

20 Ways to Add More Fun & Zest to Your Life

by Megan King

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Oh my, I bet it's been quite the adventure of life for you so far, hasn't it? It has for me.

A life full of ups and downs, progress and setbacks. Good times, bad, and emotions that range across the board.

Now, of all of this, thinking back throughout your lifetime, **how much fun have you had?** Think of a few times when you've really had a blast. Hootin', hollering, great quality fun.

Next, think of how many times you've had a lot of fun in the last year.

Last month?

Last week?

Is it less than what you used to have? Like maybe in college or as a little kid? Or do you only really have fun on vacations? On weekends?

Have you forgotten how to fit time for fun into your everyday?

Kids get their play dates and recess. Their spring and summer breaks. But as adults, we don't get that. No open season for pure jolly play.

It's so common that our levels of fun decreases over time. It's no shocker — with age comes more responsibilities, more stress, more jobs on the never-ending to-do list, both at work and home!

Oh, for the days when life was simpler...

But there's a solution.

I've researched the concept of fun, play, adventure, balance and leisure for several years now. I've tested hundreds of ways to have more fun as well. And I can honestly

say that anyone, anywhere, can make a shift in their lives to allow more fun and joy to come shining into their lives.

I can also say that though it sounds like a snap, there are challenges we all face. As human beings, we have a habit of overanalyzing things. Or staying restricted by limiting beliefs. We come up with reasons to skip that vacation or work through that lunch break and rationalize it with ideas like:

"I'll take time off if I can just finish this task."

"I'll make all kinds of time for fun if I can work harder and double my income."

"Work isn't meant to be fun."

"Fitness isn't meant to be fun. It's hard work!"

"I'm an adult, I've outgrown the need to be playful."

"I'm too busy. I can't slow down until next month's conference."

Enough chatter! Having fun is really important, even if it often gets overlooked. It's a part of self-care. It's a human action that leads to joy, bliss, happiness, good health, stress relief and more.

When you learn the tricks of unlocking more fun, you smile more. Laugh more. Feel energized and happy. And I can go on and on about how beneficial that can be — for relationships, for good health & energy, for feeling fulfilled in your life.

So allow me to share with you the first step that needs to happen in creating a daily life with more fun: **Make a decision to seek out and enjoy yourself every day.**

Do this with a knowingness that you really *can* find fun in anything (or *most* anything) you do! It's a trick of the mindset. No matter how much you consider yourself a pessimist, a realist, or a complicated optimist, when you shift your thoughts and honor that decision that you can have more fun with life, the fun flows in.

This doesn't have to be complicated. It can be a quick and easy activity mixed in with your work day, or making a dedicated break time to get away in search of something entertaining.

Read on as I share 20 ways you can have more fun by trying something different, unique, lighthearted and blissful.

5 Ways to Have More Fun at Work

#1 Take a dance break. Be okay to do this anywhere – but yes, if you prefer, you can tuck yourself away to somewhere quiet, maybe even in a storage room or your own conference room, or take a walking break to a park. Then play an awesome song on your smartphone and bust some moves! This gets your energy going and bursts with fun.

#2 Write anonymous positive, goofy notes to coworkers and hide them in hard to reach places in their desk drawer, purse, whatever works. Don't let up that you did it. The mystery and fun is in the anonymity. Just be sure these are positive notes — it's not fun to ruffle any feathers (if insult notes sound fun, to you, you'd have to be 100% sure the receiver would find it fun as well...and that is 99.9% unlikely). Be nice & keep a positive energy.

#3 Create a game that involves the water cooler. Find inspiration from the hit comedy TV show *The Office* and their [Office Olympics](#). Get creative and get coworkers on board. Then on a day when work is really slow and the energy level needs a kicking, begin the challenge! Soccer with a crumpled piece of paper. A race while balancing a water cup on your head, pictionary... lots of options.

If you own a business or work remotely, you've got even more flexibility. Either plan an event with fellow work-from-homers, or just challenge yourself by beating the clock.

#4 Listen to tunes, really uppity, sing-along style that get's your head bopping. If your job doesn't allow this, or if you need to focus too much to listen, simply do this during your break time. Imagine yourself as the star on the stage and let the music perk you up. Singing along or lip syncing is optional, but highly recommended.

#5 Make it your mission to come up with the world's funniest joke. Steer with caution if using tacky insulting jokes, and challenge yourself to go for neutral parties hilarity. Too challenged? Set off on an online voyage to find just the right joke. Or watch some of your favorite stand up comedians to get your mind jogging. Then test this in your office, with your colleagues, and as a way to ease up a meeting.

5 Ways to Have More Fun at Home

#1 If you have housework to do, make it into a karaoke sing-along. Hand washing dishes? Sing something that strikes your fancy, like *Splish Splash I was Washing Some Dishes, Wooooo oooh!*

#2 Cut back on TV. Even if you love your Thursday night shows or feel like you have to watch the evening news, commit to cutting for the short term. Many shows are fun to watch, but the fun is just passive, one-sided. Ever think of how much you look like a zombie when you watch *Walking Dead*? Fun that requires movement, interaction or any of four the natural human passions (music, food, family and travel) is what you should be steering toward.

Love your TV? I don't blame you – there are so many good shows out there! And unlimited options to watch, too. What you could do to add the fun is create a social TV experience. Bring friends over and play Bingo, where rather than checking off numbers, you check off overused words in TV scripts. Or watch a cult classic film and Dubsmash the most famous lines.

Try to keep your TV watching to comedy, too. Ever notice that the dark violence and horror shows can lower your mood? For the sake of adding fun time, ease up on these.

#3 Host a games night. Poker can be pretty entertaining, but it sure can get serious, too! Instead, do something a little more wacky like that version of poker where you stick a card up on your forehead. Board games and classic kid games are a plus – something like Cranium or Twister. Yes, that's right, I said Twister.

#4 Dedicate solid time to a hobby you often overlook. Shift this from once-in-a-blue-moon to a weekly or even daily activity. Bake cookies one night, paint a painting the next, invite friends over for croquet on the lawn the third, and whatever your age, invite your family members or friends to make a human pyramid.

#5 Take up learning something you've always thought about. Make it simple, yet an exciting achievement. Want to master the headstand? Or learn how to make the best paper airplane? Go to it!

5 Ways to Have More Fun on Vacation

It may sound silly to list this, but it happens! Vacation can be very enjoyable, relaxing, thrilling. But it can also be very stressful, annoying, exhausting. And leaving you in dire need of a vacation for the vacation.

Best way to get the most pleasure out of a trip is to focus on your mindset. Some things might happen that doesn't go to plan. You might have a flight delay, or take a wrong turn and get lost and behind on schedule. Your beach day may be rainy, your rafting trip may have no rapids, and your romantic getaway with a new catch may turn to food poisoning and bed bugs. Eek!

Now that I've painted a picture of what could go wrong, The trick is to find and focus on the magic in what could go *right*. Or what could go *even better than right*.

#1 If you get lost for a few hours, take your eyes off the map or GPS, then look around to find something new that you otherwise wouldn't have seen. Could be you find this tucked away pastry shop with the most amazing affogato, or maybe you see a flash mob of people dressed as lobsters, or you meet the world's most adorable cobbler at his family-owned shop. You never know what you'll see, but it's worth accepting your original plan has changed, so find a way to enjoy the view.

#2 Meet a stranger. Resist any shy impulses and strike up a conversation. It could be your hotel concierge, the neighborhood bartender, or someone on the bus. Just say hi, ask an engaging question, and see what comes from this conversation starter.

#3 Pick a really cool pose that you can use in front of landmarks and landscapes. Then use these in an album or in a photo calendar post-trip. Jumptography never gets old in my opinion. Or there's things like flexing. Doing the moonwalk, striking the peace sign. Take your pick.

#4 Ask a local what's especially fun in their city or town, and get to it! Sometimes it's simply a restaurant or bar. It's worth checking out even if it's not your scene. Even a brief moment of people watching could be quite a good time.

Or you might find something really interesting, like a town fair or a flying circus. Skeptical you'll like this? Ease up your defenses and give it a try.

#5 Watch for little creatures. If on the waterfront, watch for tide pools and see if a little crab appears, or if in the wilderness see if you can find a really cool caterpillar that's worth noting.

I assure you this can be fun. Nature is so darn entertaining. I once found a caterpillar with accurate color markings on its back that looked just like penguins. Kept me and my husband entertained for a while.

5 Ways to have More Fun on Days Off

Your day off isn't necessarily called a vacation. It can simply be your day of rest, or your day to get odd jobs done, like cleaning the house, fixing the sink, running errands. So here's a few ideas of what to do regardless of this.

#1 Jump in your car, or hop on the train with no real destination in mind. Just drive and see what you come across! Another version of this is do a little bit of prep to make sure you at least have something in mind if you run out of luck on the spontaneity. Do you have a favorite town you like to visit? A winery? Include that in as a backup option.

#2 While doing housework and fix-it tasks, put on some sort of outfit to spice up the job. Cleaning the bathroom? Put on a Rambo bandana! Mowing the lawn? Do it with a lei leftover from your last luau.

#3 Throw a theme party. If you're not into hosting, be clear it's a low key thing. Toga parties might be a thing of the past, younger days, but if you want an Elvis wig theme day, or just a wear all one color, or ugly sweaters, then good for you.

#4 For your chores days, make a list of your most important task, and then add on a reward. Celebrate the success in checking things off! Don't be so hard on yourself if everything takes longer than planned. Fit in a prize for yourself anyway.

#5 Do an activity you haven't done since you were a kid. Finger painting, crab walking, kickball. Something. Kids like doing these for a reason – they're fun! Right now, I want you to think about all the fun memories you've had in your life. What were they? Eating an ice cream cone as a kid? Meeting one of your celebrity idols? Horseback riding? Volleyball on the beach? Reading a really good book?

Try these to tap into more creativity. And to test out the enjoyment of nostalgia.

Next steps

Keep up the fun! Build your own ideas of fun, and keep them up as a daily practice.

Also, I'd love for you keep in touch. Share with me how you've had fun recently, or how you plan to. What is your favorite fun task?

If you have any questions or comments to chime in on, you can reach me and my team at info@youradventurouslife.com. And if you'd like to get on the phone and discuss with me how to balance your life, get clarity on what's most fun for you, or work on breaking barriers keeping you from having more fun, sign up for a free consultation at <http://www.youradventurouslife.com/coaching/>.

You can also keep up-to-date with my coaching programs, tips on the adventurous life and more over on my website: www.youradventurouslife.com.

Wishing you loads more fun in the coming days and years!

To your many merry adventures,

Megan

About Megan King

Megan King is a big time adventure enthusiast. Not to be confused with adventure junkie who jumps out of planes on a regular basis, but the kind that likes to test the limits, throw out that idea that being an adult means being serious, and step up to whatever new ways makes life just a little more zesty, playful, joyful and fun.

Based in Washington DC, Megan lives with her husband and little fluffball (cat).

About Your Adventurous Life

Your Adventurous Life offers services in coaching, workshops, and speaking on the topics of having a fun and adventurous life, and pushing past self-limits to feel more vibrant and fulfilled in a life you love.

YAL helps you zap a little more meaning into the day by stepping out of your comfort zone, and into a rewarding, energizing life that feeds your soul.

Ultimately, we aim to shift your goals and dreams from the “someday” category and put it into action. Want to travel more? Go. Want to try a new hobby? Start. Want to find more meaning in your life? Set off on your journey.

Wishing you a daily routine of more fun and awesomeness!!!

