



## **SIMON SAYS: SUCCESS STRATEGIES FOR THE ADULT PLAYGROUNDS OF LIFE**

By Dr. Maura Cullen

This is the second in a four part series of lessons we learn from the game of Simon Says.

The games we played as children taught us many simple, basic lessons of how to play with others, build relationships and navigate the rules of childhood. Simon Says will take you back to visit the core lessons of one of your favorite childhood games and how we are still playing those games even as adults.

### **OLD LESSON**

#### **ONE MISTAKE AND YOU ARE OUT OF THE GAME.**

In Simon Says you don't get any second chances. If you think or behave differently from Simon, then you will be thrown out of the game. The person who advances is the person most like Simon. In the real world, we conform to the different Simons in our lives for any number of reasons. Perhaps it is to keep our job, to be promoted, or to be liked and accepted. Yet the message is clear from the Simon in charge; it's my way or the highway! This type of leadership is fear based, where the leader bully's people into following their lead. Yet if we are so afraid of making a mistake, we refrain from taking bold action or thinking in creative ways. Here's a better way of thinking with the new lesson.

### **NEW LESSON**

#### **WARRIORS TAKE RISKS, WORRIERS ARE RISKS!**

Being a Worrier is not something that many of us aspire to and yet so many of us excel at. We worry about our kids, about not having enough time in the day to do everything that needs to get done; about what people think of us. In fact, some of us even worry about worrying!

So many of us are so worried about making a mistake and trying to please the Simons in our lives that we behave at times in ways which are counter to our own values. We begin to play it safe because we are so worried about the consequences of some future event or worse; we are worried about something that has already happened. Worrying is a by-product of fear, of being afraid that we cannot control everything that happens in our lives. To live with worry and fear robs us of our ability to live in the present moment, to control what is within our control.

Warriors on the other hand exert more control over events and decisions. It is not that Warriors never worry but rather they are focused on what is happening in the moment and

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are less concerned about what happened in the past which cannot be undone, or about the future which is unknown. Warriors realize that making mistakes is essential for their future success. If you are too afraid to think outside the box, chances are good that you will end up trapped in it.

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