

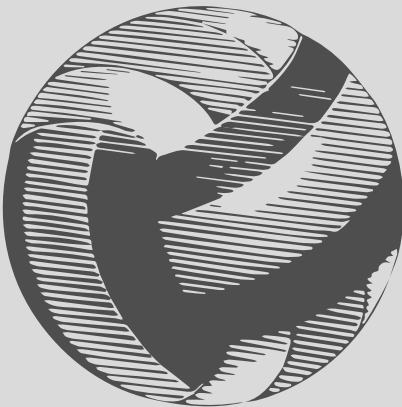


PLAYGROUND

Area 2

Home Base: CHAPTER 2
My Icky, Sticky, Goopy Cocoon

Once you finish your game,
return to home base on p. 52.



LET'S FACE IT

Self-Reflection Questions

1. What are you clinging to that doesn't serve you? What are you afraid will happen if you let go?



2. If you could let go of something this minute, what would it be?



3. Who would you be if you didn't doubt yourself?



LET'S DO IT:

Should I Hold On or Let go?

Holding on is a normal part of life. I still hold on to my mother's china, my husband's gift from our first Valentine's Day, and my stuffed teddy bear, Cuddles, from my childhood. (I may have held onto him into my adolescence, too, but at least I didn't take him to college.) What we hold onto may be physical, psychological, or both. How do we know when to hold on and when to let go?

Let's start by answering two questions:

- How do I know when something or someone lifts me up? (I want to hold onto it.)
- How do I know when it's dragging me down? (I need to let go of it.)

It may not be easy to answer these questions. There will be positives and negatives either way. Your Rational Brain and your Gut Instincts may pull you in different directions. That's normal. Otherwise, you'd already know what to do, and you wouldn't feel stuck.

The first step is to figure out what both your Rational Brain and your Gut Instincts are telling you and how you can help them work together.

I've kicked things off with an example.

Focus Area: My Career

Decision to Make: Whether to leave graduate school

MY RATIONAL BRAIN			
Why I Want to Hold On		Why I Want to Let Go	
What about this lifts me up?	<ul style="list-style-type: none">• I enjoy learning, the classes, discussions, even debates.• My friends and colleagues here are awesome. They are my community. I feel at home with them	What about this drags me down?	<ul style="list-style-type: none">• I don't want a career doing anything this path will prepare me to do.• I'm also not good at some of the most important pieces.
How could holding on serve my future?	I'll learn to like it, or I'll find a way to tweak the path to make it something I love, and I could create a successful career.	How could letting go serve my future?	I could find a different career path that fits who I am and energizes me.
What am I afraid will happen if I hold on?	<ul style="list-style-type: none">• I will be miserable for the rest of my career.• I'll survive it, but I won't thrive in it.• I'll never be good at what I do, and I won't be successful.	What am I afraid will happen if I let go?	<ul style="list-style-type: none">• I don't know how to make a change, and I don't know how to do anything else.• I won't find a new career path. I'll fail.• This path has been part of me for a long time. Leaving would feel like I'm cutting off my right arm.

MY RATIONAL BRAIN (CONT.)

Why I Want to Hold On		Why I Want to Let Go	
<p>What information and support will help me know if I should hold on?</p>	<ul style="list-style-type: none"> • Understand my options for what I could do with this degree. Maybe there's something I could do with it that I don't know exists. • People and other resources who can provide additional information and insights. • Try something different to see if I like it. 	<p>What information and support will help me know if I should let go?</p>	<ul style="list-style-type: none"> • Understand my true strengths, what excites me, and know how I can leverage all that in a career. • People and other resources who can provide additional information and insights. • Try something different to see if I like it.

My Gut Instincts

Grab a coin (quarter, dime, euro, whatever). Assign the two options to different sides of the coin. Side 1: Hold On. Side 2: Let Go. Now, flip the coin.

<p>Which side landed face up? Hold on or Let Go?</p>	<p>Hold On</p>
<p>How do you feel about that? (e.g., excited, disappointed, etc.)</p>	<p>I feel a weight in my chest. I'm disappointed and I feel sad.</p>

The point of this exercise is not for you to make a decision based on the flip of a coin. It gives your Gut Instincts a voice in your decision without your Rational Brain automatically pushing it aside.

Focus Area: _____

Decision to Make: _____

MY RATIONAL BRAIN			
Why I Want to Hold On		Why I Want to Let Go	
What about this lifts me up?		What about this drags me down?	
How could holding on serve my future?		How could letting go serve my future?	
What am I afraid will happen if I hold on?		What am I afraid will happen if I let go?	

MY RATIONAL BRAIN (CONT.)

Why I Want to Hold On		Why I Want to Let Go	
<p>What information and support will help me know if I should hold on?</p>		<p>What information and support will help me know if I should let go?</p>	

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Which side landed face up? Hold on or Let Go?

How do you feel about that? (e.g., excited, disappointed, etc.)

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?

