

Declaration of “PLAY”

This year I will seek to better myself and those around me by utilizing the practice of “PLAY”. I recognize that “PLAY” is not reserved for kids or the playground. It is for everyone! Play has the power to engage, energize, create focus, reduce stress and make the mundane fun again. Below are some ways I will Practice “PLAY” in 2020...

Stress

When I am feeling stressed -

When someone on my team is feeling stressed –

Energize

When I need to feel energized or need to be motivated

When someone on my team needs to be energized or motivated

Focus and Engagement

When I need to gain focus or get engaged

When I need to help my team focus or become engaged

Just for FUN

When I want to have and share FUN

