



# Inner Playfulness

**Pure joy** is an unconditional commitment to living blissfully, no matter what your life circumstances may be. By releasing cognitive thought, illuminating your inherent creativity, and revealing your genuine playful nature, you can live the life you've always imagined.

## 10 WAYS TO REKINDLE JOY IN YOUR LIFE

- 1. Give Yourself Permission** — It is important to give yourself permission to play. As adults, we tend to be shy about being playful, especially when there is turmoil in the world. But when we play, we raise our energy, which helps everyone. The more in joy we are, the more in joy others will be as they come into contact with us.
- 2. Be Patient** — Most of us have veered off track from our childlike essence. We need to rediscover this innate part of ourselves. At first it can feel like trudging through mud. Be patient and practice. The more time you spend in this space, the more natural and freeing it will feel. Once you get it, you'll never want to go back.
- 3. Relax into it** — Acclaimed author Edith Wharton said, "If we'd only stop trying to be happy, we could have a pretty good time." Give up trying and simply be with the flow of fun. Whatever happens is welcome. Embrace your playful side and the fluid and jubilant arena of levity.
- 4. Be Willing** — Be willing to lose control, to be goofy, silly, and even foolish. This is like gold. When we are connected to our light-filled, playful side, there is an unparalleled buoyancy that connects us to joy. Open yourself up and bask in this sublime energy.
- 5. Let Go of Judgements** — We can't enjoy something if we are judgmental about it. That's the mind. Once you start judging, you have disconnected from joy. Release judgements and delight in feeling boundless.
- 6. Be Present** — Play is not in the past or the future. It's in the present. Avoid multi-tasking, be 100% present with the creative activity you are engaging in. You will enjoy it much more.
- 7. Initiate It** — As adults, we often wait for something to make us smile, to laugh, or to get us to play. We rely on outside stimulus. Don't wait. Make the decision to create joy. Be the ember that kindles joy for yourself and for others. Initiating joy will make all the difference.
- 8. Move** — Movement sparks energy. Movement also releases stagnant energy in our minds. Have fun exploring different ways you can move. Dance, skip, jump, crawl, roll, and bounce your way to delight.
- 9. Feel It** — Pay attention to how something makes you feel. Does an activity expand you? Gravitate toward activities that raise your energy, that make you come alive. Energy is an excellent barometer for choice.
- 10. Remember** — The world is our playground. There are an infinite number of ways to play and experience happiness. Call on your imagination. Be curious and open to new adventures.  
The power to create joy is always within you.

### CHERIE KEPHART

award-winning writer, inspirational speaker, editor,  
writing coach and teacher

Her books include: *A Few Minor Adjustments: A Memoir of Healing*, *The Healing 100: A Practical Guide to Transforming Your Body, Mind, and Spirit* and *Poetry of Peace*. Cherie is also a Reiki Master, Transformational Breath™ Facilitator, and Certified Laughter Yoga Leader.

Website: [CherieKephart.com](http://CherieKephart.com) Email: [cherie@cheriekephart.com](mailto:cherie@cheriekephart.com)