



JAM #3 PLAY BY DESIGN

Quick Review of Playing By Delight

Playing by delight is an internal moment to moment process of sensing and acting on your compass of joy, follow the yes trail. And being delighted and amazed by the world.

Magical child archetype - Letting your inner child out, spontaneously swinging on swings, dancing in the rain, or playing on the beach.

Play Types

Your essential self is pure play but it expresses itself in unique ways through your personality.

PLAY-TYPES

- Mover – physical movement, sports, extreme sports
- Maker – creator/engineer
- Gamer – Likes structured games
- Artist – You create beauty
- Dreamer – imagination/storytelling/visionary
- Trickster – joker, life of the party, goofball
- Lover – social play
- Connector – convenes groups
- Collector – enjoys collecting things or experiences
- Adventurer – explores/travels inner or outer, discovery, risk

Play By Delight

Following your compass of joy is foundational. We're continuing to do that for the rest of the jams and our lives! But when we're just following our delight, we're not planning. We're responding moment to moment.

But sometimes we don't have the space to be spontaneous or to play. Life just fills in all our time.

Putting more Life in your Life. The parenthetical phrase, an intentional, deliberate insertion that adds something, increases our understanding or appreciation. Sometimes we have to squeeze it in.

Archetype: Fairy Godmother – the magic wand that turns your life into a playground, cinderella into a princess! It takes design!

We need to consciously protect the time to play. Be more conscious, deliberate and intentional about our time.

Now we're going to use our compass of joy to design the play you want to bring into your life.

EXERCISE - Purposeful injections of life in your life. "If you were to put more life in your life, what would you put in it?" How do you want to play more?

PLAN IT! Insert play into your schedule. Or just notice if it's already there! Don't over plan your life, leave time for spontaneity, but also don't let the urgent push out the essentials. Make sure you have enough life in your life.

Hourly - hourly dance breaks, explode code, sit still

Daily – Start the day dancing like a maniac. Do one thing that surprises and delights you or someone else each day.

Weekly – classes, play group, play dates with friends, 5 rhythms dance, special meal, tech Sabbaths.

Monthly – An adventure/challenge – Love Bombs, Free Hugs

Annually – Travel – Radical sabbaticals.

Special occasions – holidays and challenges

Overscheduled? – Put "Something" in your Calendar!

Our trip to Hawaii was following the compass of joy. Somebody invited us and we said yes. But once we got there and experienced how much life it put into our life, we started deliberately connecting with people with dogs. We now have a network of dog owners in Maui who might need dogsitting. Next step is to block out time each year.

Some Caution

- If it feels like work, don't do it! Don't be oppressed by it.
- DON'T OVERPLAN it! The difference between Ceremony and Ritual – The sweet spot between chaos and order.

Another kind of plan - DESIGN A CHALLENGE

Create or invite others to give you Challenges for yourself that keep you playful

52 Challenges

For my 30th birthday I invited a group of friends at my birthday party to write assignments for me on index cards, and put them into an envelope. I did one a week for the next year.

The challenge parameters I established were:

1. Each challenge should be achievable in 10-15 minutes. It should also be something I can reasonably do with my current skills and abilities, from anywhere I am in the world.
2. They can be specific (*draw a dog on a unicycle*), broad or open to interpretation (*shake it off*), creative (*make a gif about your feelings about the moon, write a really short story about ampersands*), selfish (*call Lyzi on the phone*), introspective (*think about your dream house in 20 years*), physical (*solo dance party to your favorite Queen song*).

Find a pie. Throw it at someone. Take a photo.

Write a short ghost story

Mail a letter to a friend

Run as fast as you can

Let Go of something

10 Drinks in 10 places

I'm at a bad Mexican restaurant paying the bill and behind me is a magazine with an article that said, you have to have these 10 drinks –

- a Side Car at the St. James in London
- mint jullip on the pentdennis on derby day
- a gimlet at any sleezy lounge in LA
- a coke at the San Diego zoo
- a gin and tonic at the mandarin club \$15
- a spiked lemonade and a prune at the lower east side in Manhattan
- a Sazarak at Smith & Mills in Tribeca
- a Bellini at San Pedro Sq. in Italy
- a beer in the bleachers at Tiger Park

What is your equivalent? Come up with 10 things you want to do in 10 different places. Draw 10 portraits of 10 different people, 10 modes of transportation. Let's all do the same one this week.

Challenges stretch you into having adventures, expanding your playground.

With a Buddy - Create your play prescription for a day, a week, a month, etc.

- how much

