

FUN, FUN, FUN

Remember the song, "And we'll have Fun, Fun, Fun?" With so much serious news we may lose sight of fun. Are we having enough fun in our life? Fun could mean days off and planned special times. Or it could just be having fun in our current situation. Any situation can be perceived as fun, with some exceptions. It is often our perception of how things are that is more important than how they actually are. People have walked on hot coals and not gotten burned. They say it is a state of mind.



Can you figure out how to enjoy your present circumstances? They may not be completely to your liking because life isn't always that way. But can you find the joy in your life? In a sunrise or sunset? In a child's smile or laughter? In rescuing an animal? In knowing you have grown and matured?



"Live and work but do not forget to play, to have fun in life and really enjoy it."

-Eileen Caddy



"He who does not get fun and enjoyment out of every day... needs to reorganize his life."

-George Matthew Adams

Some people can find enjoyment in the smallest of things; getting the laundry done, the smell of freshly laundered clothing, making their family a nice meal, getting done a good day's work.

What small things make you happy?

- Yard work
- A haircut
- Getting enough sleep

We are busy getting our goals met. So it can be simple things that bring us pleasure.

What do you like to do for fun?

- Read a good article or book
- Take a walk at lunchtime
- Talk to a friend

Like a great, steaming cup of herbal tea, hugging a friend, writing a thank you note, singing, dance a few steps instead of walking like kids do! It's more fun that way, that's why they do it.

Have fun being alive and sharing your life with those around you. Help a neighbor, friend, coworker. The joy they get may be much fun for you. Go the extra mile for yourself and others and add the joy. Have fun! Don't forget.

"People rarely succeed unless they have fun in what they are doing."

-Dale Carnegie

Katrina Greene, MSW

Successful Life Coaching

www.successfullifecoaching.com

631-567-0008

