



FLIPSIDE OF MIDLIFE®: WELL-ROUNDED FUN

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There's more than one kind of fun, my friend. If your fun feels a bit lackluster, perhaps it's time to foster well-rounded fun and enrich your life with more of it. Why not get started today?

{MUSIC INTRO}

I'm Karli Newman, and you're listening to **FLIPSIDE OF MIDLIFE®**, a podcast for women in midlife and beyond who want to feel connected, hopeful, confident, and more satisfied with life than ever before.

Wherever you are on your journey in midlife and beyond, there's room here for you to honor who you've been, love who you are, and be excited about who you are becoming.

Have you heard that my **ELEVATE** membership is now available? For just \$25 a month, you get simple, easy-to-use, and impactful tools and information that help you learn, stretch your comfort zone, and ignite change.

I've made it easy for you to hone in on one topic each month to elevate your well-being and love your life.

Want to know more? Visit my website, flipsideofmidlife.com, to see what the monthly **ELEVATE** membership includes. While you're there, check out all of the ways I help you tap into positivity to explore the endless possibilities on the FLIPSIDE OF MIDLIFE®.

You can find links to my website and the **ELEVATE** membership page right there in the show notes and transcript.

Are you bored with your typical ways of having fun? Well, my friend, this episode is going to inspire you to break out of your rut. Midlife and beyond is an opportunity to explore new ways of having fun and intentionally add more of it to your life.

Let's look at the benefits of both spontaneous and planned fun and a few tips to help you enrich your life with more of each.

I like to think of spontaneous fun as fun on the fly. It's the kind of fun that pops up in the moment and you willingly oblige.

Imagine walking in your neighborhood and coming across a child's hopscotch game drawn on the sidewalk. What would you do? Well, if you are open to spontaneous fun, you're going to lean into the opportunity by jumping and hopping through it.

Spontaneous fun has an element of surprise and can feel a bit wild. A sense of freedom comes from the fun where you live wholly in the moment, say yes to a whim, and go with the flow. Planned fun does not offer that same feeling.

That doesn't mean planned fun is any less enjoyable, my friend. Because planned fun is scheduled in advance, it offers the joy of anticipation.

Imagine you have a getaway trip planned over the summer. When you think about it, you feel excited about the places you'll stay and the new experiences ahead of you.

Even if you have a lengthy to-do list that you need to check off before that planned getaway trip, a block of fun on your calendar gives you a mood boost just by thinking about its pending arrival. This isn't something spontaneous fun can give you.

You may not have thought of it before, but you probably have a preference for either spontaneous or planned fun. And one isn't better than the other, but since they offer different benefits, it's to your advantage to include both of them in your life.

So here are five tips to help you create and enhance your fun.

Number one, be open to fun that presents itself in the moment. Remember that hopscotch example? Or how about dancing or singing when you hear a song you love?

Number two, create space in your week to plan fun activities and events. Once they're planned, spend a few minutes each day anticipating the fun you're sure to have. This is your instant mood boost.

Number three, think of fun as self-care. Because it is! Honestly, my friend, what is better than caring for yourself through fun?

Number four, let go of your 'what will others think' baggage. If that's difficult for you, imagine those around you wishing they could be as free as you are at that moment. Because that's exactly what they are thinking. Letting go of that baggage allows you to be in the moment and seize those opportunities of spontaneous fun.

Number five, plan at least one new experience every few months. New experiences help you stretch your comfort zone of fun and discover new passions. This keeps your boredom at bay and keeps your fun shiny and new.

I'd love to work with you through your challenges with adding more fun in your life. I set aside time on Wednesdays and Thursdays to help you with your wellness challenges, questions, and concerns. It's your chance to ask for my advice or get a personalized pep talk right when you need it.

Head to my website, flipsideofmidlife.com, to learn more and to schedule a time that works for you.

Fun may fall to the bottom of your to-do list sometimes, but it is an important part of a happy and fulfilling life. Use the five tips in this episode to foster both spontaneous and planned fun. When you do, you experience a well-rounded sense of freedom, anticipation, and enjoyment.

Join me right here next week when I talk about the importance of play in your life and share some ideas for re-energizing your playful side.

Thanks for listening to **FLIPSIDE OF MIDLIFE®**. Will you help other women in midlife and beyond find this podcast? Tell your friends and take a moment to follow, subscribe, rate, or write a review. I am so grateful.

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