

FOUR: REDISCOVERING FUN



Watching other people in the park having fun and playing joyously made Amara consider her inability to really let go. She was serious and cerebral, always behaving responsibly and doing what people expected. Amara often wondered why it felt so hard to let herself just have fun. "My life is very out of balance," she stated softly. Then she set her jaw with a smile and the determination to change.

"It's time to take TIME for FUN!" proclaimed Amara with a new sense of enthusiasm. But how would she do that in a way that fit for her? What was "her way?" Amara was taken back to childhood memories of her favorite fun activities.

Horseback riding, roller skating, drawing and dancing were at the top of her list, followed by making chocolate malts and climbing the silver maple tree in the back yard. Just thinking about the fun times gone by was enough to reconnect with the sense of joy that Amara had known and was longing for now.

As she got lost in her childhood memories, Amara was struck by how important being spontaneous might be in her "fun quest." She began to imagine how to incorporate more FUN into her daily walks. She was pleased with each of the ideas that flowed (see Amara's list on the next page).

**Along with Amara, take time now to record ideas
for bringing more FUN into your life.**



Amara's ideas for having more fun on her daily walks:

- I will find a wide open space and leap across it, jumping into the air as high as possible with each step. I can imagine I am a super heroine on a special mission. (When I can't do this physically, I will do it in my imagination!)
- It could be fun to take it way down as I move in super slow motion to a designated spot a few feet away. I'll be highly aware of my breath, my heartbeat and my surroundings. This will also help me relax and release any tension I'm holding.
- I will look for two items in my immediate surrounding that would not typically go together and imagine them connected in some humorous way. For example, I see a cat and I see a boy on a bike and I imagine the cat on the back bumper with a fan attached to help propel the boy forward. Looks like fun!
- I can play my favorite music in real time and/or in my mind and dance.

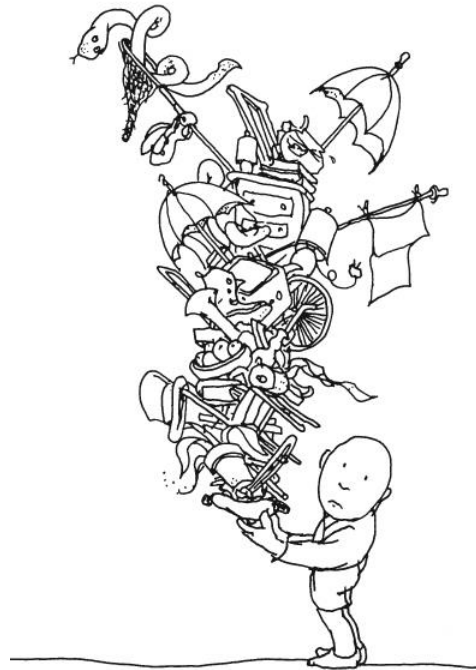
More FUN ideas:



EVERY THING ON IT

I asked for a hot dog
With everything on it.
And that was my big mistake.
Cause it came with a parrot,
A bee in a bonnet,
A wristwatch, a wrench, and a rake.
It came with a goldfish,
A flag and a fiddle,
A frog and a front porch swing.
And a mouse in a mask—
That's the last time I ask
For a hot dog with everything.

--Shel Silverstein



More Time for **FUN!**

If **FUN** is being with people you love, how and when will you make that happen?

If **FUN** is eating your favorite food, how and when will you make that happen?

If **FUN** is dancing, how and when will you make that happen?

If **FUN** is learning something new, how and when will you make that happen?

If **FUN** is exploring a new place, how and when will you make that happen?

If **FUN** is finding a great book to read, how and when will you make that happen?

If **FUN** is helping someone in need, how and when will you make that happen?

What is **FUN** for YOU? How and when will you make that happen?



NEXT SMALL STEPS

What will you do? By when? How will people know?