

Here's your special, holiday edition of Lifeology™

LIFEOLLOGY™ is a fun game for everyone and anyone where the more you give, the more you get!

What's the LIFEOLLOGY™ difference? Instead of challenging you with trivia - the categories and questions for this game revolve around you and your life!

You can play an intimate game with 2 people or open it up to a big group like at your holiday dinner table! The object of LIFEOLLOGY™ is to learn as much as you can about the other players in the game while sharing about yourself at the same time.

Set up and play!

- Cut out the 9 cards, shuffle, and place the deck question side down.
- When you are ready to play, the first player draws a card and answers the question on that card.
- Each card has (1) question in bold. This is the main question. Most cards also have follow-up questions. The follow-up questions are to help gain additional information about each player.
- After the first player has answered the questions on the card, have each person in your group answer the same question. As you answer the question – always keep in mind the Lifeology™ motto: The More You Give, the More You Get!
- So get comfortable, and don't be afraid to be vulnerable.
- Sharing is about listening as much as it is speaking. Really listen to what that other person has to say. Acknowledge with some head nods and maybe a follow-up "Tell me more about that" or whatever feels comfortable for you.
- After everyone playing has answered the same question, it's ok to discuss the similarities and differences in your answers if you haven't already.
- Then a new card is drawn by the next player and the discussion continues.

How can I get more empathy?



- Scan the QR code to sign up for Rob's FREE newsletter
- Visit robvolpe.expert to learn more about the curious breath and the 5 steps to empathy.



5 Steps to Empathy and mark are used under license from Empathy Activist LLC

Where is your happy place?

What is it about that spot that makes it so special for you?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What do you think about when you can't fall asleep?

What do you do to get yourself back to sleep?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What haven't you done before that you would like to try?

What would it take to try that?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What is your "MUST HAVE on the table" dish for this holiday or else it won't feel like this holiday?

What makes that dish special? What is the origin of that recipe?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

When was the last time you laughed so much your belly shook or it brought tears to your eyes?

What was so funny about that? How did you feel afterward?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

How have you grown or changed as a person since this time last year?

What prompted that change? How has that change felt for you?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What holiday tradition would you like to start or let go of?

What would it take to make that happen?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What's a favorite memory for you related to this holiday?

What makes that memory so special for you?

LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

What are the best new food or drinks you have tried this year?

What was one that you didn't like or wouldn't recommend?

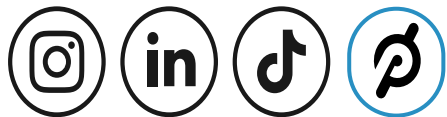
LIFEOLOGY™ ©Ignite 360 LLC 2013, 2018, 2020, 2023

Empathy: 1 Breath, 5 Steps, Boundless Possibilities

Empathy is an ability that fuels so many of the skills we need to succeed in the many roles we play in life.

When you use empathy, you can be better at communication, collaboration, problem-solving, persuasion, ideation, building trust, reaching forgiveness, and compassion.

So how do you go about building your empathy abilities?



@Empathy_Activist

Start with a Curious Breath. The “curious breath”* is what you do just before you respond to someone. During that process of inhaling and exhaling, it gives your brain a moment to decide how you want to respond.

Step 1: Dismantle Judgement

This is about being judgmental as opposed to making a judgment, which is a valuable skill. If you can’t get beyond your desire to be judgmental, you will have a hard time building empathy.

Step 2: Ask Good Questions

The best questions tend to be open and exploratory in nature. If a question can be answered with a “yes/no” or short answer, it is not going to open the door to empathetic connection.

Step 3: Actively Listen

Active listening goes beyond just what you hear. You ‘listen’ with all your senses - reading body language, observing the environment, noticing the smells. All those combine into a holistic form of ‘listening.’ Trust your intuition as well. If you sense something is going on, ask a good question about it!

Step 4: Integrate into Understanding

A common misconception people have with empathy is that it means you have to give up your own values or beliefs and adopt someone else’s. Nothing could be further from the truth!

Empathy means that you make space and acknowledge that yes, there is another way of doing things, that someone else might have another point of view, different from your own.

Step 5: Use Solution Imagination

Continue to imagine what that is like if you were them. How would you respond to and solve a problem with their point of view in mind? One of the simplest ways to communicate your newfound cognitive empathy skill is to say, “I see your point of view.”

IGNITE360
Insights Strategy Training



Empathy Questions to Get You Going

Begin with:

The Curious Breath

Q: Think of a time when you witnessed or experienced a curious breath moment. What did it look like? How did it affect the outcome?

Learn more at
tinyurl.com/curious-breath

Step 1: Dismantle Judgment

Q: More people struggle with being judgmental than the other five steps. How does being judgmental show up for you? How do you overcome it?

Learn more at
tinyurl.com/dismantle-judgment

Step 2: Ask Good Questions

Q: Think of a time where you struggled to have empathy. What happened? How did you overcome it? What questions did you ask that helped move you forward?

Step 3: Actively Listen

Q: How does empathy show up when you are frustrated with someone? Often, when we are frustrated, we stop listening. What are some ways you could actively listen even while feeling frustrated?

Learn more at
tinyurl.com/actively-listen

Step 4: Integrate Into Understanding

Q: Think of a time when you had trouble understanding the point of view of someone. What could you have done to overcome this?

Learn more at
tinyurl.com/integrate-understanding

Step 5: Use Solution Imagination

Q: What would you share about empathy and its uses? What empathy tips would you offer someone else?

Learn more at
tinyurl.com/solution-imagination

How can I learn more?



- Scan the QR code to learn more about the curious breath and the 5 steps to empathy.
- Visit robvolpe.expert and sign up for the FREE newsletter.
- Put empathy to work at your work. Contact hello@ignite-360.com