



PLAYGROUND

Area 1

Home Base: CHAPTER 1
THE CALL TO ADVENTURE:

Hello? No, You Must Have the Wrong Number.

Once you finish your game,
return to home base on p. 37.

LET'S FACE IT:

Self-Reflection Questions


1. When was the last time you felt really excited about something? What were you doing, and what made you feel that way?



2. Where in your life do you feel “stuck”? What’s getting in your way of getting “unstuck”?



3. What dream would you chase if you knew you couldn't fail? How would achieving that dream change your life?



LET'S DO IT:

Start Where You Are

We start our journey from wherever we are today. Ask yourself:

- What do I want? And what do I *not* want?
- What are the signs I'm either headed in the right direction or I'm off course?
- What resources and other support do I have? Where are the gremlins undermining me?

I've filled out an example below based on my journey. There's no right or wrong to this.



What I Want
(Where I want to go)

I don't know yet. I just know I don't want to be here.*



What I *Don't* Want
(Where I'm Stuck)

A PhD grad program. I'm stuck on a career path where I don't feel excited or fulfilled.



3+ Signs

This is where I want to go.

- ✓ I can feel excited and passionate about other things.
- ✓ I enjoy creative writing.
- ✓ I love to learn.



3+ Red Flags

I'm not where I want to be or headed where I want to go.

- ✓ I hate research.
- ✓ I loathe doing statistics.
- ✓ I don't enjoy presenting at or attending research conferences



Support and Resources
(People, Tools, Info, etc.)

- ✓ People who care about me.
- ✓ Knowledge about people and how our minds work that I can apply elsewhere.
- ✓ Belief there is something better.



Beware of Gremlins
(What they'll tell me to hold me back)

- ✓ You're not smart.
- ✓ You're incompetent.
- ✓ You'll be a failure.

**(You can see I didn't personally have a lot to go on here.)*

Now, it's your turn. Give it a go!



What I Want
(Where I want to go)



What I *Don't* Want
(Where I'm Stuck)



3+ Signs
This is where I want
to go.

- ✓ _____
- ✓ _____
- ✓ _____



3+ Red Flags
I'm not where I want to be or
headed where I want to go.

- ✓ _____
- ✓ _____
- ✓ _____



Support and Resources
(People, Tools, Info, etc.)

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



Beware of Gremlins
(What they'll tell me to
hold me back)

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

UNSTRUCTURED PLAY: Design Your Own Game

Reflect: What are you taking away from your experience with this exercise and self-reflection questions?



Go Play Outside: How do you want to take what you've discovered into your real life outside this book?

