





# identify your play nature

These questions are designed to help you get in touch with what is playful for you. You don't have to answer all of them, just one might lead you to activities that create a play state in you.

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- When have you felt free to do and be what you choose?
  - Search your memory for those times in your life when you have been at your very best. (These are usually authentic play times, and give clues as to where to go for current play experiences.)
  - Are you able to imagine and feel that the things you most desire and enjoy are really the things that you ought to have? Why so, or why not?
  - How free are you now as you play with your spouse or your family? Or do you treat them as an extension of a dutiful responsibility
  - Look at family pictures of you prior to age 8. What do they indicate about your core personality?
  - What provided early laughter, glee, if you know?
  - What is most engaging/joyful to you?
  - Can you recall a time when you were so engaged in something that you lost track of time? When hours went by and it seemed like minutes? When you forgot about other responsibilities and truly enjoyed the moment? When the activity felt effortless?
  - Can you still find this? Can you honor it? Do you still incorporate it into your life? Are there things that stand in the way?
  - Does/did a particular school subject engage you?
  - Are there certain things [activities, objects or people] that trigger your engagement and playfulness? Certain music? Particular songs? A place? A person? A pet?
  - When do you feel like you are most able to be your authentic [playful, unburdened] self? The person you were meant to be? When are you at your best?
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INSTITUTE  
FOR PLAY

