

LIGHTEN UP LIVING

We are not broken. We do not need to be fixed. **But maybe we want to lighten-up-living a little!**

Lighten Up Living creates and curates experiences that enlighten and empower us in the realm of play, fun and ease. We do that using the ****power tools of conversation and connection in community.** Rarely does it happen as a solo venture! We need other people.

Welcome to an imperfect place where imperfect people (their lives, their relationships and their businesses) transform. Sandy Parker has been shining her light as a speaker, author and coach. She has been sharpening her skills with groups and organizations for 20+ years and is determined to be of service. Today is a great day to emerge, grow, and lighten-up-living! This game is just one way.

Why play games?

Why not? The world is quite serious enough. And we can gain access to many facets of ourselves with more ease and joy by playing and sharing. Of course, the irony is ... we're not always good at play. So maybe we need more practice. That alone could change our entire world.



THE GAME of HIDE AND SEEK

The rules are simple: a child (“it”) closes their eyes and counts to a predetermined number while the other players hide. When the counting is over, the “it” child calls “Ready or not, here I come!” and goes searching for the other kids. The player found first will be the next seeker and the player found last is the winner.

OUR GAME of HIDE AND SEEK

The intention of the game is for 10 women to gain accomplishment, transformation and celebration in one area in their life in 30 days. The players will take a look at the areas of their life and select one area where they want something to move, change, progress, or transform. They will form a POWER CIRCLE with each other and commit to conversation, awareness, inquiry, encouragement, design and take action steps, and support.

In our game of hide and seek, we want to find ourselves, to be found, to step out and declare where we have been hiding, to share this confidentially in the confines of community, to demystify its power over us and to claim our right to have any outcome we want. By doing this, we liberate ourselves by shaking off whatever hold there is so we are free to choose.

Transformation is hard to define. Sometimes a “shift” happens in conversation and this might be all that is needed. The others in the group will think of you as capable and encourage the fulfillment of steps you have

decided you wish to take. Transformation at any level will be celebrated and acknowledged.

THE STRUCTURE INVITES PEOPLE FROM ANYWHERE

We will use **zoom for one weekly meeting together.**

That will last 1 hour and 15 minutes with option visiting time at the end. We'll understand the topic and the available exercises and game strategy for the week.

How much time will this take (per week?)

Totally up to your use of what's available:

Awards	Facebook private group	Other tools and items we bring in
Recognition	Phone Calls	as needed and wanted
Treats	Text	
Surprises	Coaching Calls	

STRUCTURE

Week 1 – THEME PRESENTED EACH WEEK

Circle Meeting on zoom
sharing, prompts, exercises
action steps designed
treats in the week (can't give away all our secrets!)

Week 2 - THEME PRESENTED EACH WEEK

Circle Meeting on zoom
sharing, prompts, exercises, updates on action and progress
action steps designed
treats in the week (can't give away all our secrets!)

Week 3 - THEME PRESENTED EACH WEEK

Circle Meeting on zoom
sharing, prompts, exercises, updates on action and progress
action steps designed
treats in the week (can't give away all our secrets!)

JOIN OUR COMMUNITY

LightenUpLiving.com

Look! **BODY LOVE** is coming!

LightenUpLiving.com/bodylove/

Week 4 – THEME PRESENTED EACH WEEK

Circle Meeting on zoom
sharing, prompts, exercises, updates on action and progress
action steps designed
treats in the week (can't give away all our secrets!)

WEEK 5 – Celebration

Fun Celebration of 45 minutes to wrap up our Game
There will be treats and surprises
(Imagine that!)

COST:

\$300 for the full program (Pandemic pricing)

Limit of 10

Deposit of 50% required to reserve your space

25% non-refundable

2 payment option available

QUESTIONS? TO REGISTER

Text the word **PLAY** to

Sandy at her cell: **254-592-8067**

LightenUpLiving.com/hideandseek/