

# Holiday Edition Lifeology™

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

What's the LIFEOLGY™ 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 LIFEOLGY™ is to learn as much as you can about the other players in the game while sharing about yourself at the same time.

Scan the QR code to learn more about Lifeology™ and how we use it to build empathy or reach out to chat at [hello@ignite-360.com](mailto:hello@ignite-360.com).



## 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.

**IGNITE360**

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**Where is your happy place?**

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

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

What do you do to get yourself back to sleep?

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

What would it take to try that?

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**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?

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**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?

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**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?

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

What would it take to make that happen?

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

What makes that memory so special for you?

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**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?

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