

PLAYFUL

Unlock Your Inner Child and Unlock Your Inner Power



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Introduction



Are you an adult? If so, what does that really mean? It simply means a passage of the first 18 years of life to some people. You are expected to somehow flip a switch the instant you become 18 years of age and start acting like an adult.

Many believe you don't reach adulthood until you get out on your own. You leave mom and dad and the safe, cozy confines of your family environment behind. You enter the world as an individual responsible for taking care of yourself. Sure, mom and dad will probably always be there to help. But for the most part, an adult is expected to survive independently.

Regardless of whether or not a certain age is applied to adulthood, most people agree that you must put your childhood ways behind you. They'll tell you the following things.

- “You need to start acting like an adult.”
- “When are you going to take life seriously and stop goofing off all of the time?”

- “You're too old to keep acting like a child.”
- “You need to grow up!”

Has anyone ever said these things to you? If so, they were probably trying to help. There was no ill will intended. People who care about you want to see you move from your teens or twenty-somethings into adulthood, giving you the best possible chance at enjoying a happy and fulfilling life.

Those people may not understand that adults who regularly engage in playtime and look at the world through a humorous lens are often happier, physically and mentally healthier, and more stress-free than their non-playful counterparts.

That's what this report will help you understand. It's not only okay but important to embrace humor and playfulness as an adult. There are a lot of big benefits to adding playtime to your life.

We'll define what the word "play" means for adults. The definition will be loose because it could mean different things to different people. Play refers not to a specific activity but more to what that activity does for you. You'll discover that you can improve all your important relationships by taking a less adult and more childlike approach to life from time to time.

Did you know that regular doses of humor and playing can make you more productive? This is true in many different aspects of your life. Play and creativity are closely linked. Something about goofing off and adopting a less serious view of the world cranks up your creative process.

Finally, we're going to give you a helping hand. We'll share some tips on how to be more playful in general. This is about developing a mindset that knows when to dial back the serious meter and enjoy some playfulness. Let's get started by giving adult play a definition.