

**EPIC! Rules to play the best game
of your life.**

EPIC!

THE WOMEN'S
Power Play Book

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The Decade Game® Axioms

New Rules to live by when you are creating your life by design, not default.

Dear EPIC! Friends,

What is an Axiom?

An axiom is a statement or proposition which is regarded as established, accepted or self-evidently true. The challenge is that widely accepted axioms are part of the “way things are” and best reflect what has worked for “the majority” in our culture and society.

Well, the way things are is not working for many of us.

It's time for a new way. EPIC! introduces a new set of rules that allow us to play a game of our own design, one that will guide each and every move as we live into the best decade of our life, so far.

These axioms are fun rules to live life by. They work in both the good and difficult times. Remember, if you are not having fun, most likely you are playing someone else's game.

Enjoy these axioms and create new ones as we reinvent our EPIC! futures.

Game On!

Love, Carolyn



Decade Game Axiom #1: Create a life by design, not default



You have all the assets you need – tangible and intangible – to have a life of meaning and purpose. And you are in control of the design parameters. No one else is. You are the master designer able to create your own personal design based on your unique circumstances. You can iterate towards the best fit of both today's realities and tomorrow's dreams. Don't give up your power and authority to old stories.

Decade Game Axiom #2: Practice thoughtful wishing instead of wishful thinking



Many people live in the past "I shoulda, woulda, coulda" or in the future, wishing by unwilling to take committed action for that desire. That is wishful thinking. On the other hand, if you practice "want what you have, do what you can, and be who you are", you have all that you need to have a life filled with meaning, purpose, and gratitude. That is thoughtful wishing. And unlike wishful thinking, thoughtful wishes always come true.

Decade Game Axiom #3: You can't get there from here, but you can get here from there



The most effective way to manifest a transformation is by fully imagining and prototyping what might be – the There, – and transporting as much of the star stuff of that future state as possible back into today's reality. The magic of our brain/heart partnership is that all you need to do is to fully claim and commit to that future vision of yourself and the work of transformation has already begun. And remember, "if you know where you are going, any road will get you there".

Decade Game Axiom #4: There's no such thing as bad weather, only the wrong clothes



We can imagine a decade destination and build a blueprint to guide our choices. However, we have no idea what the real itinerary will be. Often the breakthrough happens after an unplanned break down. We can blame it on mother nature, force majeure, bad luck, inclement circumstances beyond our control. Or we can change our clothes, attitudes, and understanding of the underlying problem, and repack appropriately to take advantage of where we find ourselves with our destination firmly in our hearts.



Decade Game Axiom #5: If you aren't part of the problem, you can't be part of the solution



The Decade Game has less to do with knowing the right answer and fixing stuff than it does with empathetically leaning into what is longing to become right. There is also a gentle, non-judgmental, forgiving quality to the journey. A rear-view decade-long mirror honors all that has happened that has gotten you to this point. Both the traumas and the triumphs of the past become the treasures to equip you for the best decade of your life, so far.

Decade Game Axiom #6: If you can't have fun with a problem, you can never solve it



The secret sauce of the Decade Game is that it is a game of “broccoli-covered chocolate” instead of “chocolate-covered broccoli”. The work of designing a transformational life is hard work – and you need to eat all your broccoli. Putting challenging ideas into play and laughing and dancing with the ideas in a brave space of your own choosing, allows you to show up with all your God-given gifts. You discover that it’s the sweet chocolate that has always been inside you that is the secret ingredient.

Decade Game Axiom #7: If you are not having fun, you are playing someone else's game



Play brings out people's greatest creativity and imagination. It reduces their fear of losing. The “move is not the game” and there is no such thing as a wrong move in the Decade Game. It is a continual learning experience of how to play your game better. The more challenging a game, the more fun it is to play, even when it is hard, sweaty, tearful work. If your life is not fun and feeling full of meaning, then you are most likely playing by someone else's rules.

*Decade Game Axiom #8: When in Rome, do as the Romanians do**



In the Decade Game, you are creating a new identity that expresses your greatest dreams and aspirations which are unique to you. No one in all history has ever had the same fingerprints, eye pigmentation, and vocal tone that you do. Therefore no one will do, see or voice your truth, other than you. Create your own identity that unleashes your full imagination. Be a unique traveler.

* I heard this once from some clearly INFREQUENT fliers on their first trip to Europe!



Decade Game Axiom #9: It is not who you know - it is who knows you



Many women have an ambivalent relationship to ambition. Instead of the often seen “hero archetype” of “Speak Loudly and Carry a Big Stick”, women dream big yet play small. An epic decade game destination asks you to imagine how you will be known in the world. This requires you to build a strong brand. Your brand is based on how other people feel when they engage with you. Make sure you are not your best kept secret.

Decade Game Axiom #10: The power of a positive “no”



Women in their “good girl” mindset have a hard time creating the boundaries of what they want and desire. They say Yes in order not to displease. There is a way to say no that is affirming to both the woman you are and the person you are saying no to. Knowing who you are becoming helps you know what it means to be in right relationship with others. The power of the positive no helps you to be clear about your overall desired decade identity.

Decade Game Axiom #11: Honor the Resistance; Resistance is Futile



The object of the Game is to live the best decade of your life, - at home, at work, and in the world. There are many antibodies in our culture against “epic-ness”, particularly for women. We were raised to be “good girls” navigating the tightrope of “too this/ too that”. Resistance signals a fear of failure or judgment. And what you resist, persists. Resistance is a sign to me of an energy longing to be released. When you are playing your own game, by your own rules, resistance is futile.

Decade Game Axiom #12: Be totally present for now and totally ready for the future



Often, we don’t show up fully present because we are worried about the next steps, the next promotion, or “I’ll tackle that next week”. You will do your best work and have your greatest impact if you bring the awareness of your future intentions into the task and relationships right in front of you. Yet when the best next step emerges, you KNOW it is right and won’t let the doubts of the past influence your decision to act.



Decade Game Axiom #13: Invest wisely in the rule of 3



Any initiative, project, or action you take on, organize it in a way that allows you to make progress and deepen your learning on 3 of 5 pillars of your Decade Game at the same time. This creates an integrated exponential energy towards your commitment to mastery and your decade destination. Remember, your job is not what you are being paid to do. It is to become a savvy investor in the experiences, knowledge, and relationships that fuel your overarching purpose.

Decade Game Axiom #14: The trials and triumphs of the past, are the treasures that fund the future



No one can predict the future – either next week or next year. Knowing the future is not necessary. The real game is to be equipped – emotionally, spiritually, and physically – to embrace an uncertain future, knowing that we all have everything we need at this moment to discover what is the next best move. We have the gifts of hindsight, forgiveness, resilience, and gratitude that come from all the highs and lows, the trials and triumphs as individuals and society – and they are the treasures that fund our future.

