



Playdate

Happy Playday!

Today is a day of fun. And fun you **MUST** have.

Use today to give yourself permission to do something you enjoy. I know many of you have children so perhaps it is an opportunity to indulge in fun and games with them.

The rules for today:

- Don't worry 'bout a thing, every little thing gonna be alright
- Find opportunities to LAUGH esp at yourself
- If you have children, ease up on the rules today and let yourself become childlike
- Watch a funny film
- Dance and sing
- Buy bubbles or make your own
- Walk barefoot on the grass or in the sand
- Stare up at the clouds
- Have a picnic
- Or simply connect with some of the things you loved to do a child.

Let me know how you choose to enjoy your playday.

Ciao for now! 