



What does it mean to live an EPIC life?

EPIC! Rule #11: An EPIC life is achieved NOT by climbing to the top, but rather by finding your center.

What does it mean to live an epic life? The Greek word “epic” means a long form poem depicting larger-than-life heroes battling the humanity’s challenges. EPIC! is all about the journey of “derring-do” - - daring to do and daring to be. So what makes a life “epic” and a character “larger than life”?

These questions were omnipresent for my husband Rob and me during our recent odyssey traveling through Jordan and Egypt. Seven thousand years of dynastic, over the top, monumental, herculean temples and tombs, celebrating the god-like essences of their Kings.

I was particularly fascinated by the powerful Queens, like Hatshepsut (15th c. BC), Nefertiti (14th c. BC) and Cleopatra (1st c. BC). It turns out that at critical times, women were invited into key roles, as regents and pseudo Kings. In her insightful book “*When Women Ruled the World*” by Kara Cooney, she explains that the ancient Egyptians understood that women were uniquely suited to keep the peace and manage the transitions of a country when it was wracked by dynastic uncertainty or drought.

Hmmm! The underlying objective of The Decade Game is to get women to be less ambivalent with the idea of power and ambition. This is an absolutely necessary precondition to being able to design a life where you can play your heart out, on purpose. In fact, I decided on the title EPIC! The Women’s Power Play Book because I know how the word “EPIC” makes many women cringe.

The Decade Game is also for men - with an opportunity to redefine “EPIC” as well.

As a wife and mother of adult sons, I know that both men and women are longing to design a future that is “**livelier that large**” instead of “**larger than life**”. And that goal is available to EVERYONE.

Here are some of the characteristics of *every day* EPIC characters, committed to be leaders at home, at work and in the world. EPIC characters are:

- Recognized and loved for their “one-of-a-kind-ness.”
- Relied on for their superpowers which are “on offer” and “of service.”
- Trusted that their actions are a manifestation of their purpose.
- Activated by a sense of destiny.
- Encouraged and encouraging to defy boundaries.
- Liberated from perceived “character flaw”.
- Focused on a win that is bigger than themselves.

So - time for another EPIC! rule.

EPIC! Rule #11: An EPIC life is achieved NOT by climbing to the top, but rather by finding your center. I know that women long to tell an epic story of our own lives. It’s an epic story of love, service, contribution, courage, sacrifice, sensuality, creation, adventure.

Here is the challenge. More often we tell this story to ourselves—but to no one else.

False modesty is bred into us so deeply that we become un-indicted co-conspirators of our “smallness.” I also know that we are ready to break the pattern set by the patriarchy for thousands of years..

We are eager to shape-shift from the “**If Only**” mindset that holds us back—and embrace the “**Imagine If**” field of possibilities that allow us to soar.

And we want answers to these questions:

- When did I start playing small even though I was dreaming big?
- When did I start believing I wasn’t magical?
- When did epic become out of reach?
- What is my purpose?
- How do I show up as my best self for me, the people I love, and the people who count on me?
- How do I recover my power?
- What would I do if I wasn’t afraid?

Not only do we need answers, but the future is counting on us to find our truth. It's time to step into the epic chapter of our lives to be the ancestors of an age to come— So that future generations can flourish and thrive. My bottom line? Don't wait to be great. Choose EPIC!

Sending love and light - Carolyn

