



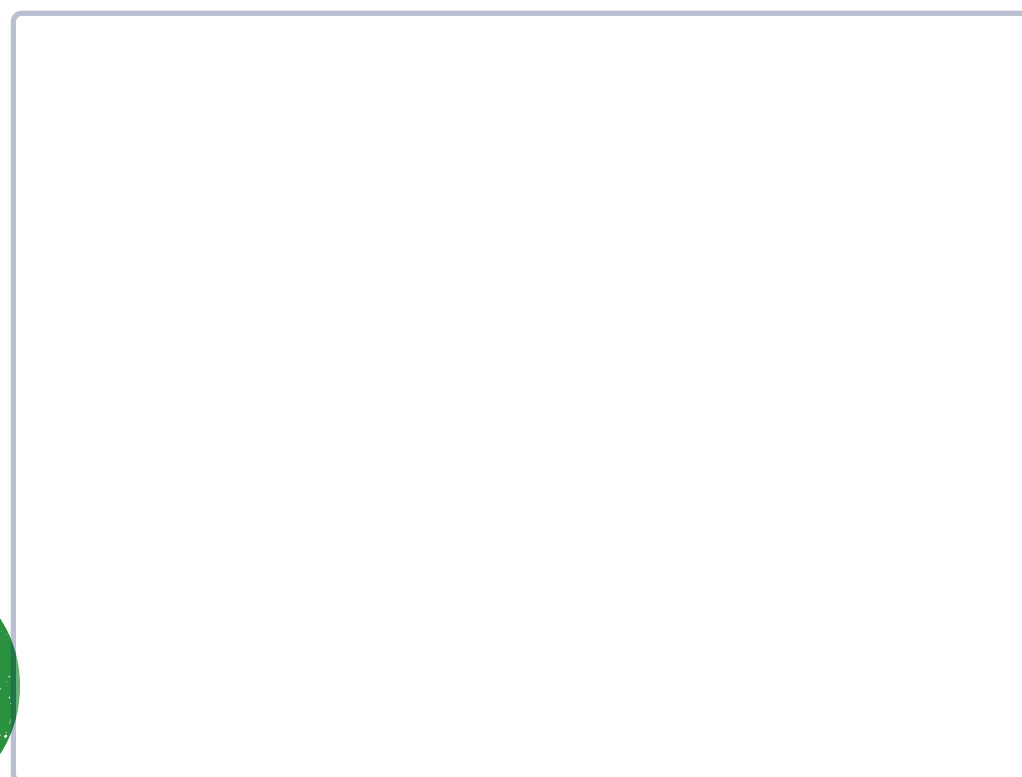
# Incorporating Play

The answers to these questions will give you a good insight into where you're at when it comes to kick-starting your newfound journey to a more playful life!



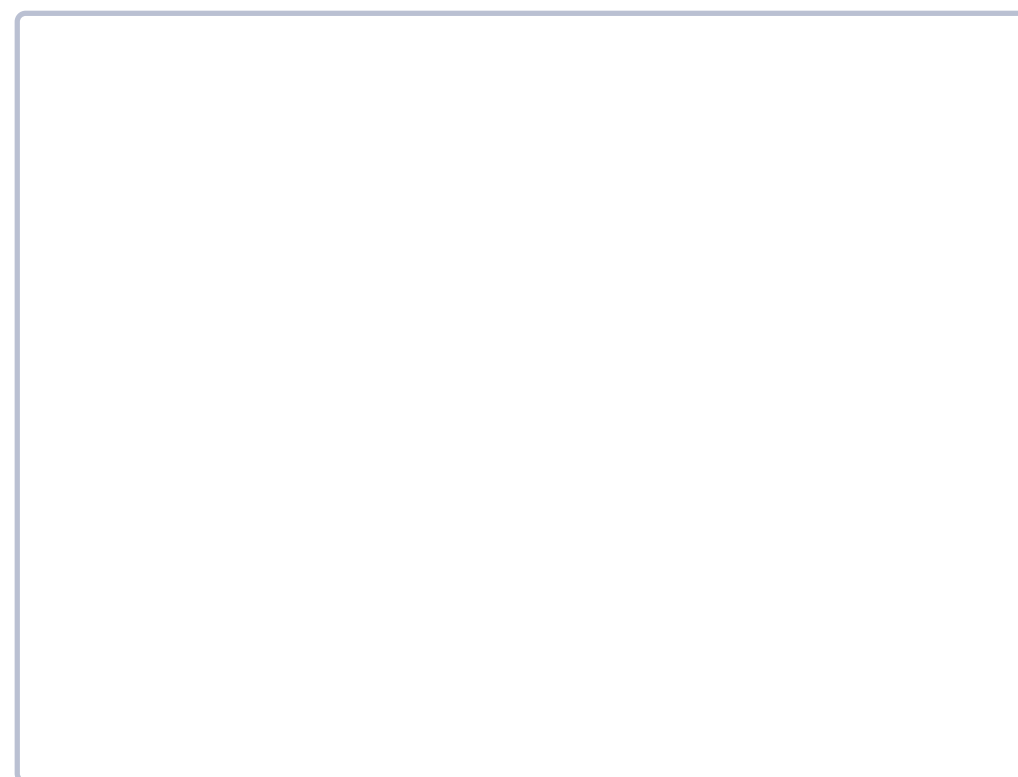
## STEP 1 - ASK

What's keeping me from being playful in my life right now?



## STEP 2 - REFLECT

How do I want to feel in my life? Am I holding myself back from playing? If so, how? Why? How do I feel when I play?



## STEP 3 - PLAY!

What steps can I take to incorporate more play into my work and into my life?

