

What Would Be Your Idea of a Fun Day?

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**What Would Be Your Idea of a Fun Day?**

**By Susan Dunn**

**What Would Be Your Idea of a Fun Day? by Susan Dunn, MA, The EQ Coach™**

Remember that email quiz making the rounds last year and maybe still is? You're asked to fill out some questions such as your favorite color, and what your living arrangements are and then send them back to the sender. One of the questions is "What would be your idea of a fun day?"

If you're like me, this question would send you daydreaming. Oh, this, or maybe that. Going to a ballgame, eating at Los Patios. Laughing with Adam, or going to the park with Billy.

I outlined a whole day - sleeping late, having a leisurely shower, having my hair turn out, meeting so-and-so for lunch, taking in a movie ... it went on and on. I also found myself thinking back on "fun days" from the past. A fun day would be like all 12 days on my Russian River cruise. Where to begin? A fun day would be something with my granddaughter, but where to begin? The park? McDonald's playground? The zoo?

I put a lot of thought into this!

Maybe your list would be focused on "nots". Not having to get up early. Not having to go to work. A day when the dog doesn't piddle on the carpeting, or a bill collector doesn't call.

Maybe it was dependent on others. A day when my boss is in a good mood. A day when Dad has time for me. A day when Peter makes me laugh.

Or maybe it's a list of "ifs"? My idea of a fun day would be going to the theater IF I could afford it. Or being with Doug IF we were still together. Or going to the amusement park IF it were still there.

And what about the "whens"? A fun day would be when I'm out of school, or when I don't have to work, or when I get my credit cards paid off, or when I'm an adult.

And what about the fantasies? A fun day would be going to the moon, or buying a \$1,000,000 home, or sitting in a hot tub with Britney Spears, or talking with Albert Einstein, or meeting your great-great-great

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grandmother.

Well, how about this answer from my six-year-old friend?

Q: What would be your idea of a fun day?

A: Today.

How immediate children are. How focused they are on the moment. And when you stop and think about it, why not today? It either lies before us, rich with possibilities, or it lies behind us, with the possibility of focusing on the fun that was had, or right now we could decide to have fun or maybe we are. If you aren't having fun right now, you could be in the next moment.

But why stop and think about it. "Today" is the best possible answer to that question.

Carpe diem. Seize the moment! Children do it so well. Why do we lose this capacity? Next time someone asks you, "What's your idea of a fun day?" I hope you say, "Today."

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

**By Jim M. Allen**

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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

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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 top 10 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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