

LifeMapSM



"LifeMap is a navigational tool to help you on your path towards personal and professional success. Our belief is that you can achieve a more rewarding career, a more productive organization and a more enjoyable and abundant life."

May 16, 2006

This Week's Message:

**How About Some
Fun?**

Paths Forward

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**Have Dr. Paul speak
at your next meeting
or conference.**

Greetings!

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How About Some Fun?

Spring, the season of rebirth and regeneration, is upon us. What a great time to think about getting more fun into our lives. I admit that there is a comic aspect to speaking seriously about fun but - at a certain level - fun is serious business. Our lives are often so hectic and demanding that

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making time and space in our lives to have fun can seem frivolous, egocentric, or inconsequential. Nothing could be further from the truth.

Of all the definitions of fun the one I like best is "lighthearted pleasure." Let's break this down. Having a light heart means you have an openness to what life is offering you at any one moment; you are not so burdened that you go through life with blinders on or hunched over with your head down. Studies have shown that activities such as listening to music, watching funny movies, petting your dog or cat, or laughing with friends all lower your blood pressure. This demonstrates that there is a physically healthful dimension to "lightheartedness". Let's look at pleasure: pleasure is a natural feature of the human being. The senses of sight, sound, touch, smell, and taste are all built into us (by your choice of either evolution or "intelligent design") not only to warn us of danger but to bring us great pleasure.

And what about pleasures of the mind and of emotion? Though beyond the bounds of what we might typically think of as recreation, there is great fun to be had listening to family stories from our elders, from quietly enjoying a sunset, by re-reading a favorite book, or by experiencing a "helper's high" by doing something to make someone else's life just a bit easier. Fun is truly a gift that keeps on giving: to you, to your family, to your friends and to all around you. Isn't it about time you put more fun into your life?

Paths Forward

• Break Your Barriers to Fun.

Do you have an overly serious attitude? Do you always put yourself last? Did your role models take time for fun? Are you waiting for retirement to have fun? Are you too responsible, too busy, or too important to have fun? Answering these questions will help you give yourself permission to have fun.

• Helping Others Have Fun is Fun.

Build time into your schedule for fun with your partner, your family, your friends. If you're like most folks then it is unlikely that this will happen all by itself so you'll need to make a real effort. Find out what others enjoy doing for fun and include their ideas in your plans. Here's a twist – suggest something that would be fun for your co-workers to

do together; it will enhance teamwork, improve communication.

- **Build a Fun File.**

Get one of those expandable, accordion files. Use it to collect articles or brochures that suggest activities that might be fun to do or try. When you think of something fun, write it down and stick it in the file. Do the same thing when you have done or remember something fun - make notes about when and where to jog your memory later on. Have a group or family brainstorming session and add as many ideas to the fun file as you can. That way when you've made the time for fun there won't be any absence of ideas of what to do.

- **Money is No Barrier.**

If you listened to the media you would think that everything fun costs money. Baloney. Some of the most fun things in the world are free. Think about band concerts, watching fireworks, camping out in the backyard, taking a long, relaxing bath, watching a sunset, rooting for a school sports team, trading neck or foot rubs. Invite some friends over, have them bring their favorite dance music, roll up the rug and "bust a move". Many weekend newspapers have long lists of free activities. Many cities have places where you can purchase half price event tickets on the day of the performance. Many colleges and universities have economically priced arts and sports events.

- **Try Something New.**

Break out of your typical patterns of fun behavior, at least once in a while. It doesn't have to be white water rafting or skydiving. How about a mini-golf, billiards or bowling tournament, a board game or ping pong night at home? Do something "out of season", like hosting a Thanksgiving Dinner in June, or have a fancy dinner picnic with champagne, nice tableware and candles. Maybe have your toes done or give yourself a "mental health" day - you deserve it.

- **Solo Fun.**

You don't need others to have fun. In a future LifeMap we'll address the often-unmet need for solitude. But for right now ask yourself what solo activity gives you pleasure. Is it a bike ride, a jog, getting a massage, taking a quiet walk, perusing the library or an antique shop, hitting a bucket of

balls, sneaking off to a matinee movie, hunkering down in your favorite chair to read for an uninterrupted hour? This is your life – you deserve at least a small piece of it in which you can reconnect with who you are and what you really enjoy.

LifeMap is about helping you to create the fully engaged life you want and deserve while also about reminding you to enjoy the journey and have some fun along the way.

Resources

Stalled at work? Still struggling to find your true vocation?

Or know someone who is? To order your copy of “Love Your Job! Loving the Job You Have, Finding a Job You Love” by Dr Paul Powers, click the link below.

Someone you know job hunting or thinking about it yourself?

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Sincerely,

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