



Playfulness Self Reflection

If adding play and playfulness to your life is one of your new year's resolutions, consider working through this self reflection activity first.

Rate yourself 1-5 for each of the behaviors below.

- Being actively playful
- Finding lightness in conversation
- Demonstrating flexibility in opinion and reaction
- Realizing purpose
- Holding space for splendor and joy
- Feeling authentic

For those with a rating of 3 or below, identify one or two behaviors you can add to your weekly routine that will improve that area.

For more insight about what play is and why it's important for adults, check out my blog. I recommend starting with these. Click or scan below! Don't hesitate to reach out!

self-reflection — Blog — Playful Work Design

Getting into flow is beneficial across all areas of life. Achieving flow at work is quite common, but not necessarily easy at first. This blog explains how play can...

 Boredless

