



INDIVIDUAL VIBRATIONAL ASSESSMENT CHALLENGE RULES

Now that we have defined our Player profile and our Avatar profile, it is time to start playing! Last week, we talked about the importance of recurring self-assessments during the day to evaluate our vibrational level and how close we are and act to our Avatar.

From today let's really start doing that and keep track of how we are doing in the game.

Remember how there were three types of questions that we can ask ourselves regularly during the day to evaluate where we are?

1- how close to my Avatar or to my player's strengths is the thought I had, the action I did, or the words I said?

2- what is my personal vibrational level at this moment, as the result of what I thought, did, or said in the past days, hours, or minutes?

3- what is the impact of my thoughts, actions, or words right now on my group field level? Are they aligned with my group's intentions, ways of being, and purpose?

The goals of this challenge are to ask these questions to ourselves regularly during the day and to keep score of the results:

- Every time we stop and think of asking one of these questions to ourselves we gain 1 point.
- Every time we realize that we just thought, acted, or talked in accordance with one of our Player limitations we gain 1 point (but also lose points for the negative action)
- Every time we stop and think of asking one of these questions to ourselves BEFORE acting or speaking we gain 3 points.
- Every time we assess our vibrational level and find the root causes (actions/thoughts/words) for vibrating at this level we gain 3 points.

- Every time we think, act or talk (or thought, acted, or talked) in accordance with one of our Player Profile Strengths or Avatar qualities we gain 5 points.
- Every time we think, do or say something that benefits our group we gain 10 points.
- Every time we realize that we are going to think, act or talk or are currently thinking, acting, or talking in accordance with one of our Player limitations and change it into something closer to our Avatar or Player Strength we gain 10 points.

- Every time we think, act, or talk in accordance with one of our Player limitations we lose 5 points.
- Every time we think, do or say something that can harm our group or its vibrational field we lose 10 points.

- Every time we realize that we are going to think, act or talk or are currently thinking, acting, or talking in accordance with one of our Player limitations but do not refrain from doing it we lose 20 points.
- No assessment at all during the day we lose 10 points.

This assessment can be done long after the thought, action or words have occurred. We can stop at any time and reflect on our behaviors in the past hours and then give a score to everything that we thought, did, or said independently.

At the end of the day, please note down your total score in the Daily Vibrational Assessment Chart attached to today's session.

This chart allows us to keep track of our daily score for 28 days (4 weeks or a lunar cycle).

There are 4 tabs of 28 days.

The first tab is an example, the next 3 are for us to use, and they can be duplicated at will. Please note that the example tab is fully protected, we cannot write anything on it. The next three are partially protected so that we can only write values in the appropriate column and not mess with the formulas.

Enter your scores in the POINTS FOR THE DAY column. If your score is negative for this day, don't forget the minus sign before the value.

As we enter our score at the end of each day, a visual graph is progressively created to show us how high or low our vibrational level is at the current moment.

This is a symbolic and personal tool to help us keep track of our progress, and just a game, we are not claiming any scientific value over this chart. But it can be really fun and simple to use to get us in the habit of monitoring ourselves and our progress. Of course, it is based on complete honesty with ourselves, we are not competing against anyone here, we are trying to develop meta-awareness around our thoughts, actions, and words and their impact on ourselves, our group, and others.

Let's all see how using this tool regularly can change our lives and our relationships for the better.

Have fun assessing yourselves and talking about it in your sub-groups.