



IAM Touchstone #6: Play Everyday

One of our favorite exercises is to ask people what it looks like, feels like, tastes like or smells like when they are at their best. People's answers are surprisingly similar, and always include fun, humor, play or similar words.

It's common sense: we're at our best when we're having fun.

The farther we get from humor and play, the farther we get from learning, growth and health. Seriousness can be like a wedge that drives us farther into a vortex of **Drama**. We like to say:

**Drama Happens
Struggle is Optional
Let Your Brilliance Shine!**

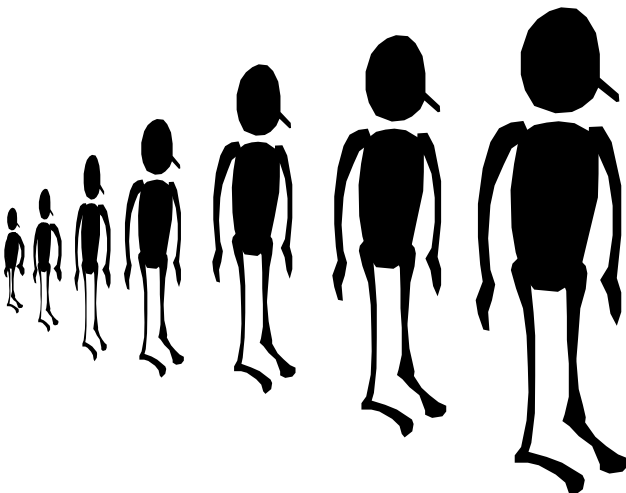


Drama is always an invitation to see more clearly something about ourselves and how we engage with the world. It does not need to be a mandate to struggle or

suffer. We like to decline invitations to struggle! Play is one of the best ways to ensure that **Drama** is an opportunity or challenge, rather than a way to create more **Drama** about the **Drama**!

Play can be frustrating, especially to those determined to be serious about **Drama**. So don't be surprised if people resist your playfulness.

And of course there are some things that require us to be serious. And yet even in dire situations, humor can be just the thing to light the way forward.



Everyday life is like a learning laboratory! When we use everyday situations as lessons perfectly designed just for us, we build confidence little by little, preparing for those bigger events.

We are all at our *Essential Best* when we are playful:

- We are more creative
- We see more possibilities
- We are more charismatic and enjoyable
- We are more likely to get what we want

Our challenge to you is to play everyday, so you can let your brilliance shine and give all of us the gift of your *Essential Best*.