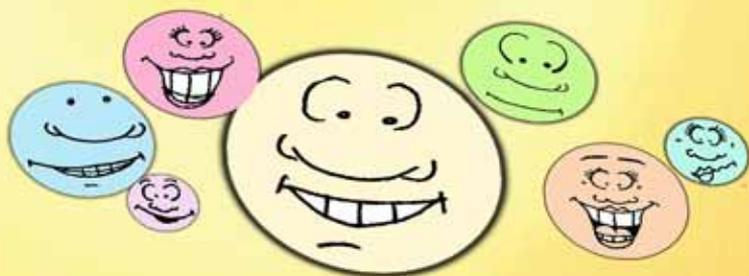


7 Simple Ways To Have More FUN



Written by Susan Sherbert

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By
Susan Sherbert



Before we get started I want to clarify one thing;
Simple is not always easy!

Adding fun to your life really is quite simple. Show up and enjoy yourself. Try new things. Enjoy life. Share good times with others. It all sounds so easy, but it's not.

It reminds me of dieting. Losing weight is super simple; eat less and exercise more. The entire weight loss industry makes a fortune selling simple solutions to very complicated problems. Yet if simple was that easy, then we would all be a size four.

I will show you 7 simple ways to add fun to your life, but I cannot make you have fun. My purpose is to bring awareness to some of the reason why fun may not be as abundant in your life as you would like it to be. It is up to you to take action and allow the good times back into your life - and that is the not so easy part.

*Fun is so simple that even a kid can do it;
it is the grow-ups that turn easy into complicated.*

1. Say YES!

Why do some people seem to be out having fun while others seem to sit at home waiting for someone to knock on their door and ask if they can come out and play? The answer is that the people out having fun are, well, out having fun.

If you want to have more good times in your life then you need to show up. *You must go out and play; and the solution is really quite simple.* Make a promise to yourself to say yes! If you are invited to a party or event, unless there is another direct conflict, say YES. Don't respond with a maybe or I'll see. Commit to showing up right then and there. We all know that if you give yourself any wiggle room you are likely to find excuses not to do things.

But what I personally don't understand is why anyone would actually want to avoid a party in the first place? Isn't having fun and bringing people together the purpose of a party? There is free food, free entertainment, and the potential to make new friends and all someone has to do is walk in the door. Fun doesn't get much easier than that. So then why when people are invited to a party, do they consciously decide not to go? What is up with that! Someone goes to the trouble and expense to have a party for no other purpose than fun, and people decide not to attend! That makes no sense yet we have all done it because adults put comfort, fears, and the grown-up ways before the pure enjoyment of a good time.

If you are serious about bringing more fun into your life, I ask you to make one simple commitment. If you are invited to a party, or event, GO! Again, don't say maybe or I'll think about it. Say yes immediately. If you don't, then you are saying no to the possibility of meeting some really great people. Who knows who you could meet or how much fun you could have.

Don't let fear, indecision, or even laziness spoil your fun. Go outside your comfort zone and say yes to any situation that could add fun to your life. And while you are at it, go knock on someone else's door and ask them if they want to come out and play too. It all starts by saying YES!

2. TRY IT!

New things can add fun to your life so stop being such a chicken and try something new. It could be as simple as being offered something different to eat, someone suggesting you try a new home health remedy, or even taking an alternate route to work. Grown-ups get into such ruts that they miss out on all kinds of wonderful things simply because they refuse to try something unfamiliar to them. How do you know you won't like something if you don't give yourself the opportunity to try it?

My favorite lesson from my book "[*Grown-ups Don't Skip Have FUN Be Happy Enjoy Life*](#)" is a story about the scary jellybean. It goes like this: One day I found a box of every

flavor jellybeans from the movie Harry Potter. And yes the jelly beans really did come in every flavor. Dirt, grass, soap, and sardines. So of course I had to share the discovery with my friends.

What I learned from the experience is that just the thought of an awful flavor put fear and resistance into what should have been an enjoyable experience. Many of the grown-ups didn't want to participate because there was a slight chance that they might get the one truly disgusting jellybean. There were a lot of good flavors in that bowl too, but the mere possibility of getting one unpleasant flavor made the grown-ups not want to even try it.

Now if you were a kid, you would jump at the chance to take a jellybean. You would hope, even assume that you would pick your favorite tutti-fruity or buttered popcorn. Then if you did get the vomit flavored jelly bean, you might give out a big woo whoo because you won the disgustingly gross prize.

Kids don't let one little negative possibility spoil the fun. And when you look at it, the chances of getting the scary jellybean are not very big. It's one bean in the whole pot so what are the odds? You will probably get a good flavor but to an adult, that one negative bean has so much weight, so much power, that grown-ups aren't easily willing to take a chance.

So the lesson to be learned is that when life presents you with a flavorful bowl of opportunities, do you join in? Do you embrace

the unknown and try it? Or do you let your fears win and wrap yourself in your security blanket and stay in your comfort zone? ***Fun is within your reach, but it is up to you to take what the world has to offer.***

3. Have it!

As a little kid “I want” is part of daily life. Kids see something they like and they think it should be theirs. Life is all about *their* desires and what makes *them* happy.

Then life changes and we grow-up. Somehow our days are now spent trying to give everyone else what they want. We try to make our kids happy so if that means a soccer game instead to a facial, that is what we do. If we were planning on a quiet night at home but our friends want to come over to watch the game, we give in because family and friends come first. And how many happy moments have we put off because we were too busy working? All of these decisions are to please other people, but what about what you want? Maybe you have let it go so far that you don’t even know what you want anymore. Wishes and yearnings for happy things are no longer images you allow yourself to think about.

If the words “I want” are no longer in your vocabulary then things need to change. Of course we can’t go back to the spoiled

brat stage and demand to have everything thing we like, but that does not mean we have to totally suppress our feelings for things that bring us joy either.

The solution is simple, but again, not easy. Start by allowing the very small wants back into your. For example one night I got home late and decided I wanted a bowl of cereal for dinner. Unfortunately the milk was bad. Oh well, what I wanted didn't really matter, so I started to look for something else to eat. Then I stopped and thought, no I want cereal. Don't my desires count for anything? Am I not worth a five-minute trip to the store? If a family member had said they felt like ice cream I wouldn't hesitate to go out and get them some. But if it's something I want it's too much trouble? Now that is just plain wrong. I deserve better. So guess what? I went out, got some milk, and enjoyed my bowl of cereal - and boy did it taste good.

The key to so many things in life is balance. Kids want it all but need to learn that sometimes you don't get everything you want. Grown-ups too often suppress their wants and need to re-learn that their desires are important too. So if you want an ice cream, or a bowl of cereal for dinner, have the dang ice cream or enjoy breakfast for dinner. Learn to let "I want" become a part of your balanced way of life. If something brings you even small moments of joy then by all means have it!

Delayed gratification - What an adult concept

4. Feel it

Do you remember what real fun feels like? When was the last time you skipped down the street or jumped for joy? To me, fun is like an emotion - but not one of those grown-up emotions like lust, guilt, worry, or the complex emotion of love. Fun is a childish emotion because it's all about enjoyment, amusement, and having a good time. Fun is something you feel and experience, it's about laughter, passion, and joy.

This is difficult for many adults because part of being a grown-up is learning to control our emotions and reacting in an appropriate manner. Grown-ups don't flap their arms, and take their voices into the chalkboard screeching range when they are excited. And can you imagine what life would be like if adults threw tantrums in the office, or if parents started to cry when they didn't get their own way?

Unfortunately, as we learn to control our emotions, our exuberant ways decline, and fun gets lost along the way. One of the reasons for this is because adults are not very good with all or nothing emotions. Passion comes easy to children. Whatever they are focused on becomes their entire life, at that moment. They are totally consumed and absorbed in the emotion of now. Blocks are no longer pieces of plastic. They become tall towers booming with activity. Intimate secrets are whispered into the ears of plastics dolls, and bedrooms become filled with the sounds of roaring fans as home runs are hit and imaginary guitars are used to rock the house.

One of the reasons grown-ups find fun difficult is because they have lost the ability to completely, and totally let go of the outside world. They bring their troubles home with them at night, and they worry what the future will bring. Kids on the other hand, immerse themselves in fun. They don't hold back. They scream, yell, and put a hundred percent effort into what they are doing. When they are having fun, they smile, laugh and jump for joy.

Kids have passion for things everyday, and passion for more than one thing. This is not usually so in the adult world. We have too many demands on our time, so it becomes difficult to be totally consumed by any one thing. Besides, who has the energy for that?

Many adults have a difficult time with peak emotions. They find it hard to feel something intensely, and then let it go completely, yet kids do this on a daily basis. Adults tend to keep the intensity on the low side. They avoid the emotional roller coaster choosing to sit on the sidelines, or ride the quiet merry-go-round instead. Adults who lack fun in their lives tend to seek the middle of the road emotions, whereas fun filled grown-ups often thrive on the extremes. Think about your emotions and ask, when was the last time you let go and truly felt exhilaration, awe, or even pure fun?

*Kids crave excitement, adventure and fun
adults prefer peace, comfort, and stability*

5. Share it

If you have committed to saying yes to fun situations, then that means you will probably be doing a bit more socializing. In this next super simple way to have more fun, all you have to do is promise to introduce yourself to someone you don't know. Don't wait for them to come to you. Don't wait for the hostess to do the introduction. Make a point to introduce yourself to people you don't know. Share yourself. Open up your circle of friends and welcome new people in.

Okay, I can hear you now. “That’s too hard. I don’t know what to say to people.” That is a common response but here comes another lesson - and this solution really is easy. One of the most useful tools in my book that I use it all the time, is to simply add the words *for fun* to the end of a sentence. But not just any sentence - when you find yourself in almost any social situation, what’s the first thing that happens? Most likely you’ll hear the standard question, “So, what do you do?” And what is the standard response? Usually something like, “I’m a secretary, a business consultant, an attorney, a manager, a driver, etc”.

Do you see a problem here? I sure do! Someone just asked you what you do, and you automatically responded by telling them your occupation – what you do for money. Shouldn’t the natural response be something like: “I paint, I ride bikes, I surf, I listen to music?” The person didn’t ask how you make a living. They asked about what you do.

Adding the words for fun, to the end of the “So what do you do” question summarizes the entire purpose of *Grown-ups Don't Skip Have FUN Be Happy*. It changes our focus from the adult thinking of responsibility and work, to a place where we can share our passions, pleasures, and fun activities with others. Using for fun in a conversation is like the ball kids use on the playground. It becomes the object that we can all relate to. It helps us create a common bond with others, and opens the door that allows us to share our fun with other.

Adults too often forget to think about fun. But awareness is the first step to change, and the solution is fairly simple. By simply asking about someone's hobbies and interests, instead of their occupation, you will be on the right track to finding your fun again. Break out of your work mode, and starting today, when someone asks you what you do, respond by telling them what you do for fun, not what you do for a living. I mean, really, do you honestly care if a person is an insurance agent or a construction worker?

Wouldn't you be more interested if you discovered that someone shared similar hobbies as you? Maybe you both enjoy horseback riding, collecting lunch boxes or building sand castles. How would you ever know that someone shared your joy of turtle racing, if all you talked about was work? Stick with it and maybe you'll find someone to bike with, a partner to play cards

with, or simply some interesting information about a hobby you may enjoy or even a nice place to visit. All of this because you looked for a common bond that you could share with others!

6. Don't Squash It

Imagination plays a huge part in bringing back the fun of youth but what adults so often forget is that dreams and imagination need time to grow. How often have you had what you thought was a really great idea only to have it tossed out because of friendly advice that starts with "You can't do that because..." With a few words of helpful advice from a friend, an exciting idea can be squashed right out of our heads. The vision was never given the opportunity to sprout. We don't mean to do this. Our intentions are good. We are just trying to be helpful. Then to make things even worse, more often than not, it is our own brains that are doing the squashing.

This became very clear to me when I was talking to a group of ladies who enjoyed playing golf. We were discussing dreams so I asked one woman if she would like to play Pebble Beach some day. She immediately responded that she couldn't afford it.

I just shook my head because I realized another dream had just been squashed like a bug. I explained to her that she had just squashed a really great golf dream simply because she couldn't

afford it at the moment. She didn't even allow the possibility of an expensive round of golf to enter her head. What if she started a savings account now? Could she some day be able to afford the trip? Or how about winning the lottery, or a small inheritance? Or even a gift from a friend. Nope! The idea was squashed and tossed out way too soon.

Later I happened to be sitting at her table during lunch and I saw her shake her head and mumble, "I did squash my dream! I really did squash my dream."

So to have more fun I suggest two things. First try not to squash other people's dreams. There will be a time and place to voice your concerns and give helpful advice, but please, give new ideas time to grow some roots first. Let the person feel the excitement of good things to come. Reality will happen soon enough, so if you can't say something nice...

And second, if it is you who is excited about a dream or fun idea, please, pretty please, hold on tight and protect those first little sprouts. Fight back and give your fun ideas time to grow. Who knows where a little spark of imagination can take you as long as you don't let it get squashed too soon.

7. Balance it

The passion and energy of a two year old is something we could all use more of but understanding the right time and right place to express this glee is a sign of maturity. Rushing out the door as she is late for work, would not be the best time to tell your wife about the new remote control helicopter you are hinting about for Christmas. Nor would it be a good idea to ask a boss for a raise right after you bungled a job and almost lost your best client.

Learning when enough is enough is an important lesson in life and that also applies when it comes to fun. Just because someone enjoys dancing doesn't mean they want to train to become a ballerina; and just because they laugh at one of your jokes doesn't mean they want to hear every one you have ever told.

Kids run around like maniacs jumping up and down, arms swinging, bodies wiggling with a level of energy and laughter that is reserved exclusively for the young. It is the parents who must quiet the hurricane, and bring things back down to a more relaxing level. Enjoy your fun to the fullest while it lasts but when the party is over, gather your things and go home. Fun must come to an end, like a vacation, but remember it is just the end of a cycle. When it comes to fun - there is an unlimited supply.

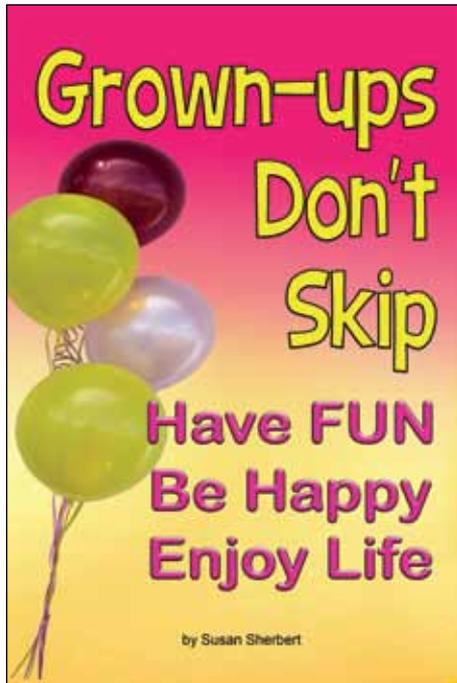
Conclusion

I hope I have given you some things to think about. But again that is the simple part. To change or accomplish anything, you must first become aware of what it is you want to change.

Next comes the action part and this is where simple is not easy. Bring more fun into your life means you have to take the above seven simple suggestions and give the ideas meaning. You have to turn *awareness* into *action*. Once you learn to do that simple things become easy. Now if I could only figure out how to make exercise more fun then maybe I could become that size four.

Think like a kid and dream,

Then live like an adult and plan



Available at Amazon
[Kindle and Paperback](#)
FunHappyEnjoy.com

Laughed my A— Off *“I think I am a kid at heart but this book reminded me how easy it is to fall in the pattern of behaving like a “mature” adult. Reading this book really brought back the kid in me and when faced with a situation, I take the fun approach. The book is inspirational, very uplifting, fun, easy to read and sticks with you for a long time after. I highly recommend reading this book if you are going through a tough time in your life or just need a new lease on life.”*

- Bold Cheryl

Look at the list below and hopefully you will begin to see some of the passionate and playful characteristics of the child you left behind.

A Kid's World

The Adult World

| | |
|------------------------------|---------------------------------|
| Full of imagination | Full of reality |
| See unlimited potential | See the limitations |
| Curious about things | Overwhelmed by things |
| Energetic and on the go | Need downtime to relax |
| Spontaneous | Like to plan |
| Enjoy the process | Want results |
| Focus on the positive | Get hung up on the negative |
| Fearless | Fearful |
| Know nothing | Know it all |
| Acceptance of others | Try to change others |
| Blind to faults | Focus on faults |
| Don't care what others think | Afraid of what others think |
| Laugh and act silly | Act "mature" |
| Carefree | Responsible |
| Everything is new | Everything has been done before |
| Enjoy chaos | Like organization |
| Live in the present | Live in the past or future |

7 Things you should know about Susan Sherbert



- 1. Helping people smile is her greatest achievement -**
Because you can't be sad, or depressed, and smile at the same time.
- 2. Silver Award winning humor columnist -**
Was a regular columnist for several magazines & wrote over 100 issues of Simply Amusing a newsletter of absolutely no importance.
- 3. Published Author -**
Published a humorous book about short sheeting a bed. A national linen chain purchased the book to be used as their free gift with purchase.
- 4. Community minded -**
An avid golfer and was committee chair for a charity golf tournament. Plays several tournaments a year. Has also been a board member of a local non-profit organization.
- 5. Entrepreneur -**
Started at the bottom, worked her way up. Purchased a printing business when owner retired. A business owner for over 16 years.
- 6. Special talents -**
Aside from juggling, and golf, creating corny jokes is her unique talent. Over 50 different joke ebooks at CornyJokeBooks.com.
- 7. Was once a banana slug -**
Went to UC Santa Cruz (their mascot was a banana slug). Transferred to Cal State Fullerton and graduated with a degree in psychology.

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