

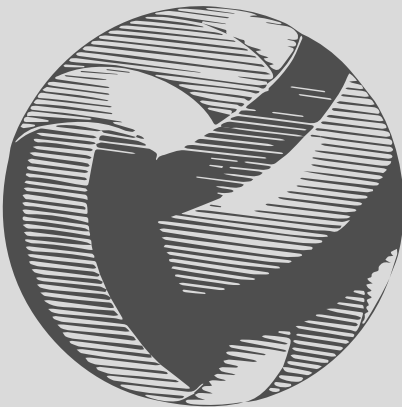


PLAYGROUND

Area 3

Home Base: CHAPTER 3
The Adventure Begins!

Once you finish your game,
return to home base on p. 66.



LET'S FACE IT

Self-Reflection Questions

1. Where in your life do you feel lost?



2. If you knew what you wanted, what *might* that look like?



3. What are some things you know are important to you? How can those steer you in the right direction?



4. Do you know how to use a car jack? That isn't a metaphor. I mean an *actual* car jack. You never know when you might need one.



LET'S DO IT:

Navigate Your Path Without a Clear Destination

HOW DO YOU CHOOSE?

We know we want to make a change, but we're not sure where the change will lead us. Setting the vague objective of heading toward "anywhere but here" is like throwing spaghetti against the wall to see what sticks. We may not know where we're going, but we can determine how to evaluate options on the road ahead.

- ✓ **Criteria:** What do you want?
- ✓ **Rank my criteria:** #1, #2, #3, etc.
- ✓ **Decide what's most important:**
 - ✓ Must have
 - ✓ Important (but not essential)
 - ✓ Nice to have (cherry on top)

If you prefer a different approach to evaluating your criteria, go for it. It's your Playground.

First, use the information above to create a Decision Matrix to evaluate your options. Then we'll look at how you can use that information in your decision-making process. You're not going to examine all possible options for all that lies in front of you all at the same time. Take it step by step. I can't predict the future, and I can't tell you how your adventure will end. But I can help you begin. Let's start with an example.

MY EXAMPLE

I want to make a change: Start over someplace new.

Step 1: Create A Decision Matrix

My first step was to find a job. I wasn't going to move without knowing (more or less) that I could pay my rent. Below is my decision matrix. I used these criteria to filter locations for my job search.

WHERE TO LOOK FOR A JOB

(My Decision Matrix)

Your Criteria What do you want?	Rank Criteria (#1, #2, #3, etc.)	Importance ✓ Must have ✓ Important (but not essential) ✓ Nice to have (cherry on top)
Stay in the US	1	Must have
Live in a moderate climate	2	Must have
Close to an ocean and/or mountains	3	Important (but not essential)
Metropolitan area with at least 1 million people	4	Important (but not essential)
Be within three hours of at least one person I know	5	Nice to have

You'll note I didn't specify what was a "moderate climate" or what "close" meant in miles/km. You may choose to be more specific about each of your criteria. I like to leave some room for gut decisions along the way, but that's up to you.

If you find you have "Must have" items ranked lower than "Important (but not essential)" items, you probably need to reevaluate your rankings and/or level of importance that you've assigned to your criteria.

As you move through your process, you may choose to add, subtract, or change some of your criteria, rankings, and/or what is most important as you evaluate your options. Again, it's up to you. This is your matrix and your life.

YOUR TURN

I want to make a change: _____

Step 1: Create Your Decision Matrix

Based on the change you've identified, what is the first decision you want to make, and what criteria are important to you in making that decision? You can use as many criteria as you choose. Just be careful that your list of criteria is not so long that it eliminates every possibility. --That's the work of your gremlins trying to keep you stuck.

MY DECISION TO MAKE:		
Your Criteria What do you want?	Rank Criteria (#1, #2, #3, etc.)	Importance ✓ Must have ✓ Important (but not essential) ✓ Nice to have (cherry on top)
	1	
	2	
	3	
	4	
	5	

Step 2: Evaluate Possible Options

Explore possible options and use your matrix to evaluate them. As you experiment, remember the matrix is a tool to help you think through your decisions. You can use the totals you tally to prioritize your options, step back and look for patterns, and see how your matrix lines up with your gut. The matrix can help you do all those things. One thing a decision matrix can't do is to make the decision for you. Only you can decide what you want to do with the information.

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?

