



PLAYGROUND

Area 9

**Home Base: CHAPTER 11
A Change of Heart**

Once you finish your game,
return to home base on p. 206.



LET'S FACE IT:

Self-Reflection Questions

1. Who do you want to connect with, but you're afraid to take off your armor?
 - *Note: Connections are not all romantic. They may also be with friends, colleagues, the CEO of your company, the barista at your local Starbucks, etc.*



2. What are you afraid will happen?



3. How would you behave and connect if you *weren't* afraid to take off your armor? What would that look like?



4. If you *do* remove your armor. . .

- *What's the worst that could happen? Will it kill you?*
- *What's the best that could happen?*



5. If you *don't ever* remove your armor. . .

- *What is the best outcome you could hope for your life?*
- *What would be the worst outcome for your life?*



LET'S DO IT:

Grab Your Can Opener

Let's explore the world "as if" we weren't worried about the outcome. "What if" we took off our armor? How might we change our approach? Let's pretend for a moment. (No harm in pretending.) Imagine I'm your fairy godmother (but without the pumpkin and talking mice). I've bestowed upon you my magic wand. This gift comes with only one condition: You can only use magic to transform how you engage with the world. You can't change anybody else.

- *Note: Stop by Playground Area 5 to invite Your Most Confident Self to come play with you. Olly olly oxen free! --Playground Area 5 is a very popular play spot.*

Your first act of magic is to dissolve your armor and, Bibbidi-Bobbidi-Boo!¹ (BBB!), you reveal your most wonderful and confident self. You're ready to begin your adventure. Hitch up the horses, climb into your coach, and let's hit the road.

I'll share an example of my own magic adventure to start us off.

MY EXAMPLE

1. **What are some situations where you wear your armor? There's probably more than one. Choose the first armor-wearing situation in which you want to test your magic.**

A party filled with C-suite leaders of the largest companies in the world.

2. **Poof! We've arrived at your first stop. (The horses were just for cinematic effect. Magical teleportation is the only way to travel.) Now that we're here, how do you want to use your magic? What's the change you want to make in how you show up? (BBB!)**

I want to magically dissolve any hesitation and strike up a conversation with the most imposing person in the room. (It might be a CEO, CFO, or the Head Chef of the catering company. I've seen Hell's Kitchen. Gordon Ramsay is one scary chef.) I'm going to talk to the CEO of [Company X].

- 1 If you're unfamiliar with "Bibbidi-Bobbidi-Boo," search "Disney Cinderella transformation." (Not to be confused with "Cinderella story" from the movie *Caddyshack*.)

LET'S DO IT:

Grab Your Can Opener

3. **What was the outcome? (Let's assume it's not a "happily ever after" ending at this stage of the story).**

She brushed me off and walked away. (Imagine!)

Note: You may encounter "ugly-hearted" people in your magical adventure. But you'll also encounter other people who don't have time, are focused on other priorities, or who are just not interested in you or your ideas. That's normal. It's just the way life works. You can't magically change other people. So, what will you do? Will you poison their apple (figuratively)? Poison your own apple (your mind) with a lot of negative self-talk? Let's choose "neither."

4. **Make a wish. How do you want to respond? (And no retreating into the armor. You left it back at the castle.)**

- **What will Your Most Confident Self say?**

Well, that sucks. [The #?%*! is strongly implied.] I feel like I just got punched in the gut. BUT I did talk to her, and it didn't kill me. So that's one for the win column.

- **Do a quick After-Action Review (AAR, Playground Area 4):** What went well? What didn't? What will you do differently next time?

I smiled and confidently shook her hand, but I started off with too much talking/telling. This time, I'll start by asking more open-ended questions, rather than telling the person all about me.

- **Make another wish. What will Your Most Confident Self do now?**

I'm going to do a quick scan of LinkedIn based on the guest list and find something I have in common with a couple of people so I can ask better questions. --Now, I'm going to grab a puff pastry from that cater waiter's tray and get back in there.

5. Wave your wand and do it all again.

- *What happens?*
- *What's different this time? What's the same?*
- *How do you respond?*
 - *What will Your Most Confident Self say?*
 - *What shows up in your AAR?*
 - *What will Your Most Confident Self do next?*

Make it all a game. "What if" you took off your armor? How would you respond "as if" you didn't care?

You (the reader): *That's all well and good, but life is not a game.*

Me: *Isn't it? What if it were?*

When do you take life and yourself too seriously? What if you didn't? Even when life is serious, it's that much more important to bring Your Best, Most Confident Self.

What if the real magic is just changing the way you engage with the world? As if the outcome won't kill you?

LET'S DO IT:

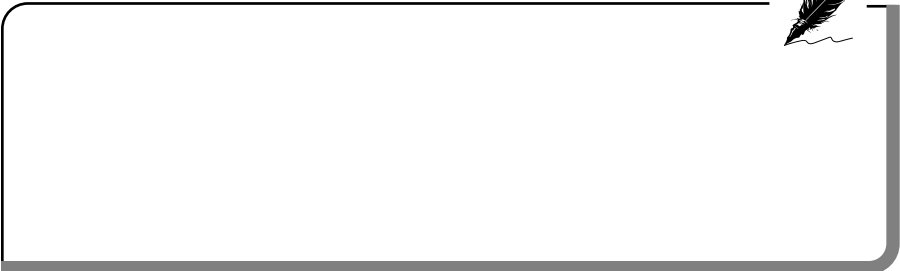
Grab Your Can Opener

It's your turn to work your magic.

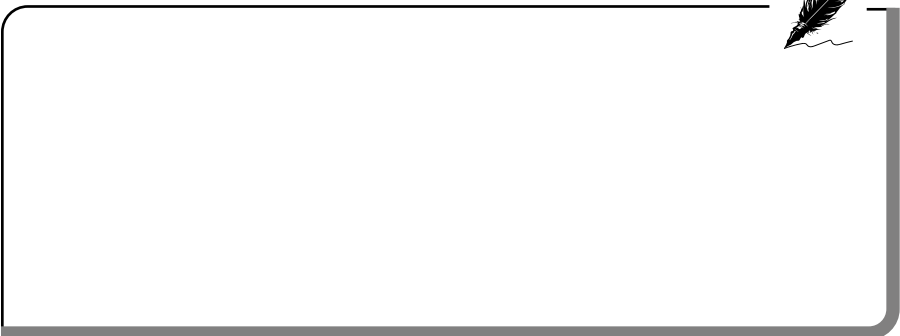
1. What are some situations where you wear your armor? There's probably more than one. Choose the first armor-wearing situation in which you want to test your magic.



2. We've arrived at your first stop. Now that we're here, how do you want to use your magic? What's the change you want to make in how you show up? (BBB!)



3. What was the outcome? (Let's assume it isn't a "happily ever after" ending at this stage of the story).



4. How do you respond? (And no retreating into the armor. You left it back at the castle.)

- *What will Your Most Confident Self say*?*
- *Do a quick After-Action Review (AAR). What shows up? Get creative with your magic wand.*
- *What will Your Most Confident Self do?*



5. Wave your wand and do it again!

- *What happens?*
- *What's different this time? What's the same?*
- *How do you respond?*
 - *What will Your Most Confident Self say?*
 - *What shows up in your AAR?*
 - *What will your most confident self do?*



* Note: If you're struggling with what Your Most Confident Self would say or do, use your magic wand: How do you wish you would have handled it? (BBB!)

LET'S DO IT:

Grab Your Can Opener

A Different Kind of Magic

There are different ways to play this game, and you may want to mix it up a bit. Rather than focus on the positive outcomes you want to create, focus on the *mistakes*. It sounds backwards, I know, but hear me out.

Even though our best self tells us we're just playing around with magic, we probably haven't eradicated every pesky "need-to-be-perfect" gremlin from our mind. So, flip the game on its head. Set a goal to make mistakes rather than to improve. (And, yes, it's okay to call them "mistakes." We all make them. So, let's own them!) For example, challenge yourself to "make 20 mistakes." You may want to make the mistakes by the end of an event/situation or the end of a day. It's up to you.

The intent isn't to purposefully make mistakes or mess up. It's to step outside your comfort zone where you're more likely to make mistakes. When you make mistakes, it means you're doing something new. It sounds goofy, but when you change your focus from "Achieve X" to "Make X# Mistakes," it flips a switch in your head and leaves the gremlins in the dark. It challenges you to learn by changing what it means to *win*.

You may want to keep a tally of your mistakes on your phone, create a scorecard, or design an app. I'll stick with the scorecard, but let me know when you finish that app!

When you make a mistake, write it down. You're not planning to make specific mistakes. You're just playing outside your comfort zone and collecting the mistakes you make. When you hit your target, you win!

LET'S DO IT:

Grab Your Can Opener

My Mistakes Scorecard

I created 20 squares. The target number is up to you. I encourage you to make the number a bit of a stretch but achievable.

MY MISTAKES:				
Situation: C-Suite Networking Event				
1. Forgot someone's name.	2. Asked how their Business X was doing and found out there'd been a hostile takeover earlier in the week.	3. Gleefully told someone that I know Person X who also works at their company. Apparently, they detest Person X.	4. Reintroduced myself to someone I'd already met.	5 Spilled coffee across the table. (That mistake could happen anywhere, but I still had to be at THIS event to spill coffee on THAT table. It counts!)
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

WINNER!

LET'S DO IT:

Grab Your Can Opener

Your Turn!

Situation:

MY MISTAKES:				
START Situation: <input type="text"/>				
1.	2	3.	4.	5.
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

WINNER!

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?

