

"U-Who!" The Game (Winter Holiday Version)

Main Appetizer This Eve Is: This Simple 5-Minute Game of Curious Self-Reflection & Furiously Fast, Brain-Freed Writing. (You can do that!)

(Please No GRINCH-ing Out! It's Intriguing Once You Start)

Here's how to play:

- 1) Below are 4 "prompts" as starting sentences.
- 2) Choose ONLY ONE Prompt (whichever ONE just quickly gets your attention).
- 3) Your Host is going to set a timer for about 5-minutes of writing.
- 4) Please put your name on your paper. (You'll need your paper back later).
- 5) At the start of the timer, start writing as furiously fast, and as spontaneously freely as you can without pausing, thinking, editing! WRITE whatever is going on in your head. Be FREE. Put it to pen and paper and let it RIP until you hear: STOP
- 6) Make sure you have at least 1 additional sheet of blank writing paper.**

YOUR NAME: (you'll need your paper back later) _____

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FREE-FORM WRITING TO A PROMPT BELOW

The aim is to keep constantly writing on one selected prompt without pause for the entire 5-minutes to keep fleshing out more thoughts and reactions in your uncensored writing. *(You may of course respond to more than one prompt or to all 4 if you wish. Or go rogue and let a prompt take you where it leads.

- 1) If I could be anybody and do anything I'd...
- 2) If I could give one gift to those I love this Holiday Season it would be...
- 3) What still frightens me (or can still give me the *heebee geebees* is...)
- 4) If I were a musical instrument I would...

PLAY PROMPTS

(for additional or alternative play)

Feel free to “shake it up” by having all respond to the same one question prompt and then perhaps doing a second round, or by writing your own prompts 😊

Here are just a few to draw from:

- 1) Sometimes I really worry about...
- 2) The best thing about my life is...
- 3) The main trouble with our world right now is...
- 4) To me the ultimate success in life is...
- 5) It’s hard for me to...
- 6) What I’d most not want to say right now is...
- 7) What I most value in close relationships is...
- 8) One of the hardest things I ever had to do in life is...
- 9) Something I really want to learn is...
- 10) If I won the lottery I’d...
- 11) When my time comes, I’d like to remember for/as...
- 12) The craziest thing I ever did was...



RONDA LARUE, M.S.

Everything You Need To Transform Parties & People

An impish romp into the landscape of self-awareness, spirituality & how to sneak up on your dinner guests with a meaningful rich evening of creative self-sharing.

* Of course this game can be played any time or for any season “where two or more are gathered”... I simply wanted to create it as a winter Holiday gift this year. **

** And of course too, you can skip my entire Playbook Training Chapters and just go right to the game, making it up on the fly. (But then you’d have missed all that impish OCD cleverness?) With LOVE! “U-Who!” Game Playbook on:

<https://www.Amazon.com/author/rondalarue>

ABOUT RONDA

Ronda L. LaRue, M.S. - Ojai California 2018

Founder:

The Center for SoulArts - Ojai, California
SoulArts Meditative Awareness Practice (Soul-MAP)
Soul Counsel for Couples Communication TM



Other Books:

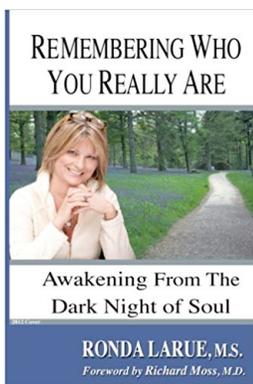
[*The Art of Living Your Destiny: A Guidebook for Awakening and Living From Soul*](#)

[*Remembering Who You Really Are: Awakening from Dark Night of the Soul*](#) *

** "...For me, Ronda LaRue is **on par with author Eckhart Tolle**. Both are incredible spiritual teachers for our time. By the way, the whole book is wonderful, but chapter 9 is really the crown jewel." - Amazon review: Remembering Who You Really Are.*

Ronda LaRue, M.S., has an unusually diverse and rich background blending a life time study of research science, the expressive arts, social-psychology, and the sacred wisdom traditions (east and west) into a deeply transformational playground of inquiry, inner self healing arts, and awakened self-realization.

Ronda LaRue's work as a spiritual teacher and mentoring guide has gained growing global visibility over past decades, with **individuals and couples** traveling from all over the world to work, one-on-one, with Ronda at her artisan home spa for the soul in the cultural arts community of **Ojai, California** - about **75 miles north of Los Angeles**, and 8 miles inland from the seaside town of Ventura.



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