



**how to
have fun:**

**attract fun
& keep at it**

W O R K B O O K

**merriment
makers**

introduction

As was true the first modules, this research is all from Catherine Price and [The Power Of Fun](#).

This workbook and masterclass is about going through the last three letters of SPARK.

Attracting fun into your life, creating playful rebellion, and how to keep at this process of having a fun life.

We'll also be learning how to become your own walking fun magnet, build playgrounds, and create a fun squad.

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attract fun

Imagine if you yourself were a fun magnet!!

Here are some traits people generally agree fun magnet people have:

Spontaneous

At ease with themselves and comfortable in their own skin

Not afraid to be silly

Not afraid to try new things and be a beginner

Not afraid to be vulnerable

Appreciative of the small things

Find joy in being alive

Note nothing on this list is genetically determined, is accessible by people with disabilities and mental illness, and doesn't require being an extrovert. These are all habits and skills that can be built and acquired.

This is all about how a fun magnet as a person makes someone else feel when they're with them.

(Non judgmental, Inclusive, Considerate, Excited with/for others, Help to create wonderful, shared memories, When you're with them it always feels like there's something to do and you have fun, Generous, Give the benefit of the doubt, Open to others, Have time and energy to make others feel special).

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adopt a fun mindset

How you can start to do this is to adopt a fun mindset. This is all about an attitude and way of approaching situations.

- 1) Be an easy laugh
- 2) Say “Yes and”
- 3) Seek Out Absurdity
- 4) Add More Playfulness, Connection, and Flow
- 5) Give Credit On Your Gratitude Journal
- 6) Act Out Your Character Strengths
- 7) Send Out Play Signals
- 8) Be Present
- 9) Seek Delight
- 10) Savoring
- 11) Put Yourself In Fun’s Way
- 12) Laugh At Yourself

Check out the masterclass for more information on these 12 points!

Mostly, remember that having a fun mindset and being a fun magnet as a *person* at their best means they’re able to enjoy themselves *more* in a situation than someone else in the *exact same situation*

build playgrounds



Playgrounds are places for people where they know it's okay to let down their guard. There are clear guidelines. It easily repels spoilsports and self-consciousness, but invites playfulness.

“The arena, the card-table, the magic circle, the temple, the stage, the screen, the tennis court, the court of justice, etc. are all in form and function playgrounds, i.e., forbidden spots, isolated, hedged round, hallowed, within which special rules obtain. All are temporary worlds within the ordinary world, dedicated to the performance of an act apart.” - Johan Huizinga

Ex: playing pin the tail on the donkey at a birthday party vs. on the street.

how to build a playground

You can find ones that already exist (classes, group activities, interests).

You can also build a new playground out of anything. If you want to build a new one you need to ask yourself why the existing playgrounds don't feel fun and you want to create your own. It doesn't mean renting out a rec room or starting a business. It just means having structure.

That said, we often think things will just take care of themselves, but things flourish when we put in effort. A good playground needs a lot of effort, curiosity, and willingness.

Examples can be having a wine tasting but turning it into a blind taste test competition or turning a tradition into a play community, which means the fun continues past the specific event. Like people who go to a horse race but love horses year round.

Start with your fun factors, music, movement, and conversation.

playground aesthetics

Consider settings and props. We act differently at the theater than we do at an amusement park. Our mood is different in a garden than in a cubicle. If this is true, than our visual environment and props will influence our mood and actions.

Our aesthetic preferences are all different, however, there are some things that have been proven to be visually joyful for almost everyone based on research by Ingrid Fetell Lee.

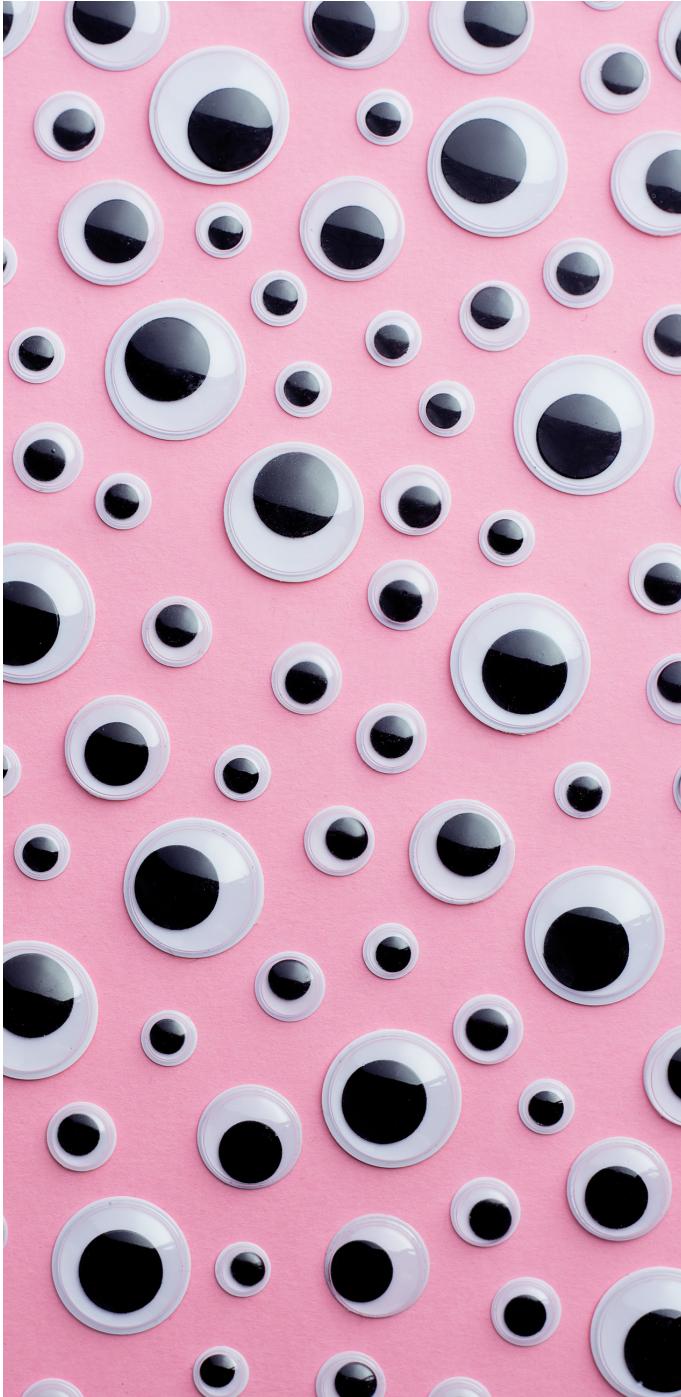
Rainbows, beach balls, fireworks, swimming pools, treehouses, hot air balloons, googly eyes, ice cream sundaes, colorful sprinkles

Most people include water in their true fun memories (ocean, ponds, puddles, etc.)

Objects can facilitate fun permission slips. Have these on hand:

Bubbles, musical instruments, hula hoops, lawn games, sleds, things to throw/catch, pool toys, toys

protecting your playground



Sometimes people are spoilsports because they're self-conscious and don't intend it. (This is why the playground's aesthetics are so important for inviting everyone.)

However, when there is a spoilsport in the setting and they withdraw from the game, they shatter the illusion of being "in play" for everyone else.

In this particular instance, more is not merrier.

protecting your playround

Are you/have you ever been a spoilsport? When/why?

How can you alleviate that feeling for others as the host?

What would make you feel more comfortable in the future?

How can you avoid anti fun magnets?

rebellion



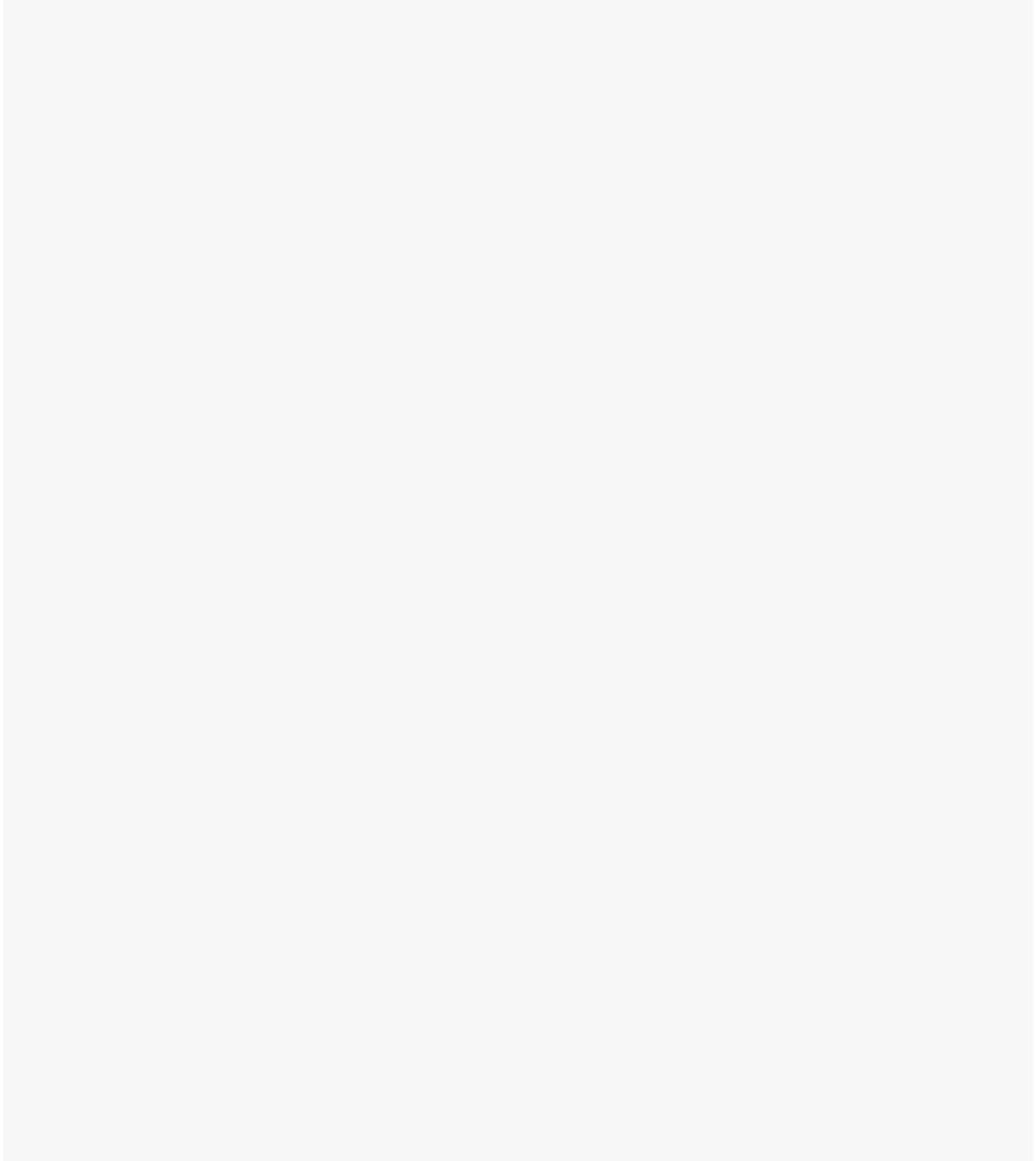
The deviousness of rebellion is what's enticing about it. What kind of rebellion you enjoy is important. If you don't like to lose control, then that's not going to be included in the kind of rebellion you want to seek out.

Examples:

- Sneaking out
- Breaking into pools
- Sneaking in alcohol
- Ice cream for breakfast
- Pushing boundaries
- Staying out/up late
- Being weird in public
- Blowing off a family holiday
- Spontaneous road trips
- Busking on the street
- Silly photoshoot

rebellion

How can you deviate from the norm? How can you abandon your duties? Just for yourself? How can you make life feel sexy? What would feel a little irresponsible to you? Indulgent?



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ways to rebel



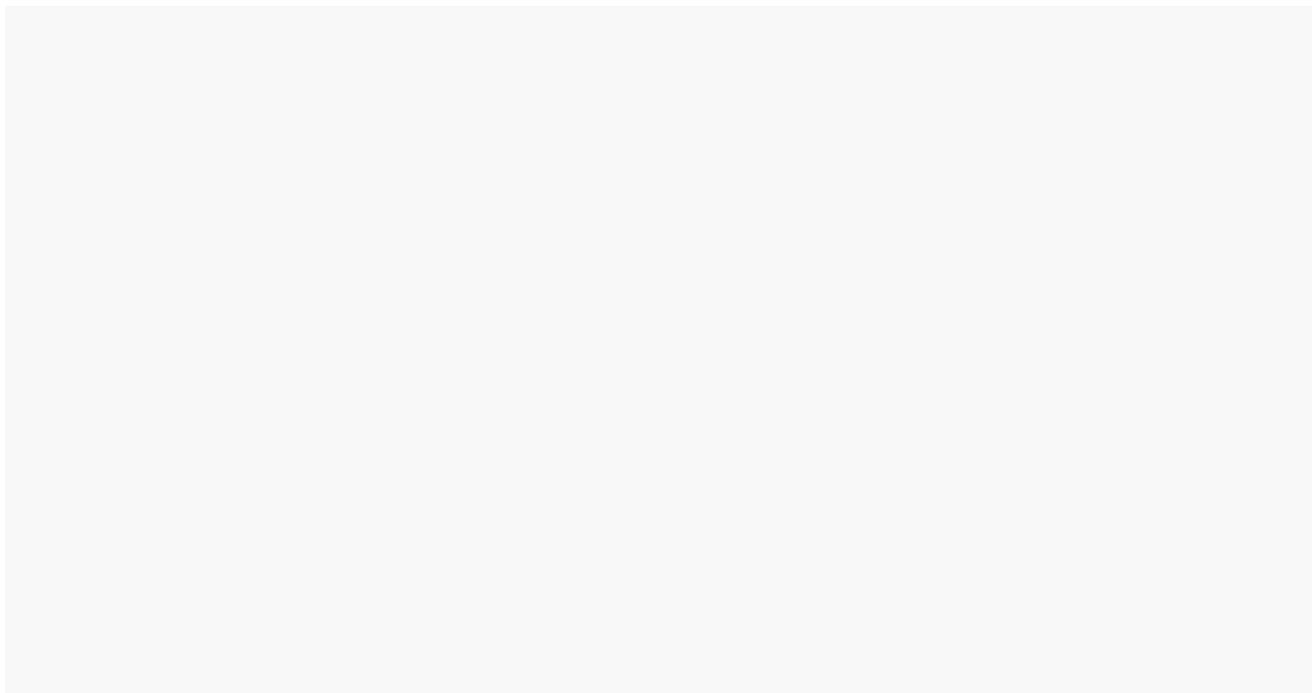
“As each passing year converts some of [our] experience[s] into automatic routine which we hardly note at all, the days and weeks smooth themselves out... and the years grow hollow and collapse.” - *William James*

Habits + routines
Convention
Tradition
Beliefs
Formality + perfectionism
Adulthood
Expectations
Responsibilities + obligations

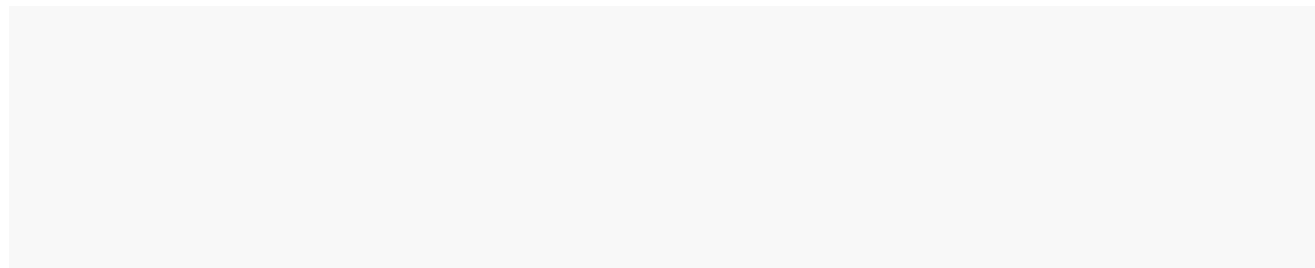
Listen to the masterclass for more information on each of these areas of rebellion.

habits + routines

Why? What if? What's the worst thing that could happen? Why are you doing the same kind of exercise or eating the same kind of breakfast? Are you genuinely enjoying it? Are you scared of changing it? Have you forgotten to ask yourself to check in?

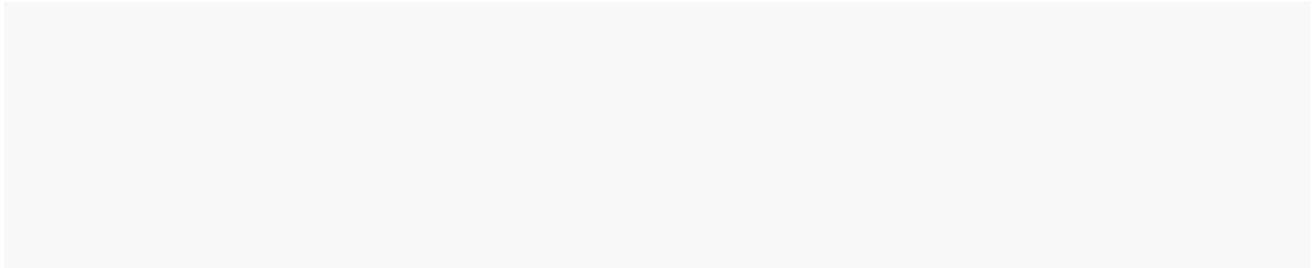


Imagine your life is a necklace and memories are beads you collect. Fun memories are really fun, colorful beads. What are past colorful beads on your necklace? What elements do you need to create a future colorful bead?

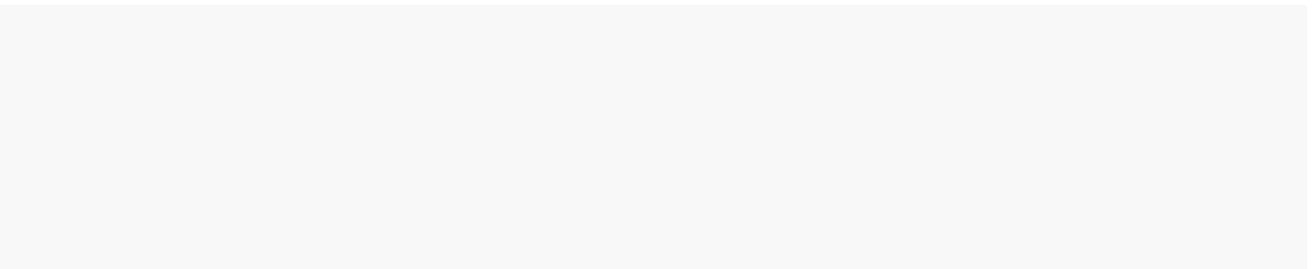


convention

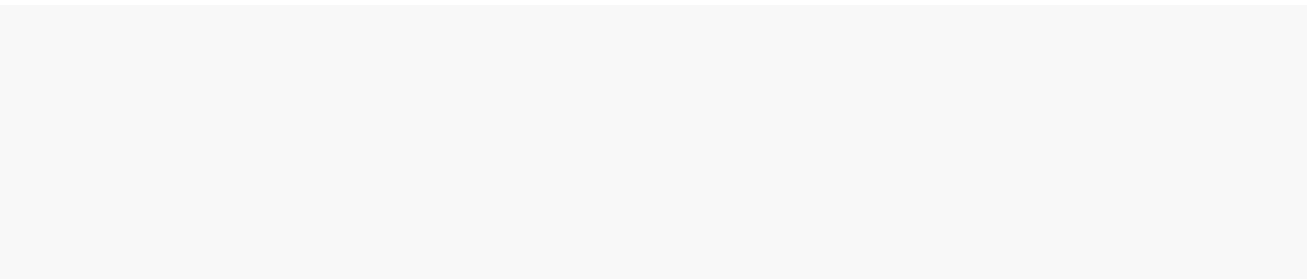
What's something everyone seems to be doing that doesn't make any sense to you?



How can you be a contrarian on purpose?



What's something you want to do differently but you're scared to try?



traditions

What traditions do you participate in every year? Every month? Every week?

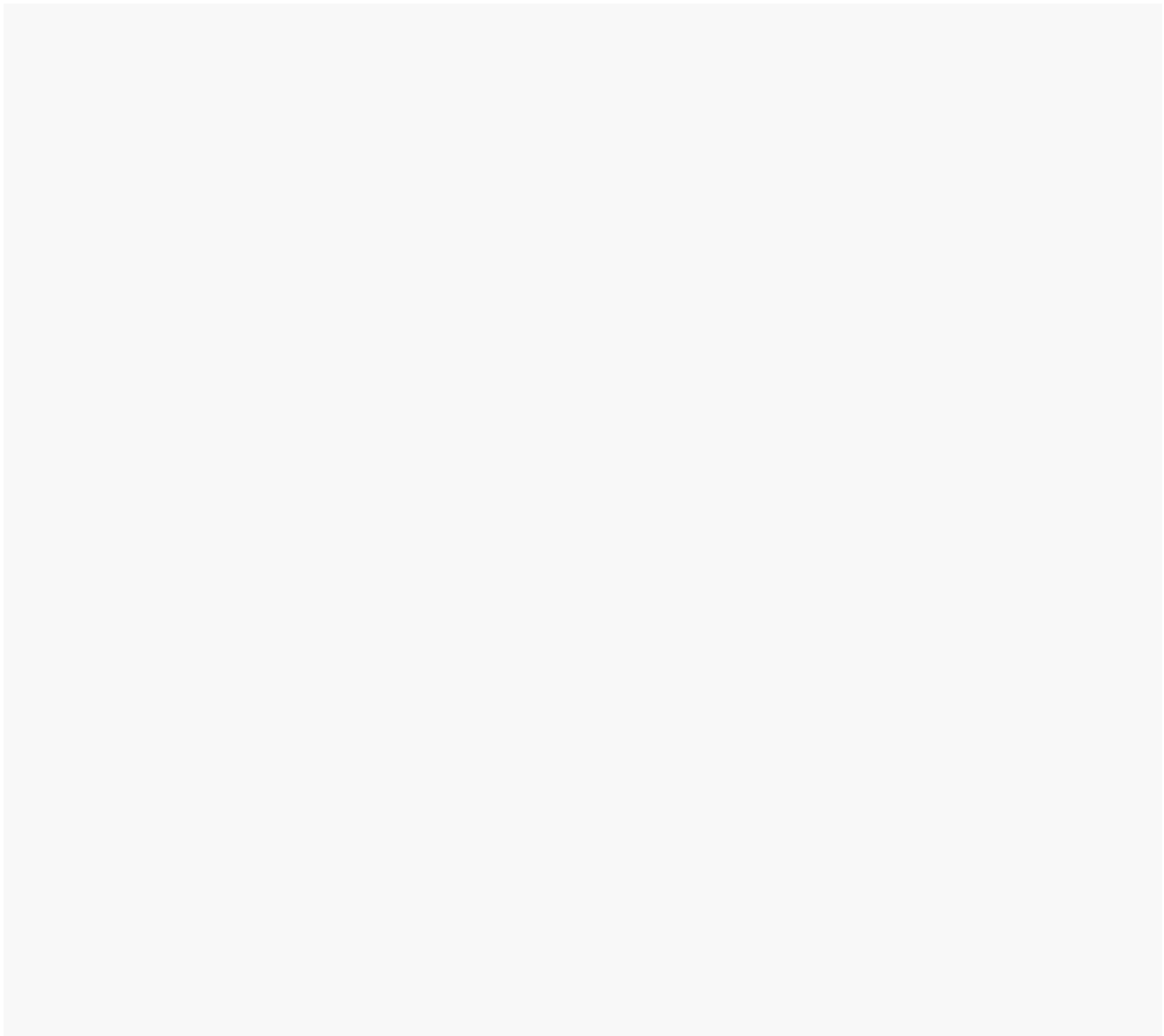
Did you create those traditions? If not, who created them and invited you to participate in them? Are you interested in participating in them still? If not, who are you scared of disappointing by changing or ending them?

What tradition would feel better if you modified one element of it? (Contributing less time/money to it, rescheduling it, doing it with less or different people, etc.) How can you accomplish that and what do you need?

beliefs

Make a list of your beliefs. Consider yourself, humanity, money, spirituality, religion, fame, politics, war, afterlife, everything. Examine both sides of the coin, meaning allow yourself to get "dark". This is the only time I'll ever encourage you to be access the pessimistic side of your brain to get to the truth. If you *believe* you're ugly, I want you to write it down. If you *believe* rich people are evil, I want you to write it down. Write everything down.

I believe...



beliefs

How many of those beliefs are yours? Did you decide them? Did someone else (including Twitter, your partner, your parents, a middle school bully) tell them to you and you're listening? How many of those beliefs are based out of fear vs. love?

Are there any beliefs you want to challenge? To rebel against?

Have you noticed any fun factors/magnets that you thought might have seemed fun but are actually growth opportunities or comfort zone areas (i.e. not fun or energizing)?

formality + perfectionism

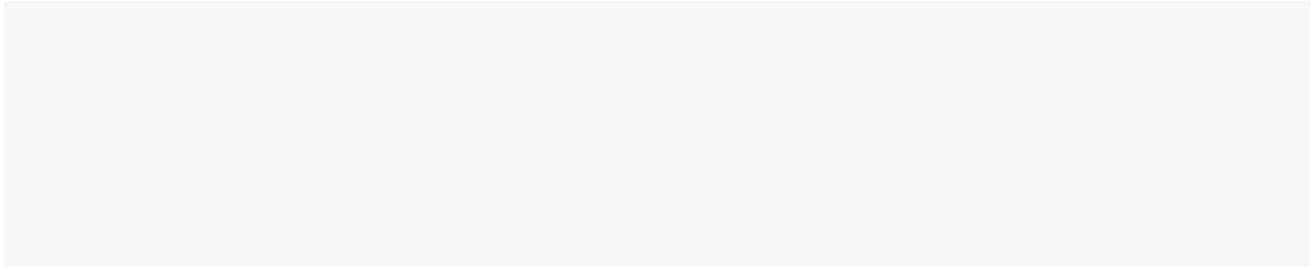
How often are you answering your own call to passion honestly, though?

How often are you curating your life based on how you would like to be perceived?

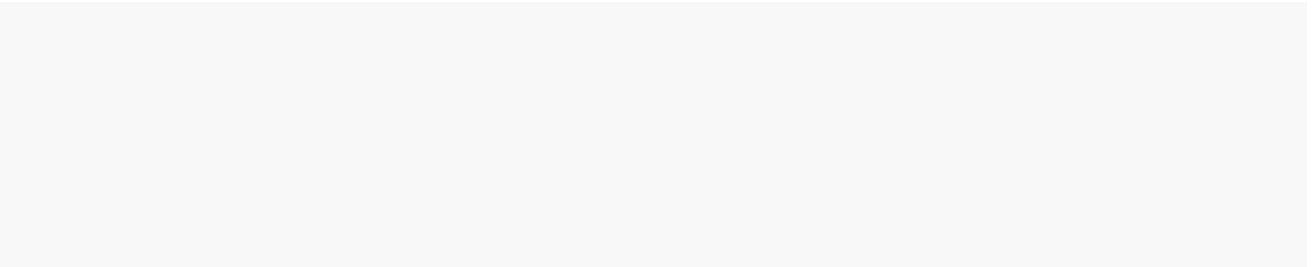
Where do you see an opportunity in your life for you to throw out your notecards and give the speech from your gut/heart?

adulthood

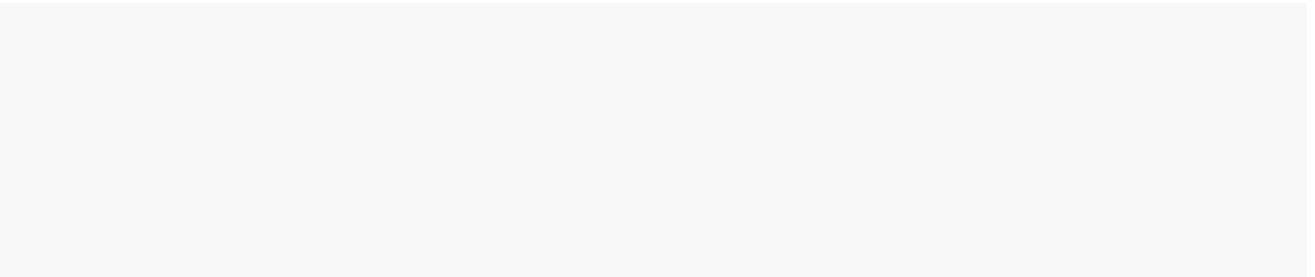
Where do you find it difficult to "justify" being responsible *and* doing something that feels good?



What is something that feels really good that you want to do but doesn't seem adult like enough?



Where can you play more? What's something you could do that a child would be excited to see you doing?



expectations

Do you feel like people "expect" certain things from you? What are they?

Instead of "What would [your name here] do?" what do you WANT to do instead?

What is a multitude of your persona that you want to explore more of?

responsibilities + obligations

What are you tired of HAVING to do all the time?

How can you not do that ONCE this month?

How can you continue to play hooky from that thing once a month?

fun squad

Make a fantasy football team, but for fun. Try it for 6 months and see what happens.

- A) Groups that talk about having fun
- B) Groups that do fun stuff together

Talking About Fun

Ideal for 2 people

Don't need to live close together

Lay out purpose

Define fun

Have a fun audit

Have monthly meetings

Share stories, brainstorm ideas, have accountability for one another

Make certain anti fun topics off limits

Assign one person to lead

Doing Fun Stuff

2+ people

Let everyone come up with ideas

Try different ideas from different people

Have monthly meetings

Option to rotate meetings between talking and activities

It can be difficult to convince an existing group of people to become a fun squad vs. create a new fun squad with a common goal, but you can still try. Try just bringing props to the hangout session!

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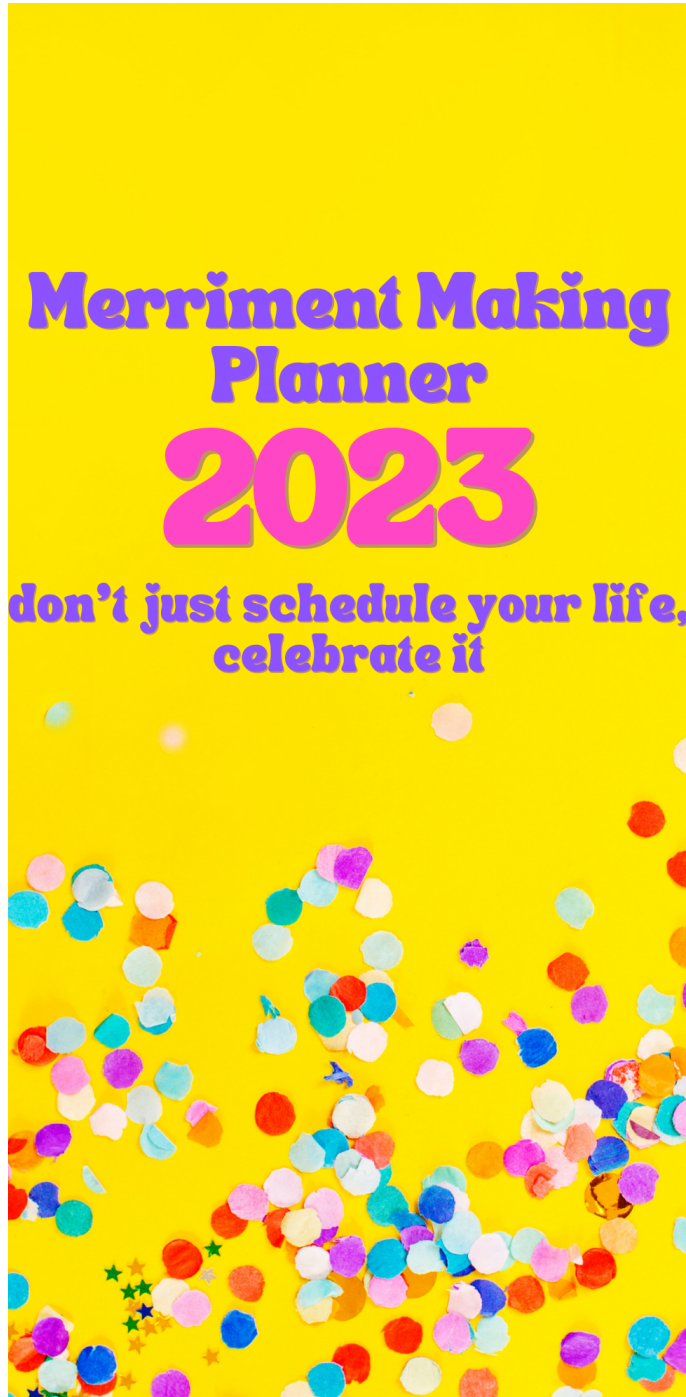
fun squad

What kind of fun squad group are you attracted to?

Who are you going to ask to be in your fun squad?

What steps do you need to take for planning? Make a plan here!

plan for fun



If you don't plan it, the rest of your life will fill in the space of where fun could be. Planning fun gives you something to look forward to ("anticipatory savoring").

Use your fun magnets to get ideas of things to schedule things out in advance. It also helps you to keep going through non-fun things if you know there's a reward on the other side. Strive for at least one fun thing scheduled every week.

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boosters * microdoses



These are larger experiences like vacations or events. Notice ones that already exist in your life/calendar. If there aren't any, look to your fun magnets for more ideas. Aim for one a season (4/year).

Also include microdosing. Notice spontaneous moments for flow, connection, and play during your day. Go on solo dates. Create playful rebellion. Include novelty. Notice delights. Keep rituals. Have 10 minutes a day for passion/interests/hobbies.

invest * tech



Investing in experiences and connecting with people have been proven to benefit your health more than spending the same amount on a material purchase. If you have to choose between a TV and a ticket to do something fun, choose the ticket.

Use your phone as a phone to *talk* to people. Ease back in with voice memos.

Take digital sabbaths for 24 hours once a week. FOMO leads to JOMO if you give it enough time.

fun toolkit



Optimism glasses
Board games
Jokes
Frisbee
Souvenirs from past
fun times (ephemera,
photos)
Fun journal
List of delights
Ideas for fun
Vision board based on
fun magnets
Vision board of
booster shots
Toys
Rainy day activities
Hobbies
Songs to dance to
RAOK list

fun & work



Vacations and parties don't just happen on their own. Constant dopamine hits make it easier for us to expect instant gratification. You will always have to manage difficult things, including your emotions. Fun is worth it.

Don't make fun just another thing on your to do list that you end up resenting or need to tick off just like the dishes. It's not here to track your steps like a FitBit. You don't need to "get your money's worth" of fun or get a gold star for fun. You just need to enjoy it.

fun grows



Life isn't all fun. There's going to be days that suck and have zero fun. Just be open to moments that come your way. It can feel fleeting to notice that we might not remember all these small little moments and that you're right. You won't. And how beautiful is that? You can live a life so fun your brain can't even hold them all.

Making a more fun life takes time. Nothing is overnight. It grows. Just like you.

wrapping up fun

What can you look forward to this week?

What booster shots do you already have in your year?

What booster shots would you like to plan and make goals for?

Do you have any fond memories of talking on the phone?

Have you ever taken 24 hours off from your phone or technology? How does the idea of a weekly digital detox sound to you?

What are you going to put in your fun toolkit?

Do you ever feel like fun is just another thing you "need to do"?

Do you ever feel like you need to "get your money's worth" or get a "gold star" from a fun experience? What does that feel like for you?

Do you have any resistance into planning fun? What are the logistics that seem the most daunting to you?

How could you break one of those logistics down into one research project to find out how it's done and/or ask for help to find out?

Go back to your first workbook and conduct your fun audit. Compare your score. Where is it now in comparison?

What do you feel like you've learned about yourself and fun during this module?

attracting fun & keeping at it

- Set up a fun squad
- Become your own fun magnet
- Focus on how to embody your unique character traits
- Practice the 12 fun mindset tactics
- Upgrade your gratitude journal practice
- Look for existing playgrounds
- Gather objects for playgrounds
- Begin to rebel
- Take a digital sabbath
- Plan a booster shot
- Make a booster shot vision board
- Make a fun magnet vision board
- Make a fun tool kit
- Complete the EFT / Tapping
- Retake your Fun Audit and compare scores