

4 Interests and Passions: Are there any hobbies or interests you have been wanting to pursue, but haven't had the time or opportunity to do so?

5 Creativity Boost: What creative activities could you incorporate into your routine to make your day more playful and enjoyable?

6 Social Interaction: Are there any group activities or social events you could participate in that would add an element of fun and play to your life?

7 **Work-Life Integration:** How could you bring elements of fun and play into your work environment?

8 **Obstacle Management:** What obstacles or barriers do you foresee that might prevent you from incorporating more fun and play into your life, and how can you address them?

9 **Goal Setting:** What are three specific goals you can set to incorporate more fun and play into your life over the next month?

10 Accountability: Who can help hold you accountable to these goals and support you in your journey towards more fun and play?

Check out Michigan J. Frog

- <https://www.youtube.com/watch?v=bkjsN-J27aU>
- <https://www.youtube.com/watch?v=6OCzxCHMrpU>