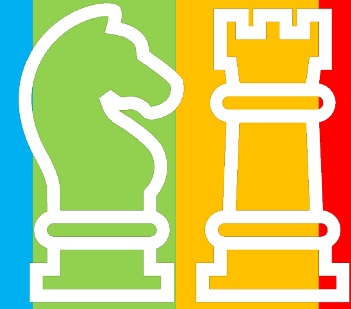




Play The Long Game

Resource pack

ALICIA MCKAY ⚡

Play the game

		Short game	Long game
	Perspective	Everything is important	Most things don't matter
	Purpose	How can I feel good?	What do I care most about?
	Patience	What has to be done?	How can I do more of what matters?
	Practice	Today prevents my future	Today creates my future

Perspective

"Everything we see is a perspective.
Not the truth.

— MARCUS AURELIUS

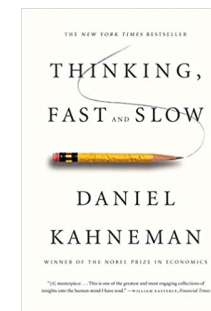
The closer you are to something, the more important it seems. Our brains are wired to put immediate threats first, which makes sense from an evolutionary biology standpoint. We need to react to the threats in front of us, to stay alive.

This is great when we're staring down a woolly mammoth, but not so useful when we turn into reactive drama queens, panicking at every new email and catastrophising every relationship, project or meeting that doesn't go to plan.

Given we're so good at putting things into perspective in retrospect, it can be helpful to play Future You when everything seems unmanageable.

Try thinking about your life as a book, and about this disaster or phase as an event or a chapter.

- Create a monthly breakdown, mapping key events from each month
- Draw a timeline of your year on a wall or whiteboard



RECOMMENDATION

Thinking, Fast and Slow

Daniel Kahneman



Year in review

Take stock of the last year to appreciate everything you accomplished, learned and experienced.

WHERE I WAS IN JANUARY

WHERE I AM NOW

MY YEAR SUMMED UP IN THREE WORDS

AUTOBIOGRAPHY CHAPTER TITLE



Tell a better story

You get to choose the story that you tell about the events and choices in your life.
So why choose a negative one?

5 REASONS I'M GRATEFUL THINGS WENT HOW THEY DID

THIS WAS AN IMPORTANT STAGE IN THE JOURNEY, BECAUSE

Big picture



5 YEARS AGO I WAS

LAST YEAR WAS ALL ABOUT

THIS WAS THE YEAR OF

NEXT YEAR WILL BE



Reflection questions

What goals did you achieve?

What obstacles did you overcome?

What did you learn about yourself?

What did you learn about others?

What made you laugh?

What made you cry?

What new things did you try?

What did you learn?

What did you waste time on?

What are you grateful for?

What will never be the same?

What one thing would you change?

Purpose

"If you don't know why,
You don't care how.

— SIMON SINEK

Purpose gets a bad rap. It's the domain of the woke and out-of-touch millennial who wants to shirk the real work... right?

Wrong.

Purpose isn't fluff – it's a responsibility. If you don't have the resolve and determination to do good shit, there's no point getting your shit together.

People that have meaningful long-term goals, ones that change the lives of other people, have more enjoyable lives.

These conversations get woo-woo very quickly, but leading with purpose is not about navel-gazing.

It's about tapping into the potential to do work that matters by providing a guiding set of values and principles.

Purpose isn't about changing the world. It's about using our limited time doing stuff we care about. Discovering your purpose is about finding the things you care about that are bigger than you, so you can do more of that.



RECOMMENDATION

Everything Is F*cked
A Book About Hope
Mark Manson

Values



When you know what really matters to you, you can start making choices that reflect that in your daily life.

THINGS THAT REALLY ANNOY ME

WHAT I'M PROUDEST OF

WHAT I ADMIRE IN OTHERS

WHAT I ALWAYS PUT FIRST

My values



Purpose



When you set a clear intention for your future, opportunities open to you.
Without one, you float aimlessly, like a plastic bag in the wind

HOW I WANT TO HELP OTHERS

THE THINGS I'M BEST AT

WHAT I LOSE TRACK OF TIME DOING



Patience

Most of us are banging around in the dark trying to work it out as we go. It's a long game, remember? Your purpose probably won't come to you in a bolt of lightning and it will morph and shift over time.

The best thing you can do is try things and notice how they make you feel. Build reflection space into your schedule. Notice how your energy changes when you do different things and how you react in different situations.

What do you love the most about your job?

What do you hate the most about your job?

What do you get lost in?

What gets you all over-excited and annoying when it comes up at dinner?

Keep a daily journal and review it once a month. Each day, keep track of

- What gave you positive energy
- What drained you
- What surprised you



Have a go

Purpose is a moving feast.
Try new things and notice how they make you feel.

THINGS I WANT TO DO MORE OF

THINGS I WANT TO TRY

CHILDHOOD DREAM

CRAZY IDEAS

Practice

"We don't rise to the level of our habits. We fall to the level of our systems."
– JAMES CLEAR

Making room for what matters needs new habits and behaviours – but these don't happen by accident.

Relying on enthusiasm is a short-game strategy. For habits and behaviours that matter, we need to change our habits and create systems and designing an environment that makes success easy.

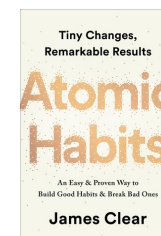
Good systems give us the mental and physical freedom to be creative, seize opportunities and try new things.

Good habits create a better default – so even when we're not our best, we don't go backwards.

Small things make a big difference. Try not to touch things more than once. Build new habits slowly by creating new cues and rewards.

Remove bad habits quickly by taking them out of your life entirely.

RECOMMENDATION



Atomic Habits
An easy & proven way to build good habits and break bad ones
James Clear

Tiny habits



I WILL START...

BECAUSE THEN I CAN...

MY NEXT STEP IS...



New year, new me

I WILL STOP...

BECAUSE...

MY NEXT STEP IS...