

The Seven Levels Game of Life

Information and Rules

This game is based on BEabove Leadership's model, **The Seven Levels of Personal, Group, and Organizational Effectiveness**.™ The Seven Levels of Effectiveness were developed and researched over many years (including a powerful grounding in cutting-edge neuroscience) and have been used to provide context, direction, and powerful shifts in consciousness all over the world, by all ages, and in a wide variety of cultures. We hope you find this game interesting, provocative, and a catalyst for deep conversation. As we're sure is somewhat obvious, the point is not to win the game, but to discover more about each other, yourself, and the choices we have in day-to-day life. Enjoy!

GAME SET UP—Two to Four Players.

1. Give each player one of each level of the **Seven Levels cards**. Shuffle the rest so they are randomly distributed and place upside down on table.
2. Shuffle the red and blue **Scenario cards** together and place upside down on table.
3. Shuffle the **Spark cards** and place upside down on table.

If this is the first time playing, have the group a) read the descriptions of each of the Seven Levels (on the back page) out loud before playing (or as each level comes up for the first time) and b) keep the Seven Levels descriptions handy during play to remind yourselves of the energy of each of the levels.

GAME PLAY

1. Each person in turn draws a **Scenario card**. The **BLUE** scenarios are things that we tend to think of as positive events, while the **RED** are things that we tend to think of as negative events. Discard face up and reshuffle if needed.
2. Player chooses a **Seven Levels card** from their hand to play in response to that scenario. (Each player will use all cards.) Player tells in their own words how they would respond to the scenario based on the information on their **Seven Levels card**—using the BLUE response for blue scenario cards and RED for the red cards—and answers the two reflection questions on the card as well. Discard face up and reshuffle if needed.

3. If there is a **spark** symbol (*) on the **Seven Levels card**, take a **Spark card** and follow instructions before next player's turn. Discard face up and reshuffle if needed.

Game is over when one player has played all the **Seven Levels cards** from their hand—or as you like.

OPTIONS FOR GAME PLAY

- As people share their response to a scenario, others in the group can share what they would do (if different) in the same scenario.

People can share when they have been in a similar scenario and what they did. What level did they respond from? Was it effective? Would they do something differently in the future?

For more on the Seven Levels, see <https://www.beaboveleadership.com/seven-levels-of-effectiveness-frequently-asked-questions/>