Fun and Joy Worksheet

"Life is more fun if you play games." Roald Dahl

As an educator it is crucial to add fun into your day to day to manage the stress of the job. Answer the questions below to help you bring more joy into your life.

1 Self-reflection: On a scale of 1–10, how would you rate the current level of fun and play in your life?

2 Past Joy: What were some activities you enjoyed during your childhood or earlier in life that brought you joy and laughter?

3 Current Enjoyment: What activities do you currently engage in that bring fun and playfulness into your life?



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?

THE STEVEN THOMPSON 💥 EXPERIENCE

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