

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?