



The Power of a Name

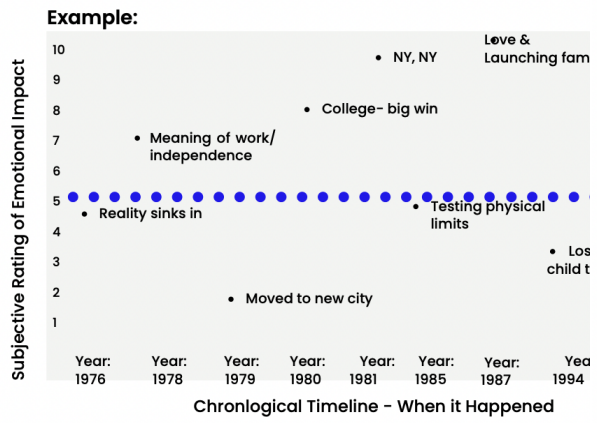
EPIC! Rule #16: If you name it, you can claim it (and charge for it!)

Last week we kicked off our 9th Decade Game Master Class with 27 amazing, remarkable, powerful, and purposeful women. The women represent 5 decades – from early Thirties to mid-Seventies. Regardless of age, they all are in a stage of transition – be it career, personal, spiritual, physical – or a combination. And they all want the same thing – to be more clear, more confident, more courageous, better equipped.

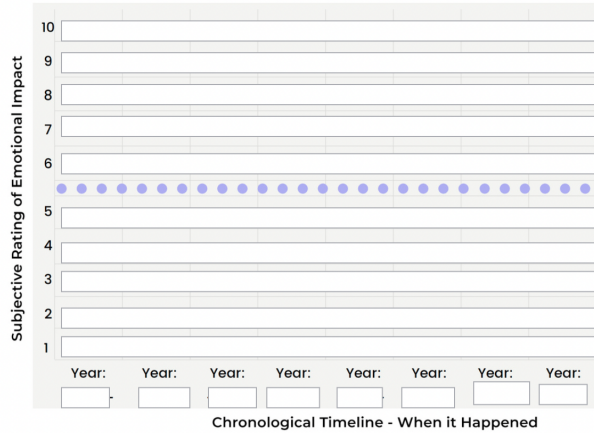
One of the preconditions for designing an epic decade is to enter the threshold unburdened by the baggage of the past. To that end, we gave our participants some pre-work to do. The exercise is called “The Story So Far”. Let me invite all of you to do it too (that means you men as well!).

Using the template below on the right, chart the story of your life so far by looking back 1 -3 decades from today and placing a dot on the chart and noting with headlines the 5 most important triumphs (rated 6 and above, 10 being your highest point) and the 5 biggest disasters/disappointments (rated 1 to 5, 5 your lowest point) on the timeline below. (see the template on the left as an example.)

The Decade Game Master Class - My Story



Title: My Heart's Adventure
Subtitle: The journey of a resilient woman towards whole



TITLE: _____
SUBTITLE: _____

Include events that are personal and/or professional that have had a significant emotional impact on you, your confidence, and your sense of self. When you are done charting your history, look at the trajectory that has gotten you to where you are today. Standing in the present and looking back, if you were going to write the story of that journey, considering the triumphs and the trials, what would be your book's Title and Subtitle?

What I love about this exercise is that the specific ups and downs of the past re-form into a storyline of courage, resilience, love, commitment, and empowerment. Here are just some of the titles and subtitles of this year's class:

- [Becoming Unlikeable - the path to embracing me](#)
- Never Stop Learning: Through Achievements, Setbacks, Love & Purpose
- [From Dancer to Director: Choreographing a life of adventure and meaning](#)
- A dichotomy. She was not supposed to, but she did!
- [The Heroine's Journey: Embracing the Stumbling Stone on the Road to Me](#)
- Italian Boots: Returning to self to honor the hero inside for all times.

Here is the amazing thing. As soon as the participants named and shared their true story within the first 30 minutes of our first class together, everyone's energy shifted. The excitement was palpable. Instead of being tentative and reticent in a group of strangers, this circle of 27 women recognized something of themselves in every other person's story - - and it was GAME ON!

Once again, I was reminded about the power of naming. A common concept in history across religions, cultures, and time is that knowing the name of something, or someone gives one power over that thing or person. A commonly cited example from Genesis is when God gave Man the right to name all animals and to have dominion over them. Naming something brings it into existence and gives it a life force. The intangible becomes tangible. The impossible becomes possible. Amorphous ideas find form and become goals and definitions of success. Hope turns into action. The genie is out of the bottle.

Time for the next EPIC! Rule of the Game.

EPIC! Rule # 16: If you name it, you can claim it (and charge for it!)

The power of naming reframes the way we think and feel about any challenge or situation. Naming our true story and what we long for also changes the way other people see and perceive us. Before we can start building the future, we need to enter the game with our truest identity unpolluted by the old names or stories that we assigned ourselves (or had assigned for us) that are no longer functional. We start the Decade Game from the perspective of our Superwoman persona, not her alter ego, or her un-indicted 8-year-old “good girl” co-conspirator.

Over the next 6 weeks, the Decade Game participants will have the opportunity to discover, name and claim their epic destiny in all the domains of their life - - personal, spiritual, professional, and philanthropic. We will resurrect the childhood fun of “make believe”. If we can believe it, we have a MUCH better chance that we can make it happen.

There is, of course, strong science behind this. Being able to envision the desired future in as much detail as possible, starts rewiring your brain immediately – as if you have already achieved that dream. By bringing a little of that dream into your present choices, decisions and actions, your epic journey begins unfolding, one baby step at a time.

Over the years of teaching the Decade Game, I have loved watching this rule come true. A decade game grad from 2019, who was working at a large tech firm had a dream of running her own adventure experience travel company. In the middle of the pandemic, she moved from NYC to Hawaii and launched her company.

My co-teacher of the Decade Game Master Class was a top executive at a financial services company but longed to become an entrepreneur of “her own thing”. And so, she did. Some decade gamers wanted to find time for more joy in their life, or clearer

direction, or recover their full power, or repair broken relationships, or let go of a mindset of scarcity, or balance the human “doing” with the human “being”.

In all cases, the start of the journey was naming and claiming what was longing to happen – and deciding to play to win, instead of playing not to lose.

Play with the power of naming and start rewriting your history of the future.

Sending love and light
Carolyn

PS. Since the New Year, I have been sharing my EPIC! Rules to play the game of life, your way. I have them now posted on the website if you have missed a newsletter or would like to review them. Click below and scroll down to the Rules. (And you can always buy the book!)

[EPIC! Rules of the Game](#)

If you have any questions or would like to talk to me directly, please email me at carolyn@mydecadegame.com and we will set up a time.



You can't get there from
here, but you can get
here from there.



