



The KNOW THYSELF Game ®
by Dr. Alkistis Agio

INTRODUCTION

The KNOW THYSELF GAME ® is a fun, liberating, educational game, that can help move its players from a state of frustration, fear, anger and anxiety, to a state of deep certainty, freedom and fulfillment known as 'Self-Leadership', while at the same time, having a lot of fun!

It was inspired by the ancient Greek philosophers, who sought to find the meaning of life, and ideal way to live and to "be".

Designed for 3 to 8 players or more (in teams), above the age of 12, it is a highly engaging game that will "prompt" the participants to step up and do a presentation in front of the group for 60 seconds each turn.

There is an (optional) grading system of each presentation however it doesn't really matter, because the other players will always clap and cheer you on! The whole point is to learn, have fun, and allow the game to help you to:

- Harness your greatest fears & weaknesses.
- Become an influential & effective leader.
- Understand, embody & articulate your values, purpose & vision.
- Take good, balanced decisions that lead to optimal results.
- Be your most powerful, authentic self.
- Find authentic happiness & success.
- Manage conflict better.

INSTRUCTIONS

The game should be played by **3 to 8 players (or teams of players** consisting of 2-3 persons each).

The players will all **start from the middle of the board**, at the KNOW THYSELF® circle, and will **proceed along the board by casting the dice** and moving to the respective square.

Each time a player casts the dice he/she will have to **perform a task according to the type of square** he lands on, as follows:



SELECT A CARD FROM THE DECK

The Card will instruct you to do one of the following things for 60 seconds :

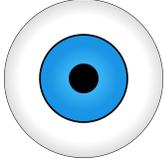
- Answer a question.
- Motivate the group to do an activity, such as dancing.



INFINITE CHOICES

Roll the dice again to determine what type of **CONTENT**, you will be speaking about for 60 seconds. The content is chosen from the options available under CONTENT:

- **Tell A Story**,
“Three years ago I was living in Paris and had a strange neighbour...”
- **Draw An Analogy**,
“Women are like flowers, Men are like bees... because...”
- **Use A Quote**,
“My father used to say, ‘The early bird gets the worm’, and that...”
- **Evoke the senses**,
“I want you to remember the taste of freshly squeezed lemon juice...”
- **Call To Action**,
“Today, I want persuade you all to (call to action)... because....”
- **Joker**
Choose any of the above ways to present your ‘content’.



SILENCE, SELF REFLECTION & DEEP BREATHING

All players close their eyes and **remains silent for 60 seconds** of self reflection and deep breathing, while **observing** their thoughts: How do you feel right now? Are you happy with your performance in the game so far? Are you having fun or are you stressed? Don't judge yourself, encourage yourself...

THEN, the player whose turn it is will **share her/his self reflections for about 60 seconds**.



TAKE A QUESTION FROM THE AUDIENCE

Roll the dice again to determine the type of **STRUCTURE** you will use to answer **one QUESTION** you will choose from any number of subjects the **audience can ask you**. You must then speak for 60 seconds in answer to this question, using the given structure.

The structure is chosen from the options under **STRUCTURE**:

- **Pros & Cons**
Discuss the pros & cons of a subject that the audience will ask you.
- **Problem, Solution**
Analyse the problem the audience asks you to, and propose a solution, eg "Here is the problem.... and I propose this solution(s) because"
- **Bad, Worse, Worst**
Discuss the negative impact or connotations of the given subject, eg "The Bad thing is... even Worse is.... but the absolute Worst thing is...."
- **Good, Better, Best**
Discuss the positive impact or connotation of the given subject, eg "The Good thing is... even Better is.... but the absolute Best thing is...."
- **Past, Present, Future**
Discuss the past, present and future aspects of a subject, eg "It used to be that..., but now... and so in the future..."
- **One, Two, Three**
Discuss the subject using a logical one, two, three approach, eg "number One is..., number Two is.... and number Three is that...."

VOTING (optional)

Each player (or team of players) will keep a **private list** on which they will give a **GRADE to each player whose turn it is**.

The grade given can range from 1 (worse) to 10 (best), and will take into consideration:

- How well the player performed, according to his/hers capabilities (language, knowledge of subject, etc)
- How much he/she improved from their previous performance
- How persuasive or endearing he/she was
- How well he/she applied Aristotle's 'Rhetorical Triangle' (see below)
- Only constructive feedback & respectful comments.

WINNING

To win, in this game (and for success in real life too) you must have both:

1) **Some Luck** ie in dice-rolling.

2) Skills: ie Influence the audience to **'vote' high marks** for each of your 60-second presentations.

There are only 1st, 2nd & 3rd place (top-winners) in this game, although you can continue playing, just for fun, until all players have 'passed the finish line'.

In the end, each player should have a **list of the other players** with a series of grades beside them. The final score for each player will be the sum of the GRADES, **divided by the times they played** ie to get their **own average**. (See Scorecard that you can photocopy.)

(For example, player "Lisa" (or, if in teams, the team that Lisa is the head of), may have a list of the other 3 players (or teams), grading each as follows:

- Elizabeth - 3, 9, 7, 5, total = 24 divided by 4 times played = **6** (final score that player Lisa gives to Elizabeth, or the team that Elizabeth represents)
- James - 7, 4, 3, 9, 6 = 29 / 5 = **5.8**
- John - 3, 10, 9, 4, 5 = 31 / 5 = **6.2**

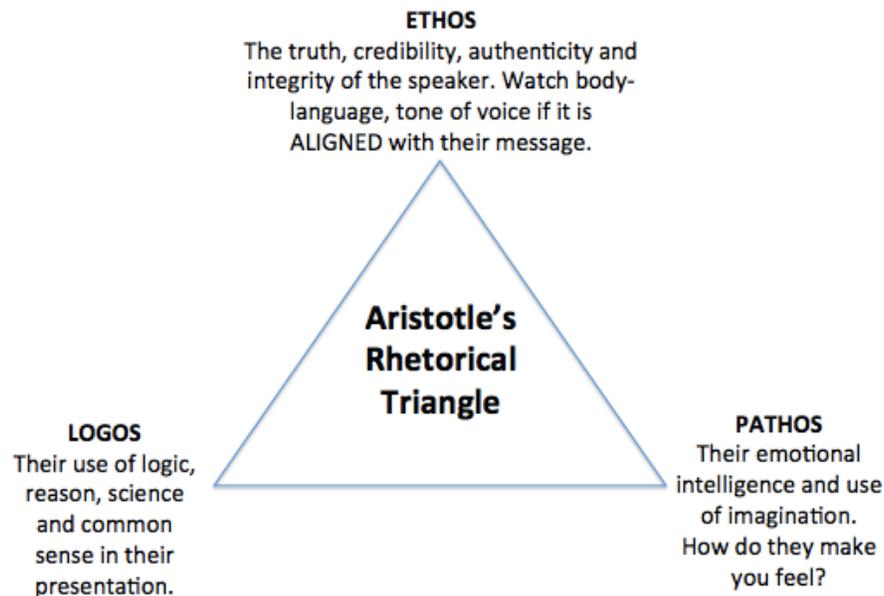
The results from each player will then be **added up**. For example, John may have gotten 6.2 from Lisa, 7 from James and 8 from Elizabeth. His total score will be 21.2. **PLUS BONUS POINTS:** Finishing 1st (5 BONUS points), 2nd (4 BONUS points), 3rd (3 BONUS points).

Add up your GRAND TOTAL to find out who actually won 1st, 2nd & 3rd place !

Aristotle's 'Rhetorical Triangle'

The players presentations and the criteria with which you vote on should take into account the application of **Rhetorical Triangle**, created by the great Greek philosopher Aristotle, and analysed in the book "TAKE CHARGE", by Dr. Alkistis Agio. This amazing method is still taught in the best universities around the world for learning the Art of Influence & Persuasion.

For more details, please download a free summary report from www.alkistis.net



RECOMMENDED

After you played, go to our **Facebook Group** page (**The ALKISTIS Method®**), sign up and leave your positive feedback and comments, so that other people can also be encouraged to play the game!

To become a **Certified Coach of the KNOW THYSELF Game ®** and be able to organize groups, and charge a fee for your game-events, contact www.alkistis.net/contact.html