



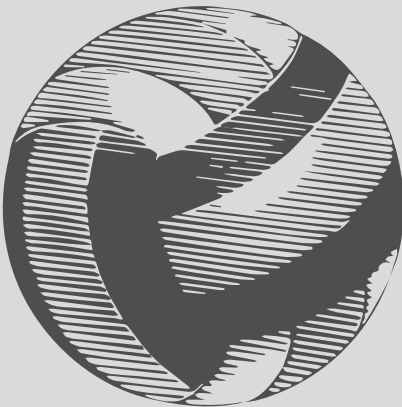
PLAYGROUND

Area 7

Home Base: CHAPTER 7

Time to Pack My Bags

Once you finish your game,
return to home base on p. 129.



LET'S FACE IT

Self-Reflection Questions

Positive Quits

We're told that quitting is bad, and that winners never quit. But what if we need to *quit* in order to *win*? Success isn't just about doing new things to achieve our goal. We also need to quit doing things that are getting in our way or outright sabotaging our progress. Here are some questions to consider:

1. What do you want to quit today that's slowing you down or getting in the way of your goals? You may focus on small quits, such as "I want to quit drinking coffee after 1:00 p.m. to help me sleep better at night," or your quit may be bigger, such as "I want to quit my job."



2. What happens if you fail to quit?



3. Write your quit as a positive statement. For example, "When I choose to quit drinking coffee after 1:00 p.m., I will sleep better at night. (Yes, it is a choice.) Therefore, it will be easier for me to get up in the morning to go to the gym." Once you quit, how will it feel? What will be the impact?

→ **Note:** Use "when" instead of "if," and use "will" instead of "can" or "may."
You want to state a strong commitment to your goal rather than give yourself a wishy-washy escape clause.



LET'S DO IT:

Pack Your Q-Tips

Now that you've reflected on your quits, it's time to get uncomfortable again.

You (my reader): *Seriously? Again with the uncomfortable stuff? Can't I just take a break from all this change and relax a bit?*

Me: *Of course, take a break. Have some lunch, spend time with friends, or immerse yourself in a bubble bath with a glass of wine and a good book. (Okay, now I want to take a break.)*

Take a break. I'll wait.

[*"The Girl From Ipanema"* waiting room muzak plays on a loop.] You're back! Great, let's get started.

Play Around with Your Quits

Write down your quits from the self-reflection section. Look at what you want to quit and why. Choose one quit. It may be your #1 quit, or it may be #101. You choose. My big quit in the last section was moving out of Michigan. You've already seen how that played out. So, I'm going to use a different one. There are so many quits I could use. Let's see . . . I'll just choose one at random, something completely out of the blue, off the top of my head. It has nothing whatsoever to do with being married to a Frenchman.

My Example: I want to quit drinking wine during the week.

Why do I want to quit? (How is it keeping me from achieving my goals?)
When I choose to drink wine in the evenings...

- I wake up more tired the next morning. So, it's harder to make myself go to the gym, go to work, etc. It makes me less productive at the start of my day.
- I get hungry after dinner and eat more. So, it's harder to maintain and/or lose weight.
- *I feel so relaxed that I don't want to do anything. So, I stream series and movies and turn off my brain. There are so many things I want to do and learn, but when I drink wine during the week, I don't spend time in the evenings doing any of that.*

How do I start quitting?

Let's break it down and see how we can "Pack the Q-Tips":

- *What makes it easy not to quit?*
- *What makes it hard to quit?*
- *What will make it easier to quit and/or harder to stay comfortable (i.e., "Pack the Q-Tips")?*

LET'S TAKE A LOOK AT MY EXAMPLE.



I WILL QUIT DRINKING WINE DURING THE WEEK

Makes it Easy Not to Quit	Makes it Hard to Quit	Will Make It Easier to Quit <i>and/or harder to stay comfortable ("Pack the Q-Tips")</i>
<p>We (my husband and I) belong to several wine clubs that ship wine directly to our door. So, we always have wine in the house.</p>	<p>Wine helps me relax. After work, my habit is to grab a glass to kick off the evening.</p>	<p>Ask my husband to remind me that I don't want wine during the week. (This is a big risk on his part depending on my mood.)</p> <p>Have good mocktail recipes already made that I can easily pour in less time than it would take me to open a bottle of wine.</p> <p>I will ask my husband to hide the corkscrew. (I probably won't try to open a bottle of wine with my teeth.)</p>
<p>We go out to dinner at least once or twice a week to restaurants that serve wine.</p>	<p>In our favorite restaurants, we sit at the bar because we like to talk with the bartenders (who know us by name). They always have great drink recommendations.</p>	<p>Ask our bartender friends to only serve me mocktails or non-alcoholic (NA) beers. There are more and more of these options.</p>
<p>When we have dinner at a friend's house, there is always wine.</p>	<p>When one particular host offers me wine, I say, "no." Then the host continues to push me to drink throughout the night, which means I have to decline repeatedly. Sometimes up to 25 times. (No, I'm not kidding.)</p>	<p>Bring my own NA drinks, which I have done. (You'd be surprised how many other people may want to drink them, too.) Also, I don't let my glass run dry. That way, my host can't fill it with wine when I'm not looking.</p>
<p>I genuinely enjoy wine and exploring new types of wine. Before I met my husband, I didn't know anything about wine other than it came in "red" and "white."</p>	<p>Gremlins remind me how much I enjoy wine. They also remind me how relaxing it is to have a glass of wine (see above).</p>	<p>Drown out the gremlins by putting my fingers in my ears and saying, "La-la-la-la-la, I can't hear you!"</p> <p>But seriously, I can quiet the gremlins when I do something that requires my active attention (not streaming shows, movies, and/or cat videos). I play "brain games" on my phone to increase mental agility, play a musical instrument (not well, but then that requires even more of my attention), etc.</p>

It's your turn to Pack Your Q-Tips and Quit!

It isn't easy to quit something that you enjoy and/or is a habit, even when it doesn't serve you. Otherwise, you would have quit a long time ago, but you have to start somewhere. First, tap into your motivation. Why do you want to quit this thing? How will it help you achieve your goals? Then, understand what's keeping you stuck and how to either make it easier to quit or more difficult to stay comfortable in your discomfort. Pack the Q-Tips!

I WILL QUIT: _____		
Makes it Easy <i>Not to Quit</i>	Makes it Hard to Quit	Will Make It Easier <u>to</u> Quit <i>and/or harder to stay comfortable ("Pack the Q-Tips")</i>

Quitting is hard, and some things are harder to quit than others. It helps to have support from our friends, family, and other people in our lives. And there are times when we may need even more help to quit, such as from a counselor, psychologist, medical doctor, or other professionals. I encourage you to reach out to others for the support you need.

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?

