

body of work

"I came to play." Suggestions for inspired actions around creativity, innovation, problem-solving ... and just plain fun.

1. Go outside. Walk. And listen to music. Or listen to your neighborhood.
2. Got a dream trip you keep saying "someday" to? Plan it. Research plane tickets. Lodging. Sights you want to see. Make a vision board, Pinterest board or file folder with your findings. You're much more likely to move towards it and make it happen if you do this versus talking about it being a "bucket list" item.
3. Write multiple handwritten notes or cards and send them in the mail to people. Imagine the moment of delight and surprise when they open them -- because it's really gonna happen.
4. Start a text or Facebook thread where people describe themselves using song or movie titles.
5. Go to an new exercise class you've never experienced and be willing to a) be vulnerable and suck at it, and b) see what new things your body can do. (I tried a trampoline class the other day -- freaked me out in the best way.)
6. Rearrange a space in your home or office. See how it shifts your energy and perspective when you come and go after the change.
7. Take photos on your phone to document each hour of your day one day a week. See what kind of story it tells about you.
8. Do some reading / educate yourself about your astrological sign. See how it's congruent with who you are and how you move through the world.
9. Add something to your wardrobe that is so you, but out of the realm of what you normally wear. Let it affect your swagger. I like faux-fur bolero jackets for this sort of activity.
10. Sing in your car. Loud and proud.

