How to Be More Playful

Adults often find that responsibilities and seriousness replace the excitement and playfulness of childhood. **But by being creative, spontaneous, finding work that feels like play, and being silly, you can cultivate that childlike spirit once again.**

1. **Be creative.** Activities like writing, painting, photography, poetry, and music can help you remember what it was like to do things just for the joy of doing them.

2. **Be spontaneous.** Do things just for the fun of it.

3. **Put play first.** How can you incorporate regular creativity, playfulness, time with friends, and fun activities into your daily routine?

4. **Practice childlike wonder.** Mindfulness is a helpful way to notice more in the present moment, and tap into your sense of childlike wonder.

5. **Find work that feels like play.** Find the intersection of work and play that works for you.

6. **Be willing to look silly.** If you’re willing to look silly and surprise people by being playful in contexts that are normally serious, you’ll give other people permission to be playful, too.

7. **Tap into what you loved as a kid.** Think about what you loved as a kid. How can you rediscover some of those activities, whether in a professional or recreational way?