THE "DARING GREATLY" GAME

"Only those who dare to fail greatly can ever achieve greatly."
- Robert F. Kennedy

The "Daring Greatly" Game is very simple.

Most of the time, we run away from the things that we fear. We procrastinate. We avoid the things that we need to do. We run away from challenges that would take us out of our comfort zone, and where there is a risk of failure.
In this game, the whole point is to run towards those things we normally avoid. It's about embracing fear and uncertainty – and moving towards the things that will make the greatest difference in your life.

How it works:
Each day, you choose to go after the things that might scare you. You dare greatly to move towards your dreams. Your goal is to fail as often as possible! After all, it's about batting average: If you fail 100 times, the chances are that three positive outcomes will come out of it:

① You will also succeed many times

② You will start to overcome your fears of failure; you will realize that failure and rejection don't sting as much as you thought they might; in fact, you might find that you get more energy – and are living life more fully – by tackling your fears, rather than running away from them!

③ You will learn many new things that help you grow and develop (i.e., your experiments in daring greatly will help you improve on your mistakes)

Rules of the Game:
When we are asking you to dare greatly, we aren't telling you to do anything dangerous or potentially harmful to yourself or others! We don't want you to do anything illegal, unethical, or harassing towards others – anything that could deprive other people of their dignity or freedom! All of your steps should be getting you out of your comfort zone, but they should mostly be facing internal demons at the stage that is appropriate for you – just outside your comfort zone. If you attempt something too overwhelming or scary, it could prove counterproductive. We don't want you to be risking physical or psychological harm!

Scoring:
For each activity that scares you (taking the first small step), you will measure the following things on a scale of 1 to 10:
Importance score - How meaningful and important it is to you; how much it could potentially help you move towards your most valuable goals and personal/professional priorities;

Boldness score - How much fear it involves; how much you would rather avoid it and procrastinate on it.

Then you take action, and multiply the numbers together. Let's say that you are taking action towards something incredibly meaningful to you (10 on a scale of 1 to 10); and it's something that you have been avoiding and procrastinating on a lot (again, 10 on a scale of 1 to 10). Then you would multiply 10 by 10 and get a score of 100!
It's important to note that the outcomes are irrelevant! You may fail (and may learn something valuable in the process), or you may actually succeed. **But you score points just for making the effort.**

Of course, the more efforts you make, the more points you will score every day!

So let's offer an example, just so you can see the game in action:

A random person (named Scott, for the purposes of this example) could be avoiding and procrastinating on tons of things that he needs to do for his work. So he writes up the following action steps that he has been fearing:

ACTION STEP	IMPORTANCE SCORE (1 TO 10)	BOLDNESS SCORE (1 TO 10)	TOTAL SCORE (1 TO 100)	SUCCESSES Moments of Growth, and Lessons Learned
Writing an email to a personal hero – and sending it to her	10	10	100	It was so much easier than I thought! It felt great to face my fears!
Asking a potential customer to try my social venture.	10	9	90	The customer didn't feel like it met her needs. This is great feedback. I need to empathize more and understand my customers.
Doing a rapid prototype – a new experiment to test alternative approaches for my venture	10	7	70	I was so scared, but this was actually fun!
TOTAL SCORE FOR WEDNESDAY, MAY 21			260	

As you can see, many of these things are very important, but for that very reason, Scott has been avoiding them! (It's often true that we fear most the steps that are most meaningful and important; we are worried about making mistakes and failing!) That's why so many of the initial steps get total scores of 100.

Note: This game helps break down overwhelming, scary tasks into small, actionable steps

One of the reasons why we fear and avoid tasks is because they seem overwhelming. This game works well because it forces you to break down these seemingly scary tasks into small action steps.

Usually people have goals that are too abstract or huge, like: "Put together grant proposal for $250,000." That is so gigantic and scary that it's no wonder that we avoid it.
Instead, it's better to figure out the one small task that would start out that process. You want to break it down into baby steps, so that you can get "small wins" continuously along the way.

Every baby step you take can be a success to celebrate! (And if you fail to make that baby step – if you stumble and fall – you just get up, learn from your mistakes, and try again!)
As the productivity guru David Allen always asks, "What is the next action you can take?" This is a physical, visible action step.

OK, that's the game. This game itself is a rapid prototype, which we are testing and constantly improving. Thus, if you have any comments or suggestions for how to make it better, please feel free to contact me at ssherman@transformativeaction.org

On the following page is a grid for tracking your own "Daring Greatly" experiment and keeping score. Make sure to have an accountability partner who can help make sure that you are keeping to your commitments.

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ACTION STEP	IMPORTANCE SCORE (1 TO 10)	BOLDNESS SCORE (1 TO 10)	TOTAL SCORE (1 TO 100)	SUCCESSES Moments of Growth, and Lessons Learned
①				
②				
③				
④				
⑤				
⑥				
⑦				

Date: _____   Signature: _____