

Prioritizing Fun to Feel Alive Again

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Fun is often something we pursue when everything else is taken care of and we have extra time in our day to do something we enjoy. The problem with that approach is, as leaders, most of us don't find extra time. As a result, fun gets pushed to the wayside. Our jobs and days become all work and no play and we don't feel as alive as we have in the past.

The secret to feeling alive lies in the pursuit of fun, and it is essential we leaders make fun a priority. **True fun** is the confluence of playfulness (having a light-hearted attitude), connection (having a shared experience with another person) and flow (the state in which you are so engaged and focused on an experience you lose track of time). Fun energizes and unites us, and boosts

resilience. It makes us more productive, more creative, healthier and happier.

So, how do we have more fun?

1. Make space by setting aside time for fun.
2. Pursue passions, stay curious and try new things.
3. Attract fun by identifying what's fun for you personally and then seek those out.
4. Rebel against adult life (just a little bit)
5. Keep at it by building moments of fun into each day.

MAIN POINTS

1. Fun is a feeling, not an activity.

True fun happens when we experience playfulness, connection and flow.

2. Make fun a priority.

Treat fun as if it's important because — given all its benefits like improved productivity, health and happiness — it is.

3. Fun is like sunshine.

It's a distillation of life's energy. The more often we experience it, the more we will feel like we're actually alive.

“True fun produces this visceral sense of lightness and joy; it's radiant.”