

# THE 90-DAY GAME



**YOUR PATHWAY TO CREATING WHAT YOU  
TRULY WANT WHILE ENJOYING THE PROCESS**

**JOHN FELITTO**

*Woodwright* | Press  
PEARL RIVER, NEW YORK

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*To Joan*



*The only difference between a fabulous life and something less than a fabulous life is one of attitude, yes indeed, one of perspective. When you realize this, you will know that you are already living your fabulous life ...*





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## Foreword by Bernie Siegel, MD

**T**he subtitle to *The 90-Day Game*—“Your Pathway to Creating What You Truly Want While Enjoying the Process”—speaks of what John can offer to those who want to participate in the process of life. It reminds me of what a pregnant woman experienced and wrote about, comparing her cancer treatment to her pregnancy. Despite the difficulties of her pregnancy, she said, “Residing within me is new life. Nine months finally pass. I give birth to my child. All the discomfort and pain is now justified.” After her chemotherapy and radiation treatment, she said, “Twelve months finally pass. I give birth to myself. All the discomfort and pain is now justified.”

*The 90-Day Game* is about giving birth to your authentic self. It is not about fearing the challenge or being a failure if you don’t do it right. It is not about backing away from life’s challenges with sentences that begin with, “I can’t,” “I’ll try,” “I would if,” “I should,” “I’m tired,” and “What if I fail?” This is not about self-interest but about choosing a life that benefits you and others, and letting John be what I refer to as your “life coach.”

Coaches give you the knowledge you need and guide you on how to perform to the best of your ability. But you have to show up for practice, not make excuses, listen to your coach’s constructive criticism, and learn to create what you truly want without the process being a negative experience. The best doctors learn from their patients, family, and nurses because, when those people know you care, they tell you when they see ways for you to improve your performance. And when you are willing to listen to them, learn, rehearse, and practice—rather than make excuses—amazing things can happen. The nice part is that this is not a nine-month process but a 90-day journey to rebirthing yourself.

As Jung said, we are all duplex structures. Within us reside intellect (or mind) and intuitive, unconscious wisdom (or soul and spirit). As an attorney said, “I came to a conclusion that was eminently reasonable, totally logical, and completely wrong because, while learning to think, I almost forgot how to feel.” I like to refer to it as “letting your heart make up your mind.” Unconsciously, we create our future. So, knowing your true inner self is of vital importance in creating your desired life. You need a quiet mind to accomplish this, which I will mention again later.

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One of the most significant factors involved in the process relates to your answer to this question: “Did your parents love you?” Those who did not feel loved and who answered “No” have an enormous hurdle to overcome because they lack self-worth and self-esteem and are far more likely to become addicts, refuse to attempt to change, and be self-destructive in their lifestyle. One study showed that 98% of those who felt unloved as children suffered a major illness by middle age versus 25% of those who felt loved. So again, let John’s game give you the tools to remove the negative hypnotic messages imposed by the opposite of love: indifference, rejection, and abuse early in your life.

Medicine and science are opening their minds to the importance of emotions and how what goes on in your mind becomes your body’s chemistry. The placebo effect resides within us. Actors’ immune function and stress hormone levels are altered by the role they play. So, think of the way you act and the role you are playing because it will create your life. You are given a lifetime to learn, rehearse, and practice. *The 90-Day Game* can help you create your true self and desired life. You can help by keeping a journal of your feelings, going back to your childhood, so they are not stored up within you, damaging your body and health. Simply keeping a journal, spending time each day being grateful, meditating, and saying a therapeutic mantra will enhance your health and state of well-being. John’s wisdom will guide you on that path.

When you follow his coaching guidelines, you will find that you are having a conversation with your true self and will be able to listen to its desires and needs. Listening to your inner voice is vital for your health and a joyful life. By caring about yourself, you become willing to show up for practice, be coached, and achieve the desired goals you have created for yourself. God loves us all. You need to believe that, no matter what your past was like. I call it “re-parenting ourselves.”

The wounded soldier is truly the one who can function in love’s service, and you can heal yourself and others by example. The process of creation has endowed all living things with survival mechanisms. Wounds heal, bacteria resist antibiotics, and trees survive insects and more. Nature is speaking to us about our potential, but we have to give our body a live message by loving our life and body. When you get the message, the path to creating what you desire will open up before you. And remember: If God closes one door, like hunger, it can lead you to seek nourishment for your body and soul. You will find that, further down the corridor, another door may be open or you may even find an open window. When going through hell, we can all benefit by stopping and asking ourselves what we are to learn from this experience. Then the curse becomes a blessing, and our problem awakens us to what needs to be changed in our life. Remember not to eliminate yourself but to eliminate from your life what is killing you, and then save your life.

You control only your thoughts and, through them, can take command of your life. However, due to our duplex nature, we must get our intellect and intuitive minds to agree on the course we choose or it will be laden with conflict. I see this when people choose a medical therapy but are in conflict over it within themselves. Then they have all the side effects and more. However, when there is harmony within, they can go through treatments with no side effects because of

their acceptance, peace, and beliefs. Our mind is a powerful thing. It creates what we and our body believe to be true.

It will only take you 90 days to reach your commencement. Graduations are called “commencements” because they represent a new beginning, and that is what you will learn from *The 90-Day Game*. You are giving birth to a new self. You can even pick a new name for yourself and for whom you are to become. You can and will become what I call a “respart” (a responsible participant) and empower yourself to be creative. The way to know who you are and what you truly want will come to you through quieting your mind. I liken it to the still pond, which allows you to see that you are not an ugly duckling but a swan. However, if your life is filled with turbulence, which troubles the waters, you will never see your true self. Again, use the process outlined in the following pages and achieve the ability to live with a quiet mind, which can help you to know your authentic self.

Quantum physicists tell us that desire and intention alter the physical world, causing things to occur that would not normally occur if they were not desired. So have faith, step up to the plate, and focus on your potential and not your fear of failure. As Ernest Holmes asked, “What if Jesus was the only normal person who ever lived?”

My last word of advice is to not get upset by interruptions during the process because they are what our work is about. So use them to learn and grow from while on your 90-day journey and forever after. When your work becomes how you handle interruptions, you will start enjoying life and not resenting events. And, when you notice that you are frequently losing track of time, you are on the right path. I have found that, when what you are doing is creative, you lose sense of time, your body doesn’t age, and your wounds all heal because you have put yourself into a therapeutic trance state. So, turn the pages and commence your journey through not just *The 90-Day Game* but the 90-year game of life. And take it one day at a time because today is the best day of your life.

—Bernie Siegel, MD





## Preface

Typically, the preface to a book is written by its author. I am honored that John has asked me to write this preface to *The 90-Day Game*. (Breaking from tradition is nothing new for him.) I have worked closely with John for over 15 years, have played the game multiple times through its evolution, and jumped at the chance to be in the first group of faciliplayers that John certified. This game is something quite special in the way it recognizes the real potential in each of us, how it teaches us to use what might be considered challenges or obstacles as valuable guides on our journey, and ultimately how it helps us create what we truly desire in our lives.

So, with that said, I'm pleased to offer you an invitation to the game!

Does this sound familiar? You know some basic “principles,” and you're pretty sure you know what you need to do—at least to make *some* improvement in your life—but you just can't seem to make it happen. You recognize patterns, situations, or circumstances that seem to repeat in your experience, but you don't seem able to change the ending. Do you sometimes feel like one of many inside your head, where one of you wants to move forward, take action, and make a change, but others don't, and you feel “held back”?

On the one hand, we're told that everything is changing and that change is the only constant; on the other hand, change is scary. There's real comfort in the familiar (the devil, you know). So when we really *do* want to change, all sorts of obstacles appear (for example, we doubt that we can really do it, we think that maybe we're wrong and the change would be a mistake, or we wonder what our family and friends will think).

That's where most of us get stuck. It's why we can feel so energized after hearing a motivational speaker or attending a workshop, and we're sure that *this* time we can make a change; however, after a short while, we find ourselves back in our old, familiar territory.

What's going on? We've developed powerful habits over many, many years, reinforcing the same patterns of thinking, emotion, and behavior, until they are second nature. If we are centered and confident, we can be free of them for a while and, when we are stressed, that's where we've trained ourselves to go. Since a principle cause of stress is change, we've come full circle.

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*The 90-Day Game can help you break out of this loop.*

What exactly is the 90-Day Game? It is an integrated system for improving the quality and enjoyment of your life; a coaching model designed to bridge the gap between where you are and where you'd like to be; a personal development program, based on fundamental principles common to most world religions and spiritual and self-help systems—all embodied in the form of a game, which means that it's meant to be played (more on this later).

While sharing some aspects of other approaches (it has been said that the truth doesn't change anyway), the game is, at the same time, completely different in a number of important ways. It is eminently practical, actionable, and results-oriented. Theory and philosophy are kept to a minimum, key concepts are explained in everyday language with real-world examples, and a rich set of tools, templates, checklists, and exercises help to guide you every step of the way. From the very first day, you'll roll up your sleeves and practice applying these principles in your life, to your own situation, in order to make real what you would like to create for yourself and your loved ones.

While acknowledging the gap you'd like to close, the game doesn't reject anything—not where you are, and not what you think or how you feel. In fact, it celebrates *all* of that by helping you access the valuable information “hidden” in everything you experience and understanding that happiness is to be found nowhere else but in this very moment. It guides you to recognize and appreciate what you already have and to acknowledge your successes—real aspects of your life that are too often ignored by focusing only on what is missing.

Lest you think this is some wispy, feel-good set of platitudes, stop right there. The game is solid and sensible, its legs planted firmly on the ground. It could not be more practical, and it supports you in bravely facing and engaging with all of your thoughts, emotions, and moods—fully, without judgment, and without labels of good/bad or positive/negative. It is an incredible tool to help close a specific gap and create a desired outcome, but it's much more than that. You will develop and strengthen a new set of competencies and capabilities that you can apply to every aspect of your life and, in so doing, create a positive cycle of growth, self-knowledge, and increasing happiness.

You know (you *do*, don't you?) that your well-established patterns and habits have led you to where you are now, and this is where you will remain until they are changed. Effecting that change is often challenging, and it's where the game truly shines. Give yourself the chance to change and to establish a new set of skills, habits, and perspectives that will serve you for the rest of your life.

*Are you game?*

*Great!*

*Now, just one more thing ...*

The principles and concepts underlying the game are helpful to understand and appreciate, but here's the thing. Having an intellectual grasp of theory can be a useful prep for growth and somewhat satisfying, but it doesn't usually lead to real change; that *will* be the result, however, if you engage with the book and *actually play the game*.

It is important to recognize that we've all been practicing our habits and behavior patterns for most of our lives. We've gotten quite good at them, and they have directly contributed to the lives we are experiencing. If you want to experience something different—and I assume that is why you are here—you need to *do* something different. (Notice I didn't say "read" something different.)

Just think about it. If you want to learn to play a musical instrument or learn a craft, reading a book will certainly give you some background and understanding of what's involved. But would you expect to be able to perform having just read about it?

If you care to read through this book, please do so with this perspective and awareness. If you want to create what you truly want, and enjoy the process, then get set for an amazing adventure and *play* the 90-Day Game.

*Now* we're ready!

—Rand Littlestone, certified faciliplayer





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# **PART I**



# **Introduction and Orientation**





## WEEK 1

# Welcome to the 90-Day Game

## Day 1—What Do You Want to Create?

Since you picked up this book, you obviously have something you want to create in your life. Before we go any further, I'd like you to respond to a few questions to jumpstart the process. I am not asking you to write about what you think is possible, or what someone else thinks is possible, or what society thinks is appropriate for you. I am asking you what your soul is yearning for, what your heart is crying out for, and what's been on your mind for a long time.

Bring that to mind and answer the following jumpstart questions. Take no more than 10 minutes on this. Let it come to you from those deep places of heart and soul. Anything longer will be counterproductive to our aim here. No rational analysis; answer from your gut. This is not a test, and there will be no grades.

### Jumpstart Questions

1. What do I want to create?

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.....

**Jumpstart Questions**

2. What is motivating me to create this?

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3. What talents and strengths do I have that align with my intention?

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4. Why is creating this valuable to me?

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5. How will I and others benefit from my creation?

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Congratulations! You have completed Day 1 of the 90-Day Game. If you have time, feel free to move on to Day 2 for a little orientation.

## **Day 2—You Have More Command over Your Life Than You Realize**

**C**hances are you are eager to create something great and are looking for an effective framework to bring it to life. Making it an enjoyable process is likely quite appealing to you as well. In the moment, are you conjoined?

Okay, you are probably wondering—what the heck is “conjoined”? Don’t run off to look it up; this word is not found in any dictionary. But, if you are conjoined, you may already know what it is because it sounds a lot like it feels. It’s the perfect word to describe that blend of stuckness, frustration, tension, and overwhelm that we all experience at times; where you feel that you have one foot on the gas pedal and one foot on the brake. Split between fuzzy and clear and deeply yearning to move forward. It is a state where you feel entirely out of control, and you sure could use some kind of psychological and/or emotional chiropractic. That’s conjoined!

Another way of defining it is by its antonym “congruent”—a harmonious state of being, where your soul is singing hallelujah; your emotions are warm yet exhilarated; your mind is reveling with brilliant, sparkling, confident clarity, able to see the big panoramic view of your plans while taking lots of action with grace and ease and, because of it, you and others really like being with you. That is what the 90-Day Game is all about: to create what you truly want while enjoying the process and the precious, present moment.

In order to enjoy the congruent state mentioned above, you’ll need to activate all four of your SEMB resources: Soul, Emotion, Mind, and Behavior. Like a four-engine airplane, it’s smooth sailing when all engines are functioning efficiently. A four-engine airplane can fly with fewer than all engines or if a few are not operating at optimal capacity. You too can function with your equipment at less than optimal capacity, although that means less fluidity and a bit more unnecessary conjoinedness. Early on, you’ll be introduced to four great day game plays, each suited to activate one of your four resources. Play them all as intended, and you’ll fly high and far with ease.

The game does not guarantee that you will never ever again find yourself in a conjoined way, but it will increase your awareness of its symptoms. It will also show you how to utilize them in a productive way to stay on course and increase the frequency of joy attacks as you revel in the process of creating.

As a game player, your willingness to try on new approaches will accelerate your progress. We all have preferred styles; this is natural and to be honored. That doesn’t mean we can’t develop new skills that make the most of the natural gifts we were given. Engaging all the game plays and practices is essential, so get ready. Nothing in the game requires any hard labor; it is all quite simple. But it is also challenging because you will be integrating new behaviors into your established daily routines.

The game is a vehicle for change in just about any aspect of your life and for anything you desire. For example:

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- Enjoying better health
- Cultivating a sense of purpose
- Creating greater financial stability and freedom
- Establishing a career track
- Having a more compassionate relationship with yourself
- Developing a significant intimate connection with a person or a higher power
- Establishing habits and internalizing fresh ideas

Even if you don't know what your soul craves right now, you will experience significant progress over the next 60 to 90 days. This method will offer you a track to run on but will not create what you want for you. All you need is already within you, and the game is designed to evoke your greatness.

I make no promises of yachts, palatial houses, or millions of dollars in your bank account. We don't need to rule out those possibilities, but they are not the objective here. Whether you are already quite successful or truly struggling, the aim is for you to recognize that you have more command of your life than you may realize: a profound capability to create what you want and enjoy a peaceful and fulfilling state of being while creating it. Once you have discovered your amazing capacity to enhance your conditions to some degree, you will expand previous boundaries, building faith in yourself and enhancing your conditions to greater and greater degrees. You will discover that you are truly living a fabulous life.

### ***Why a Game?***

Whether it inspires you or not, no one is getting out of here alive! Mortal life on this planet is a gift, with a definite beginning, middle, and end. Just like going to a party, you can focus on the music being too loud or too low, the people too classy or classless, the food too rich or too bland, or you can focus on having fun, enjoying the company you are with, making new friends, bringing some life to the party, or just enjoying the moment.

When we put such importance on things or invest in wasteful judgments, we miss out on the party and the gift that life truly is. There is a reason why we have this tendency, which will be explained shortly. With that understanding, you will be free to experience life in a different way.

Aldous Huxley stated that, "The secret of genius is to carry the spirit of the child into old age, which mean never losing your enthusiasm."<sup>1</sup> Making it a game brings an element of lightness, which is valuable in and of itself. Additionally, it establishes fertile ground for creativity. We have far more expansive and creative ideas when we are light, playful, and enthusiastic. Mind expands and welcomes *Aha!* possibilities.

*The intuitive mind is a sacred gift and the rational mind is a faithful servant.  
We have created a society that honors the servant and has forgotten the gift.*

—Albert Einstein<sup>2</sup>

When we overidentify with our challenges, we experience a different kind of creativity, conjuring up intricate storylines for why we cannot have what we want. We get stuck in our rational mind as it desperately struggles to figure it all out. This tension blocks the intuitive mind's capacity to attract and receive fresh insights.

Don't get me wrong. The rational mind is a faithful servant, and we honor its role in organizing and analyzing information. We make a poor choice, however, when we become overly reliant on this servant for problem solving, as it works with only what is already known. It is the sacred gift's intuitive, imaginative, and creative role that will bring us the fresh data and insights we need for innovative thinking. Then, the faithful servant is in a position to test, verify, and organize these new insights for practical implementation. When we make a game of it, we lighten up and fresh insights come to us.

Do games have challenges? You bet they do. That is where the fun and fulfillment are. Navigating challenges provides the growth only direct experience can offer. Once you get beyond the old-school conditioning of "passing the test" and doing it "just right," you will welcome each challenge as an opportunity for great discovery. Challenges are gifts, valuable guidance information contained within the wrappings of limited perception. Each challenge holds within it a satisfying reward and, when appraised as such, it powerfully advances your confidence. With each obstacle you overcome, you'll register valuable information to create what you want now—and later.

So lighten up! Be playful! Welcome challenges, and you'll learn to bend rather than break. With the objectivity you develop, you'll be surprised how you can become quite comfortable with being uncomfortable, see the perfection within the perceived imperfection, and benefit immensely from it. How you leverage these challenges with the spirit of lightness will be fully addressed in the game, so stay tuned.

## ***Why 90 Days?***

Directing attention regularly toward any intention changes your brain—literally. Similar to establishing the hand-eye coordination needed to hit a ball, balance a bike, or gain confidence as a driver, in each case the individual goes through three phases: mechanical, integrated, and assimilated. Establishing any new behavior requires self-compassion. Recognizing the need for patience, the game provides practices that soothe your nervous system and put order to your mental chatter, yielding resilient staying power.

Just as you would not expect a child to hit the ball or ride a bike overnight, don't pressure yourself. Simply follow the game's track, and you'll accomplish great things. You have 90 days, so relax and play.

## THE 90-DAY GAME

In the end, it is repetition that effectuates these changes, and this is true of our brains as well. Until recently, it was widely accepted that our brains were hard-wired in beliefs and behaviors that could not be changed. The science of neuroplasticity has shown that repetition of thought, emotion, and behavior does indeed change the brain. For those of you who revel in the details of science, there is a wealth of material at your disposal. In the game, we are going to take a more experiential, pragmatic, light approach. We're interested in creating what you want—not educating you in neuroscience.

Ninety days has proven to be an effective time frame for sufficient repetition of attention and practices for making significant changes in attitude, perspective, and behavior. It also provides adequate time to build momentum and realize considerable progress.

### ***What's Your Playing Style?***

Do you prefer to play on your own, with a buddy or a coach, or in a group? The choice is yours. The day-to-day format of the game is designed to produce results for all learning styles. If you are a self-starter who is more comfortable flying solo, go for it. Most find that buddying up with a fellow game player or a coach, or working with a group and facilitator creates structure and accountability, helping them remain in the game. When playing in a group telegame, you will be guided by a 90-Day Game facilitator each step of the way. Additionally, you'll be inspired by your fellow game players' shifts and progress.

You will find buddies, certified facilitators (we call them "faciliplayers"), and teleconference groups at [90DayGame.com](http://90DayGame.com).

That's enough for now. Go ahead and have a great day!

## **Day 3—Make It a Great Day: Your Great Day Game Plan**

**T**hink about how powerful our physical senses are. Sight, sound, taste, touch, and smell are our tools for navigating the physical world. These senses are so powerful that they can easily distract us from subtler senses, like thoughts and emotions. Although our external senses are extremely influential, it is these far more subtle senses that actually create what we observe with our more obvious ones.

It can seem as though the thoughts and emotions we experience are caused by the people we encounter and the events we experience, and this is how most of us tend to live: in reaction to these external influences. It may be easier to blame external forces for our conditions, but this is not the pathway to creating what we want—or a fulfilling life.

In order to gain command of your life, you'll need to gain command of your states of mind and being. Attitude, perspective, and emotional responses play significant roles in the quality of your experiences and resulting conditions. When you turn things around—that is, when you take command of your thoughts and emotions—you are no longer victim to the people and events around you.

Understand that taking command of your thoughts and emotions is not controlling them. Thoughts and emotions come up spontaneously; you do not and cannot control them. The way to gain command of them lies in your ability to direct your attention. What you direct your attention on will influence the qualities of your spontaneous thoughts and how you feel about things.

Developing the ability to direct your attention is an art form that requires practice. You will need objects of attention, and the qualities of these focal points are an important consideration as well. In the world, there exists the “divine” and the “diabolic.” These are the same forces that capture your attention and, when your attention is captured, so are you. Our aim is to choose where we direct our attention and, with practice, we will become the directors of our life.

The aim is not to deny that darkness exists; we just don't want to get into bed with it. Living in the light allows us to see what's present and available and empowers us to have impact and enhance conditions. Like flipping a light switch on in a dark room, we can see more clearly and take steps that benefit all. As you refine this art form, you'll discover that even the dark and diabolic have value, can motivate you, and be the catalysts for positive change. It simply becomes more valuable information, more grist for your creative mill. To enjoy this point of view, you first need to build a resilient state of mind and being.

What better place to direct your attention than on what you want to create in your life? That will be your primary focus during the course of this game. If you are uncertain as to what you want to create, which is more common than most people realize, let that discovery be your intention for the game.

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With this passionate purpose in mind, you will utilize the natural talents, strengths, and skills you've developed during your lifetime and seek complementary resources to support them while remaining awake to the value they will have in your life and in the lives of others.

An airplane pilot or a ship's captain must first direct his attention on where he is presently, determine a desirable destination, and then chart his course toward it. Since unexpected weather often shows up along the way, the captain needs to be an alert observer—one who promptly notices and mindfully responds to the environment with a cool head and a warm heart. The pilot does not complain or blame or surrender his power to the crosswinds and turbulence but instead acknowledges these external forces and regains his chosen course.

That is what experienced players do:

- Observe people and events without reacting to them; instead, they retain command of their state.
- Appraise what is present.
- Like the professional pilot, respond with a cool head and a warm heart, considering what is best for them and all involved.

At least that is the aim. Fact is, you—and even the most seasoned game players—will react to external forces at times and learn from them. Over time, you will eliminate many triggers that cause you to be reactive.

In order to develop this essential command and enjoy the harmonious, congruent flow that will alleviate much unnecessary conjanglement, we begin with four great day game plays. Each is focused on activating and aligning the four SEMB resources (Soul, Emotion, Mind, and Behavior):

1. **Pick a card, any card** is where we begin to develop the power of directed attention. It aligns first with the soul—our soulful, spiritual nature and its deep desire for meaningful purpose.
2. **Your lightness and energy menu** fosters resilient emotions and the foundation for this new responsive relationship with our emotional nature.
3. **Your great day game planner** aligns with our behavioral nature, giving the players a framework for practical action; all four resources are congruent and harmoniously aligned.
4. **Abundant Mind mind game** aligns with the many faculties of the creative, intuitive, imaginative mind as well as the logical, orderly aspects of mind.

Each day, you'll stimulate all of these SEMB resources with an emphasis on one, and you will do it with grace and ease—no hard labor. These great day game plays will be mostly daily as we need not be obsessive or compulsive about it. After all, games need challenges, but they have to be fun too. If not, why would anyone want to play?

Playing with ease means no struggling, no rushing, and no forcing, and that includes each day's plays and practices. We want to take elegantly mindful and refined actions. Simply play the

game (about 15 to 20 minutes a day, roughly four or five days a week), and you will develop the ability to be in command of your state and, as a result, in command of your life.

None of the game plays or practices requires more than the time allotted. But, if you feel that you would enjoy engaging more deeply in any particular game play or practice, feel free to go beyond the 15 or 20 minutes. You can even carry it over to the next day. We have free days built into the game for just that reason. But don't get too carried away and find yourself falling way behind pace. In order for you to experience the full impact and benefits from the program, it is essential that you maintain the pace as designed. At too slow a pace, your brain will not experience the rhythm of the day-to-day repetition needed to create the desired changes and habits that you want to develop; at too fast a pace, you will not be able to internalize the content effectively.

Above all, enjoy the process! Just play with the exercises at the designed pace, challenge any perfectionist tendencies, and assume that you are doing them just fine. If you feel that you need a hand, check in with your facilitator, coach, or buddy. If you are flying solo, email us at [Team@90DayGame.com](mailto:Team@90DayGame.com), and you'll get what you need to stay in the game.

Congratulations! You have just completed another day. That means 87 days or fewer remain to create what you want. Many game players do create what they want in far less time—some within 60 days and others in as little as 45. This is not a race. Take your time and enjoy the ride, and you'll actually get there faster! You can move onto the next day, if you'd like, or pick it up tomorrow. Your choice!

## Day 4—Reminders and Tips of the Week

It's time to set up for the game. We have allocated three days for this. The game resumes on Week 2, Day 8. If you are playing on your own, or with a buddy, or a coach, who are also ready to play, you can step into Week 2 together at any time.

### *Get Your Game Gear*

Your purchase of this game book entitles you to free access to a card deck PDF file entitled the “Top 10 Spiritual Principles for Evoking Your Greatness” and 10 audio downloads in mp3 format. You'll need these to play the game. Log into [90DayGame.com](http://90DayGame.com) to download your free game gear now.

### *When to Play*

Whenever possible, first thing in the morning is best. Here's why:

- We are creatures of habit. Once you get into the flow of your well-established routine, it can be challenging to find the needed 15 to 20 minutes.
- The spirit of the game will enhance the quality of your days by kicking them off with an uplifting mindset.
- In the end, it is up to you. Whatever your choice, establish a routine, and you'll find it much easier and more fun!

### *Breathe*

Experience has shown that more than a five-day per week commitment is counterproductive to the game player's success. Having to play every day would create tension between maintaining game commitment and overall life commitments. Going forward, each week you will have:

- Four days focused on game plays and practices;
- One day with reminders and tips; and
- Two free days.

The free days give you room to breathe and enjoy the game plays and practices. Free days also send the message that we need not push our way to success. The lighter your disposition, the more enjoyable the process will be and the better the results. It is also an opportunity to express faith in yourself and your plans.

Feel free to use free days as you wish. You can step away from the game completely, practice the great day game plays, or utilize the time to engage more deeply in one of the exercises. Al-

though free days are numbered at the end of each week, you can take them at any point during the week that is convenient for you.

## ***Play Optimally***

Sure, you can play on your own or with a buddy, but playing with a telegame group once a week is the optimal way to go because:

- You tap into the synergy of the group.
- You learn from, and relate to, your fellow game players' wins and challenges.
- You receive direct support by a skilled faciliplayer.
- The groups are small, so every game player can be heard, receive support, and contribute to the team.
- Telegames make it easier to keep pace and maintain a high level of commitment.
- It is simple. If you have a phone, you have all you need.
- If you miss a call, you'll get a recording of the session.
- Your participation fee comes with a 100% unconditional satisfaction guarantee.

Go to [90DayGame.com](http://90DayGame.com) to find out more.

## ***Have a Player's Attitude***

When you get on an airplane, your captain is the pilot in command—not the pilot in control. There are many things out of our control. For the pilot, he is not in control of the weather, crosswinds, or turbulence, but he is in command of the airplane and himself. He steers into the crosswind to stay on course and, when there is turbulence, he seeks an alternate altitude to find smoother air. He keeps a cool head and a warm heart, caring for the safety of his passengers.

Step into the game as a player in command: fully accepting that the idea of controlling everything is pure folly and sure to give the gods a hearty laugh, and that your perspective and attitude are fully within your command. Make it your mission to remain awake to this fact, and you will stay on course and enjoy the trip along the way.