



## Play for your life

**"I was ready to put aside "childish" fun and do the adult work of making my dreams come true"**

### **Exercise: How are you a "creator of solutions"?**

In too much of our world, play is *downplayed*. We think work is what's important, and work will get us to our goals. But while work is valuable and necessary, we need play just as much – or we're only half alive.

Ask yourself:

1. Which areas of your life or business feel flat, heavy, overly serious... and just not fun?
2. How would you approach that area if you wanted to have fun? (Think real fun – not supposed-to-be-fun, good-for-you pseudo-fun!)
3. **Extra credit:** How would that play and fun be good for you (or your business)?
4. What do you commit to doing (to bring in fun)?

(If part of you is thinking, "This is a waste of time," I offer this thought: **Play and fun take commitment and discipline. Anyone can live a mediocre and miserable life.** *What kind of life will you choose?*)