

Finding Your Passion Through Play Guide



Not everyone has to face physical barriers in our day-to-day lives. Yet all too often we live with other kinds of less obvious barriers that hold us back from finding and realizing our dreams. We are successful in many ways but sense that something is missing. Somehow we lost ourselves on the way to becoming adults. Observe children at play and you'll discover an innate sense of joy and a passionate celebration of life. How often do you feel like

this? For children, passion comes naturally. For adults, passion sometimes comes naturally but more often than not it has to be a decision, a gift you choose to give to yourself – but first you have to realize that it is missing and what's blocking it. Without passion your life will never be all you want it to be.

Many years ago, Amy Jaffe Barzach, author, workshop leader, Founder and Director Emeritus of Boundless Playgrounds and Chair of the Inclusive Fitness Coalition's Inclusive Play National Workgroup, and now president of Powerful Inspiration LLC, developed a thought provoking way to help people find and understand the defining people and moments of their lives, important keys to finding your passion. To make it fun, give people a way to visualize the stages of their lives and help them remember defining people and experiences, her workshops include participants playing Candy Land® with a twist. CANDY LAND® is a PLAYSKOOL® board game. PLAYSKOOL® is part of the Hasbro, Inc. In an interesting coincidence, Hasbro is now Boundless Playgrounds' first national sponsor.

*FINDING YOUR PASSION THROUGH PLAY © 1996 – 2008, guide and related workshop were developed by Amy Jaffe Barzach.
CANDY LAND® and its elements are registered trademarks belonging to Playskool and Hasbro, Inc.*

Amy Jaffe Barzach

**141 Crossroads Plaza #142 ☆ West Hartford, CT 06117
amy@amybarzach.com ☆ 860-983-5040 ☆ fax: 860-236-1749**

Object of the Game

In the traditional Candy Land® game, the object is to be the first player to reach Candy Castle. In this workshop activity for woman of all ages, the object is to meander along the path and to use the game to help you remember and think about your life. At any point you can go forward or back. It is up to you. The different sections of the Candy Land board can correspond to the different segments of your life - your earliest memories, middle school, high school, college, your first years on your own, marriage, having children, children growing up and leaving the nest, going back to school, the last five or ten years and anything in between. The segments you choose to focus on are entirely up to you. You can use this game and the workshop Amy teaches to identify all or most of the defining people and experiences in your life. You can always go back and add more later. The clues to finding your passion can be found in these defining people and experiences.

Finding Your Passion Through Play Guide Key:

CANDY LAND Character Squares:

- **Gingerbread Man** – People who have had or still have a positive influence on you
- **Candy Cane** – Times when someone or something has cleared the way for you
- **Gum Drop** – Challenging times in your life or when you have felt stuck
- **Licorice Sticks** – People who were/are negative or difficult in your life
- **Peanut** – Surprises in your life and when you have felt a sense of ‘aha’
- **Lollipop** – If you had a magic wand, what might you want to change about your life or your past and/or what lessons did you learn from this experience?
- **Ice Cream Cone** – Happy times in your life and/or what makes you happy



*FINDING YOUR PASSION THROUGH PLAY © 1996 – 2008, guide and related workshop were developed by Amy Jaffe Barzach.
CANDY LAND® and its elements are registered trademarks belonging to Playskool and Hasbro, Inc.*

Amy Jaffe Barzach

141 Crossroads Plaza #142 ☆ West Hartford, CT 06117
amy@amybarzach.com ☆ 860-983-5040 ☆ fax: 860-236-1749

Colored Squares:

- **Red** – Love, valor, hardiness, good health, vigor and/or when you have felt attractive or loved
- **Purple** – Willpower, ambition, progress and/or when you have felt powerful
- **Yellow** – Caution, concern, paralysis, procrastination and/or when you have felt hesitant
- **Orange** – Energy, confidence, strength and/or when you have felt persuasive
- **Green** – Prosperity, healing, growth and/or when you have experienced abundance in your life
- **Blue** – can be either positive or negative, each time you select a blue card, choose one:
 - **Dark** – Subdued, cold and/or when you thrived despite or because of challenges
 - **Light** – Understanding, protection, happiness, and/or when you have experienced a sense of peace

Movement:

1. **Shortcuts:** *There are two shortcuts on the path – the Rainbow Trail and the Gumdrop*

Pass:

- **Rainbow trail** – *takes you from Gingerbread Tree right to Peanut Acres and you skip over Lord Licorice – when in your life have you gotten a ‘free ride’ or things went smoothly for you?*
- **Gumdrop Pass** takes you from the early part of *Gumdrop Mountains* right into *Licorice Forest*, sometimes shortcuts are not ultimately the best thing for you. You may miss some of the lessons you could have benefited from learning – *when did something like this happen in your life?*



FINDING YOUR PASSION THROUGH PLAY © 1996 – 2008, *guide and related workshop were developed by Amy Jaffe Barzach.*
CANDY LAND® and its elements are registered trademarks belonging to Playskool and Hasbro, Inc.

Amy Jaffe Barzach

141 Crossroads Plaza #142 ☆ West Hartford, CT 06117
amy@amybarzach.com ☆ 860-983-5040 ☆ fax: 860-236-1749

2. **Licorice Spaces:** *There are 3 Licorice Spaces on the path. These Licorice Spaces were put there by sneaky Lord Licorice to slow you down. If you land on one of these spaces by exact count, your Gingerbread Character is stuck there for one turn.* Take this opportunity to write about challenging times in your life, when you have felt stuck and/or when you or someone else has held you back.

You can use this Finding Your Passion Through Play Guide to play by yourself or with a group of friends. Keep a journal handy and for every card you pick and every step you take, make notes. If you have lots of time, take the time with every card to journal. If you don't, write out bullets and come back to it later. Watching women do Finding Your Passion Through Play at home with friends or participate in Amy's workshops is inspiring. People start out skimming the surface of their lives and very quickly, and seemingly without effort, move onto what really matters to them. Connecting to our passion can make a difference in our lives, in our happiness, in our productivity. Participants walk away with new tools and new energy, ready to pursue their dreams.

It is your turn now!

Finding your passion starts with giving yourself permission to take care of yourself, taking time to play, remembering what you loved to do as a child, and becoming aware of what is happening in your life and how you feel about it. CANDY LAND, Finding your Passion Through Play Guide or Workshop is one way to start. When and how did you last experience passion? How long has it been? Some people find passion regularly in their hobbies; others find glimpses of it through their profession, hobbies or involvement in community. Still others experience a taste of passion when sailing, reading, connecting with family and friends, or working on a special project. It doesn't have to be one or the other and can be something else all together, something you may haven't done or thought about for a long time. Passion is possible in every aspect of your life. It is your turn now!

*FINDING YOUR PASSION THROUGH PLAY © 1996 – 2008, guide and related workshop were developed by Amy Jaffe Barzach.
CANDY LAND® and its elements are registered trademarks belonging to Playskool and Hasbro, Inc.*

Amy Jaffe Barzach

**141 Crossroads Plaza #142 ☆ West Hartford, CT 06117
amy@amybarzach.com ☆ 860-983-5040 ☆ fax: 860-236-1749**