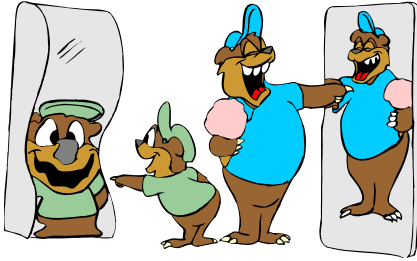


Are we having fun yet?

How long has it been since you last laughed till your sides hurt or tears ran down your face? If you can't remember the last time, then it's been way too long! If you aren't having fun yet, what are you waiting for!!!



I recognize that with adulthood comes more responsibility; more is at stake, more can be lost. But did you know that you can still be responsible while still fully enjoying your life?

Your challenge is to keep play, levity, and laughter integrated into your adult life. As a life-balance coach, I see three common situations; see if any of these sound like you:

1. **You don't know what brings you joy and happiness.** It's been so long since you've had 'me' time that you aren't sure what you enjoy anymore. You're not really in touch with the person you are now.
2. **Having fun feels 'indulgent' so you refrain from it.** You tend to be super busy with a lot of responsibility. You feel like taking time for yourself will take away time you could be using to earn income or be productive.
3. **Having fun is at the bottom of your 'to do' list; it's ranked at the bottom of your priorities.** You make time for what you feel is important but there are only 24 hours in a day; you can't get to everything on your list, so having fun becomes a rare occurrence.



How to make some changes in this area:

- Experiment, play games, take classes, spend time with children, get outside, watch funny movies, create something, do something exhilarating until you find several activities that make you laugh out loud.
- Shift your mindset to think of play, levity & laughter as important activities that ground you and help you live in the moment; remember they are essential components of a balanced, happy life.
- Notice how you spend your time and energy - that will reveal your priorities. If you say you value having fun but your daily life doesn't reflect that, then re-prioritize your to-do list. Let your schedule and actions reflect that you value play, levity and laughter.



Don't put it off, find a way to have fun today!

