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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Make It Fun and Get It Done**

**By Jean R. Charles**

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I learned a valuable less from my 13-year-old son last week. We were hiking in the woods on our very hilly, rocky farm. He stopped near a cliff and starting hurling some rather large rocks over the edge, seeing how successfully he could get them to smash on a large boulder at the bottom. I got tired of watching him do this after about 20 minutes and suggested that we move on. He protested and kept on his constant picking up, carrying and hurling rocks.

Finally after some time I said "Do you realize you have been picking up rocks for more than half an hour? This is the very same task Dad asks you to do every weekend to help clear the fields. You always moan and groan , do it for about 2 minutes, then find an excuse to quit." His reply was, "But this is fun!"

This hit me like a rock. How many tasks we dread can be turned into something fun? I know this sounds like quite a challenge and some things are just not fun at all. However, I bet with some creative thinking there are possibilities. Try turning on some snappy music and dancing with the vacuum cleaner (a la Mrs. Doubtfire). Write a secret message in the dust on your dresser and erase it when you clean it. Write that dreaded report on brightly colored paper. Everyone in my office recognizes notes from me, they are on neon post-its.

For managers, setting up contests for your employees can create some fun and increase motivation. If you are a sole proprietor, you can set up a contest just for yourself. Simply set your goals and choose a prize for completion.

The idea is to make achieving goals and objectives fun. So, make your work fun and get it done.

Jean coaches professionals and small business owners to discover, design and live their just right lives. Through customized coaching sessions, she provides support, focus, and momentum to keep clients on track and progressing. She can be reached at [jean@justrightcoach.com](mailto:jean@justrightcoach.com) or visited on the web at [www.justrightcoach.com](http://www.justrightcoach.com). Subscribe to Just Right Coaching Clips newsletter by email: [justrightcoaching-subscribe@topica.com](mailto:justrightcoaching-subscribe@topica.com)

## **Are We Having Fun Yet?**

**By Jim M. Allen**

### **Are We Having Fun Yet? by Jim M. Allen**

Many years ago, while serving in the U.S. Air Force, I was lucky enough to work for a commander, Lieutenant Colonel Mike Danielle, who first introduced me to an idea that I have since adopted as one of my primary 'operating principles.'

The idea?

Simply that first order of business each and every day was to, as he put it, "have fun by God!" One of the things LTCOL Danielle understood was, regardless of how seriously we dealt with our jobs as members of the military, we would be more effective and more MORE successful if we were having fun doing them.

It's an idea that sounds good, that is attractive to almost everyone, but that few people actually practice. It's not that they don't want to, mind you. It's just that they forget.

Sometimes having fun requires effort, some forethought, maybe even a little planning. The results can be tremendous, however, as we rejuvenate ourselves, shake-off the tension, and remember to laugh at life and to enjoy the wonder in the little things going on around us.

So let me ask: Are you having fun? If not, it's time to start...

Make a list of your top10 favorite fun activities. Maybe you like to read for fun, or rock-climb, or jog, or go sailing, whatever. Just make sure that the activities you list are things that you really love to do for fun!

Once complete, pick one of those activities to do this week and put it on your schedule. No ifs, ands, or buts! Make it an appointment.... even if you have to cancel something else. After all, that's the point! Now it's just a matter of keeping your appointment with yourself to have a little fun.

Don't stop there, though. Next week, go back to your list and pick another activity and schedule \*that\* into your calendar. And do it again the next week, and the next, and the next.

Before you know it, you'll be having fun all of the time! You'll feel better at work and at home and your outlook on life will be more upbeat and positive. So get up, get going, and start having fun!

Jim Allen is a professional life & business coach. For more ideas, subscribe to his free bi-weekly ezine, THE BIG IDEA, by sending a blank email to: [SubscribeGA@CoachJim.com](mailto:SubscribeGA@CoachJim.com)

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