



# identify your play nature

These questions are designed to help you get in touch with what is playful for you - your play nature. You don't have to answer all of them, just one can provide insight into what moves you into a play state.

- Think of situations when you've been free to do what you choose.
  - What do you do?
- Search your memory for those times in your life when you have felt your very best.
  - These are usually authentic play / playful experiences, and offer clues to activities or situations that are playful for you.
- Do you feel free to be yourself in play times with your family.
  - If not those activities may not be playful for you; consider other types of activities in which you feel light and free to be yourself.
- Look at pictures of you prior to age 8.
  - What provided early laughter, glee? Do they indicate anything about a type of play that engages you or a play personality type?
- What activities or situations feel both engaging and satisfying?
- Can you recall situation(s) when you were so engaged in something that you look up and more time had passed than expected, that you forgot about other responsibilities, when you felt you were in "flow"?
  - Those are playful activities / situations for you and they might indicate a natural talent or strength you have.
- Are there particular activities, objects or situations that you are drawn to and create satisfying experiences for you e.g., particular types of music, books or locations, particular people or a pet?
- With answers to any of these question in mind, review the types of play and play personalities on our site; associations may jump out to you.
- Having identified situations / activities that create a sense of playfulness or flow for you, consider how to make time for them in your life.

