# Lifestyle Focus

# 11. Play!

Life is for living! It is for enjoying! There’s a reason that joy and bliss are at the top of the frequency scale. They are the best that life has to offer!! So make this happen for yourself on the regular!

Put yourself in situations that make you laugh and bring you joy! Practice laughter and joy on a regular basis. Hang out with people who make you feel good. Who appreciate you, who uplift you, who think you’re great. Learn how to cultivate joy, pleasure, and bliss for yourself! And practice it regularly and often.

## Task

What can you do that will make your soul sing? What will make you laugh with gleeful delight?

Life gets very serious very easily. Maybe you need a vacation to go play. Or an experience such as skydiving or sledding or whitewater rafting to bring the giggle to your soul. What can you do that will trigger that childlike playfulness inside of you? Figure out what that is, and do that. See how it uplifts you? To feel this delight? You feel alive and vibrant all the way down to your very soul!

Then figure out a way to make play a part of your regular life.