

Chapter 8

Activity 3: Play At Work

Discussion

The fish guys have fun while they work, and fun is energizing and stimulates creativity. **How could we have more fun and create more energy?** What can we do to regenerate fun every day at Raw Juice?

How can you involve our guests and team members?

What are ways that you can play at work?

Journal

What areas of your work or life feel heavy or are not enjoyable?

How can you bring more Play into your life?

In what ways might you be more Play-full with your team members and guests?