

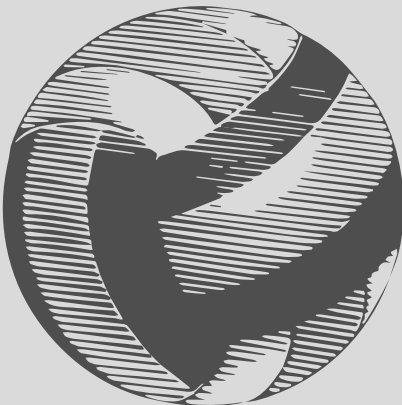


PLAYGROUND

# Area 8

**Home Base: CHAPTER 10**  
**The Futility of the Battle**


Once you finish your game,  
return to home base on p. 178.



# LET'S FACE IT

## Self-Reflection Questions

1. What is at least one BIG change you want to make in your life?



2. What is something BIG you're allowing to get in your way?



3. What are you afraid will happen if you dive into that BIG change?



4. What are you afraid will happen if you *don't* dive into that BIG change and instead just... walk away?



5. What is one BIG, scary leap you could take today that would plunge you into the deep end?



## LET'S DO IT:

Dive In!

You won't conquer your biggest fears through a single exercise in a book, but you can take steps that will move you closer.

You may want to revisit **Playground Area 5** and invite **Your Most Confident Self** to this exercise.

### **What do you want to achieve?**

What lies at the intersection of what both excites and scares you? Think BIG. In fact, think BIGGER than BIG. Think SO BIG that your gremlins scream, "Don't say that out loud! People will think you're ridiculous, even delusional, and you'll be humiliated when you fail!" Think THAT BIG. Scare the crap out of your gremlins! I'll go first.

### **My "Gremlins-Crap-Their-Pants" Goal:**

I want to write a best-selling book and sell 1 million copies. (Yikes!)

**Why is this goal important to you?** (You probably have more than one answer. I do too.)

1. I have always wanted to write a book but, until now, I haven't dug deep enough to find the courage to achieve my goal. --My Most Confident Self is getting very impatient.
2. I want to make change accessible to other people. Even when they're stuck (especially when they're stuck), I want them to believe they can make changes to achieve their goals. I want YOU (my reader) to believe in yourself and that you can make those changes. --May sound corny, but it's true.
3. This book has been trying to write itself through me for a long time, and I'm tired of fighting it.

**When you achieve this goal, what will it mean to you?**

1. I'm a published author.
2. I've already done it once. So, I know I can write even more books.
3. I challenged my fear. I pushed through my comfort zone. As a result, my life is bigger. Standing on the mountain that I've climbed, I can see further, and I have more confidence to take on even more challenging and exciting goals.

## LET'S DO IT:

Dive In!

### What is the biggest fear getting in your way?

I've never done it, but I've also never tried. "Never trying" feels safe because if I try and I fail, I will no longer be able to tell myself, "I could have done it if I'd really tried."

### If someone you cared about told you they have the same fear that you just wrote, what would you tell them?

Even if you don't achieve it the first time you try, it doesn't mean you've failed. Just because you get knocked down doesn't mean you have to stay down. It doesn't mean you're not capable of achieving your goal.

A long time ago, I went skiing with friends. It was the first time I'd ever tried to ski. I made it all the way down the hill without falling, and I shared my excitement with one of my friends. "That's great," he smiled, "but remember, if you're not falling, you're not learning." I remind myself of that every time I fall.

### (To you, my reader) Listen to your own wisdom above. Read back to yourself what you just wrote.

### When you achieve your goal, what will your new life look like?

- I will broadcast my message when I guest on podcasts, speak to groups, and do a TED talk.
- I will have more flexibility, and I will achieve my goal to live and work anywhere there's Wi-Fi.

## PAUSE

FYI, I feel a little sick to my stomach writing all this outside my head for you to see. My gremlins are going #?%\*!@&! crazy.

### What is *at least one*, BIG scary step you will take to dive in?

1. Telling you (the reader) what I want to achieve is very big and scary.
2. Guest on podcasts before the book is even finished.
3. Get feedback on my unpublished manuscript.

## What support do you want when you take these steps?

1. I need people to know that I'm writing a book. If you're reading this, you already know that. But I need to tell people before the book is finished. This will create pressure that will keep me moving.
2. I want deadlines. I'm much more likely to be accountable when I commit to someone other than myself.
3. Share my unpublished manuscript with people and ask them to provide me with honest feedback.

## What is *at least one* BIG, scary step you will take TODAY?

I will reach out to at least three people and ask them to read my manuscript and give me feedback. Then, I will send them my manuscript.

## LET'S DO IT:

Dive In!

### Your Turn!

**What do you want to achieve?** What lies at the intersection of what both excites you and scares you? Think BIG. In fact, think BIGGER than BIG. Think SO BIG that your gremlins scream, "Don't say that out loud! People will think you're ridiculous, even delusional, and you'll be humiliated when you fail!" Think THAT BIG. Scare the crap out of your gremlins!

### My "Gremlins-Crap-Their-Pants" Goal:



**Why is this goal important to you?** *(You probably have more than one answer.)*



**When you achieve this goal, what will it mean to you?**



**What is the biggest fear getting in your way?**



**If someone you cared about told you they same fear that you just wrote, what would you tell them?**



**(To you, my reader) Listen to your own wisdom. Read back to yourself what you just wrote above.**



**When you achieve your goal, what will your new life look like?**



**What is *at least one*, big scary step you will take to dive in?**



## LET'S DO IT:

Dive In!

What support do you want when you take these steps?



What is at least one BIG, scary step you will take TODAY?




What are you waiting for? Dive in!

# Cannonball!

## 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?

