

January Jumpstart Buddy Calls

"Effective communication is 20% what you know and 80% how you FEEL about what you know." [Jim Rohn](#)

Many of us go through life thinking that we must be tough, independent, and self-reliant. We've been taught, or perhaps we made a decision at some point in our lives, that we are on our own. Many of us were taught that requesting assistance places a burden on another. The truth is that no one who is successful in life has done it on his or her own. We need each other, and we say that we need each other to win.

To keep YOUR course alive between sessions, you will "play" with a buddy. I suggest that you talk to your buddy daily for five to fifteen minutes. However, if that is unworkable, make a commitment to talk to your buddy at least once each week.

The purpose of your buddy call is to share about your Playwork and your experience of the course.

Be committed that both you and your buddy win **BIG** in the course. Share what you each intend to get from the course. Winning the game of "Buddy Calls" means that by the completion of each call you both have given and received value and feel energized.

Play the buddy game as if YOUR results depend on it. At the same time, play the buddy game for fun.

Suggestions for getting the most value from your Buddy Calls:

1. Make your Buddy Calls a top priority.
2. Make your Buddy Calls on time. If you can't make a call, contact your buddy **PRIOR** to your scheduled call to re-schedule for a mutually convenient time.
3. Take an energy reading in your body as you start the call. On a scale of 1 to 10, how do you feel? (1 – Low Energy / 10 – Excited)
4. Share Playwork you have done (or not) without story or explaining or justifying.
5. Share what comes up for you about the Playwork. What's working, what's not working, what's comfortable, what's uncomfortable?
6. Be delighted with your buddy. Give your buddy your FULL attention. Listen with curiosity. Listen with love. Listen without judging, evaluating, or comparing. Listen with BIG ears and a willing spirit. Listen for the result that your buddy committed to getting from the course.
7. Give OBJECTIVE feedback. Do you FEEL enlivened and excited as you listen to each other share? If not, check in and see if you can uncover what's missing you.
8. LAUGH!
9. When your call is complete, take an energy reading in your body. On a scale of 1 to 10, how do you FEEL? Is it different from what you noticed at the beginning of your call? Journal or jot down what you notice. Be ready to share on our weekly call.