

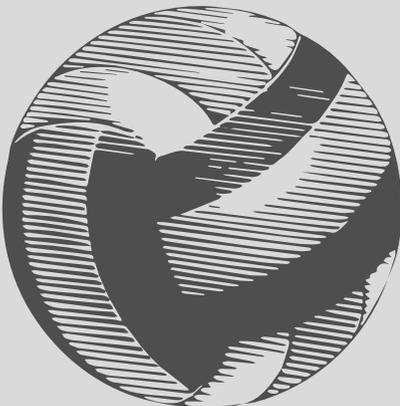


PLAYGROUND

Area 4

Home Base: CHAPTER 4
Picking Up a Hitchhiker

Once you finish your game,
return to home base on p. 88.



LET'S FACE IT

Self-Reflection Questions

1. Learning

- What do you want to learn? Who could help you?
- Who could benefit from your knowledge and experience? What could they learn from you?



2. What's in your way of asking for help? How is that slowing you down?



3. What doors might you have closed too quickly or haven't dared to open? What doors do you want to revisit?



LET'S DO IT: Build Your Path

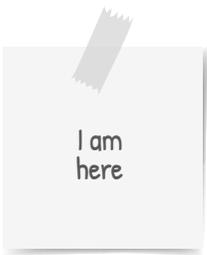
Facing a goal can be daunting, even scary. Rather than doing a deep dive into the Chuck E. Cheese tarantula pit, let's look at a more incremental way you can approach a goal.

Your Goal: _____

In this experiment, you will identify a goal and break it down into manageable steps. Your goal can be the overall change you want to make, or it can be part of the change. Regardless, you'll get more out of the activity if the goal you set and the steps you take are a stretch for you, but the choice is yours.

Let's shift from the tarantula analogy to a more practical example*: **Get a New Job.**

BUILD YOUR PATH



Action 1: I Am Here

Write "I Am Here" on a sticky note and stick the note on the left side of a table, wall, or another large surface where you can plan your steps. If you have different colored sticky notes for the different steps, that's great. If not, use what you have. Stick the "I Am Here" note as far left on the surface as possible.

* If you do want to address a fear of spiders, you may want to work with a trained professional, and by that, I mean a therapist/counselor, not a tarantula handler.

BUILD YOUR PATH

Example: Get a New Job



Action 2: Set Your Goal

Next, identify the goal you want to work toward. Write "Goal" on a sticky note, and below that, write the specific goal you want to achieve. Write your goal so it clearly defines success. For example, "Get a new job," versus "Reach out to different companies." The latter is a step toward your goal, but it isn't your final destination.

Stick your Goal note as far to the right from "I Am Here" as possible.



Action 3: Identify Steps

Think about the steps you will take to get from "I Am Here" to your "Goal." Write at least 5 action steps, each on a different sticky note, that will move you toward your goal.

For example, what are some action steps you might take to get a new job?

- *Identify at least three jobs you want and why you would want them. Be as specific as possible. [Note: If you're not sure of the specific job roles, you may need to do additional research as part of this step.]*
- *Identify your criteria for the types of companies, organizations, etc. where you would like to work (e.g., size, location, for profit or nonprofit, etc.)*
- *Write a list of the top 20 companies that meet your criteria.*

Write each step on a different sticky note. Remember to write what success will look like for each step. For example, "Identify at least three jobs I want," rather than, "Think about jobs I might want."

BUILD YOUR PATH

Example: Get a New Job



Action 4: Plan Your Path

For each of the steps you identified under “Action 3,” arrange your sticky notes between “I Am Here” and your “Goal” note.



Play with your notes and move them around. Think about how you want to order the steps you’ve identified. What excites you about these steps? Which steps are a little daunting? Don’t try to include too many steps to start. If you take a lot of time to frontload too much detail into this exercise, you may be procrastinating to avoid taking any of your steps to move toward your goal.

Action 5: Take Your First Step

Take your first step. If you can complete your first step today, great! If your step isn’t something you can complete in one day, identify a specific due date. Then, put your Step 1 sticky note with the due date someplace you will see it each day until you complete it. For example, put it on your computer, refrigerator, dog’s food dish, etc.

If completing Step 1 will take a while, move the sticky note to a new place each day, or every couple of days, so it doesn’t fade into the background. If it becomes part of the background, you will no longer “see it,” and the sticky note will lose its power as a reminder.

BUILD YOUR PATH



Action 6: Do Your “After Action Review” (AAR)

Do an After-Action Review (AAR) once you’ve completed each step. Reflect on your experience from the step and what you learned. Then apply your learning as you continue to move toward your goal. You’re going to gain a lot of knowledge and experience as you build your path. Pick it up and take it with you.

You don’t need to overcomplicate your AAR. Keep it simple:

- ✓ What went well?
- ✓ What didn’t go well?
- ✓ What did I learn? What’s important about that?
- ✓ What would have made it even better?
- ✓ How will I apply my learning to my next step?



Action 7: Move On Down the Road

Once you’ve completed Step 1, move to Step 2. Keep moving until you reach your goal. Add, change, move, and/or remove sticky notes as you work your way down your path.

Sometimes, you may arrive at a new step and realize you need to take a step back. Maybe you needed to do something more or different in the previous step(s) to prepare you to move forward. It’s not a setback, it’s learning, and it’s all part of the journey.

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?

