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# ARE WE HAVING FUN YET?

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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 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!

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Jim Allen is a professional life coach, speaker, and writer. Get more great ideas in you email every week by subscribing to Jim's weekly newsletter, THE BIG IDEA, by sending a blank email to:  
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