass Stick to player at left who becomes next Firekeeper. Continue through all 5 Star Cards to complete the game.
- Help each other with instructions.

1 Expanded Possibility

Example:
I commit to explore Volunteering
such as tutoring at my local school
which is connected to my Personal Quality Strength Desire
of teach and share ideas

3a Your Expanded Possibility
I commit to explore...

copy 1 of 3 Possibilities you commit to exploring

such as _____
use your imagination to fill in the blank

which is connected to my Personal Quality Strength Desire
of/to _____
copy 1 relevant Personal Quality or Strength or Desire
