



Ignited by Jordana



Booster Pack

Recharging Your
Inner Improviser

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5 Boosts to Recharge your Inner Improviser



Boost 1:

Play to the scene you're in, not the one you want to be in.



Boost 2:

Make your memory short and your learning lasting.



Boost 3:

Lead with your strengths, not your gaps.



Boost 4:

Co-create what you can't (and shouldn't) solve alone.



Boost 5:

Give yourself permission to play.

Reflection:

Activating Boost One



Boost 1:

Play to the scene you're in, not the one you want to be in.

When I need a 90 second recharge of this boost, I will...



- **Notice** where you're resisting or fighting against the current reality.
- Distinguish what's **actually in your control** vs. what's not.
- **Build from the reality** that exists in your work. Name those realities.

When my team needs a 90 second recharge of this boost, we will...



- Identify where your team is **focused on the past**.
- **Name** what's actually influenceable or controllable at the team level now.
- Create a shared understanding of the **current landscape** before designing solutions.

Reflection:

Activating Boost Two



Boost 2:

Make your memory short and your learning lasting.

When I need a 90 second recharge of this boost, I will...



- Assess a misstep once it's less raw - with **curiosity, not blame**.
- **Reflect** on what you learn when you attempt something new or hard, regardless of the outcome.
- Design your own "get off the floor" **ritual** after professional setbacks.

When my team needs a 90 second recharge of this boost, we will...



- Vulnerably **share a mistake** and what you learned from it to make experimentation safe.
- Build practices that normalize **iteration, not perfection**.
- Make "**what did we learn?**" a standing practice in team rhythms (e.g. F.A.I.L. round robin).

Reflection:

Activating Boost Three



Boost 3:

Lead with your strengths, not your gaps.

When I need a 90 second recharge of this boost, I will...



- **Identify 1 of your strengths.** How might you intentionally use it more tomorrow?
- Stop over-indexing on what you're not. What makes you **uniquely you**? Use that language.
- Capture any praise or positive feedback you receive (no matter how small) in the next week. What **themes emerge**?

When my team needs a 90 second recharge of this boost, we will...



- **Map** what each team member does best, beyond tasks and outcomes.
- Build project teams and partnerships around **complementary strengths**.
- Make "what strengths do you wish you could use more often?" a **regular conversation**, not just a survey question.

Reflection:

A large white rectangular area for reflection notes.

Activating Boost Four



Boost 4:

Co-create what you can't (and shouldn't) solve alone.

When I need a 90 second recharge of this boost, I will...



- Audit your approach. How often do you lead as "expert with answers" vs. **co-designer**?
- **Ask yourself:** Who are my favorite collaboration partners? What makes them so?
- Create a personal **board of advisors**. Who can challenge you? Support you? Complement your skills?

When my team needs a 90 second recharge of this boost, we will...



- Build **participatory problem-solving** into existing team rhythms.
- **In 1:1s, ask:** "What's one thing that would make this week 5% better than last week for you? How can we make that happen together?"
- Identify **one decision or pathway per quarter** that could be designed collaboratively.

Reflection:

Activating Boost Five



Boost 5:

Give yourself permission to play.

When I need a 90 second recharge of this boost, I will...



- What always makes you **laugh**? Bookmark the link for moments of stress.
- Who consistently **brings you joy** when you connect? Create a 5-10 minute connection moment with them weekly.
- Designate a "playful meetings" day. Find ways to **move, explore, or build** in those meetings. See how you feel at the end.

When my team needs a 90 second recharge of this boost, we will...



- **Embed rituals** like "Small Win, Big Win" or F.A.I.L. to celebrate progress or learning.
- Come up with your **team "taboos"**. Use a buzzer to buzz them (or a BINGO card) in team meetings, especially when you do them.
- Build **social time as a core part** of 1:1s and team meetings, not an afterthought.

Reflection:

A large white rectangular box for reflection notes.



Improv Exercises to Recharge Yourself and Others

MIRROR

Goal of the Exercise: Practice being present by mirroring the motions of another person, without knowing what they are going to do next.

Rules of the Exercise: Sitting down in pairs across from each other (either in person or on a screen), the person with the longer hair should take the lead and start making short movements, expressions, and/or postures. The person with the shorter hair will then aim to duplicate the exact motions, mirroring them back to their partner. This person should aim to notice and copy all the subtle nuances in movement. After a few minutes, switch roles – with the person with the shorter hair leading and the person with the longer hair mirroring movement. After you are both comfortable mirroring each other's movements, attempt to mirror each other's movements simultaneously without an identified leader, ending the game after a couple minutes of practice.

Example:

Person 1: (moves her arms slowly above her head and raises her eyebrows)

Person 2: (copies the exact behavior, moving alongside person 1, as if she were a mirror)

Discussion/Reflection Questions: What was easy and difficult about this game? What did you notice when mirroring your partner's movements that you wouldn't have noticed otherwise? What happened when no one was the leader?

****Solo Modification:** Practice this exercise in a mirror, noticing your own movements. Play with speed, and the bigness and smallness of movements (ie. slightly lifting a corner of your mouth, moving your fingers slowly or quickly). Reflect on what you noticed with all of your senses.

WORD AT A TIME STORY

Goal of the Exercise: Tell a brand new story with another person, one word at a time to practice building on others' ideas and creating something together.

Rules of the Exercise: With a partner, create a story that's never been told before by going back and forth. Each person can only add one new word to the story, during their turn. When you are ready (focused and able to be fully present), the person whose birthday is nearest to today will go first. To help you get started, you can begin with Once (Person 1) Upon (Person 2) A (Person 1) Time (Person 2). Keep going, even if a word doesn't quite fit. If you get stuck, you can always start a new chapter!

Example:

Person 1: There

Person 2: Was

Person 1: A

Person 2: Bear

Person 1: Named

Person 2: Peanut

Discussion/Reflection Questions: What was your story about? What was surprising or different about creating a story this way? Where, if anywhere, did you get stuck? What did you or your partner do to help each other? When you caught yourself trying to plan ahead, how did you bring yourself back to the present moment?

****Solo Modification:** Create your own story one word at a time with a buffer. After writing the first word down, set a timer for 10 seconds, and then write the second word. You can also switch writing instruments between words, or even switch hands. Continue this exercise for a couple of minutes and then re-read what you came up with. Reflect on what your story was about, how you felt doing this exercise, and how you kept yourself focused on the task at hand.

NEW EMOTION

Goal of the Exercise: Explore playing with different emotions in a conversation, to practice how you can be more intentional with reactions.

Rules of the Exercise: Start a conversation naturally with a partner. At about 30 seconds in, either individual can state "New Emotion" and then call out a specific emotion for their partner to embody. The person who had "new emotion" called on them will rephrase/reframe their previous statement with the emotional reaction they have been endowed, continuing with that emotion for 2 more responses before returning to normal conversation. "New Emotions" can be called on either person in the conversation. You can end the game after you explore 4-5 different emotional reactions together.

Example:

Person 1: I love chocolate ice cream.

Person 2: New Emotion: Fear

Person 1: The ice cream.....it's IN THE HOUSE. HOW DID IT KNOW WHERE I LIVE?!?!?

Discussion/Reflection Questions: What did you notice about yourself or your partner? As you changed your emotions, how did your body and mind shift? What did you need to do to return to a neutral or different emotional state? How can you put these lessons into practice when you want to change your default reactions?

****Solo Modification:** Write down emotions on slips of paper and put them in a hat. In front of a mirror, state facts non-emotionally (you could even use Wikipedia to help). Then pull an emotion from the hat and repeat the same statement with the emotion you chose. Reflect on how your response changed, how it impacted your body and your mind, and what you were able to do to return to a normal or neutral state.

A WORLD WITHOUT A LETTER

Goal of the Exercise: Learn how to make mistakes and keep going by removing a letter from your alphabet.

Rules of the Exercise: With your partner, choose a letter to remove from your alphabet. You can choose from a hat or other randomizer. Once chosen, pretend like that letter no longer exists and have a conversation as normal. If at any point, either of you says the letter, "buzzer" the other person. Once buzzed, you'll need to re-phrase the last thing you said without using the letter, even changing the words if needed. Halfway through the conversation (about 2 minutes), change the letter that is removed from the alphabet. To make it even harder, both letters can stay removed!

Example: A World Without the Letter "M"

Person 1: What are you doing after dinner?

Person 2: I'm going to play guitar.

Person 1: BUZZZZZZZZZ

Person 2: I will play the guitar.

Discussion/Reflection Questions: How easy or hard was it to remove a letter from your alphabet? What did you do when you made a mistake? What motivated you to keep going? How can you keep this in mind when you make a small mistake in the future?

****Solo Modification:** Consider playing this game via text message, social media, or other apps or discussion boards. If using this method, make sure to let the person you are communicating with know what you are doing so that they can play along. Alternatively, choose a letter to remove from your alphabet before journaling. If you notice that you've written a word with the letter, erase it/scratch it out and re-write the sentence. Reflect on the same questions as above.

SMALL WIN, BIG WIN

Goal of the Exercise: Recognize and celebrate effort, progress, and small accomplishments for the big wins they are.

Rules of the Exercise: The person sitting or standing closest to a door will briefly share one of their small accomplishments from the past day. The other person will then celebrate that accomplishment like it is the greatest thing they have heard this week. As a cheerleader for the accomplishment, they will make it larger than life . You'll then switch and the person who hyped up the accomplishment will share one of their own small accomplishments. The other person will then heighten it.

Example:

Person 1: I brushed my teeth today.

Person 2: *You brushed all of your teeth. Not a single tooth is unclean! Plaque trembles in fear of your bristles and minty freshness, as you are the cavity terminator!*

Discussion/Reflection Questions: How did it feel to hear someone else celebrate your small accomplishment in a big way? What did it feel like to recognize and magnify someone else's accomplishment? What's something you can do to more regularly acknowledge and celebrate your own and others' small wins on a daily or weekly basis?

****Solo Modification:** Jot down something small you accomplished today and then write a letter to yourself from your biggest fan, who was so excited to hear about your accomplishment. If it helps, you can pretend that you are writing it to someone who you are a huge fan of. After you are done, read the letter and reflect on how it felt and how you can make it a practice to recognize and celebrate your progress and effort.

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