Learn to have fun workout

Background

One important aspect of living in the present is taking time out from our busy lives to have fun. When we were young we searched for fun every day. In the morning we would start and finish a World War and in the afternoon we would win the World Cup or play Hide and Seek. But as the rational part of our brain grows during puberty, one of the side effects is that some adults fall into the trap of taking a much more serious and considered approach to life. In many respects this is good, preparing us for the adult world, but on the other hand we can leave behind so much of what people call our ‘inner child’. For some adults life is too serious and should be more fun, otherwise what's the point? Life is simple and our primary purpose should be enjoying it but to achieve that we sometimes need to put time aside to make ourselves have fun. Yes you read that right.

Make ourselves have fun.

Too many people come up with all sorts of excuses for why they can’t have fun, but these are simply that, excuses. Fun does not have to be playing games. It can be sharing observations or brief conversations with people, or taking time out at lunchtime to read a book or go for a walk. It can be eating your lunch whilst listening to your favourite music or watching television. At home it can be forcing yourself to spend time playing with your children (whether you feel like it or not), rather than telling them you are too busy. It can be taking your partner for a meal, having a drink with friends or going to the pictures. It can even be having a long soak in the bath. The sources of fun are endless, but sometimes we have to force ourselves to overcome the DART voices that tell us we can’t have fun or that we are “busy”. Once we do something fun, no matter how reluctantly we may start it, it’s amazing how quickly our mood changes. As the old saying goes,

“We don’t stop playing because we grow old, we grow old because we stop playing.”

This simple workout is designed to force you make plans to have fun.
The workout

Make a list of the 6 things you like doing most on your own

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Make a list of the 6 things you like doing most with others

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Now plan how you can incorporate at least one item from each list into your weekly schedule

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