

# self-leadership

## opportunity for reflection

### Having fun

#### Introduction

Sometimes we're so busy 'doing' that we forget (or don't make time) to drop everything and just have fun! While the idea of taking time out can often feel frivolous or selfish, it's actually fundamental to our ability to sustain ourselves and our ministry. Use the following exercise to help you reflect on things which energise and inspire you.

#### Getting started

Go through the attached selection of words and circle any which resonate with you as ways in which you enjoy spending non-work time.

Write the words you've circled on another piece of paper then...

- Think about the ways in which these words are relevant to you. For example, you have circled 'watching', but what is it you enjoy watching in particular? Soap operas from the comfort of your own sofa? Going to the theatre? Football matches?
- Think about who you enjoy doing those activities with – your spouse or closest friends? A group of friends from your five-a-side football team? Your grandchildren?
- Think about the amount of time you spend doing these things – do you wish you could do them more? How could you make that happen?

From the activities you've just identified, pick two or three specific things that you would like to do more of, for example playing tennis, going to the cinema, going for a meal with friends then...

- Decide how you will incorporate these things into your diary for the coming month.
- Decide how you will develop these things over the coming year, for example by joining a tennis club or playing in a local tournament, identifying some new restaurants you'd like to visit or other friends you'd like to eat out with.

Then step away from your desk and go and have some fun!

#### Reflecting on this experience

- What has pleasantly surprised you about the way you use your time?
- What has shocked you? Why are you shocked?
- What has reinforced things you were already aware of or suspected?
- What are the key things you've learnt?
- What changes do you need to make as a result of having done this exercise?
- What conversations do you need to have in order to make these changes happen?

### Notes



# Having fun

Reading

Travelling

Building

Teaching

Writing

Learning

Cooking

Thinking

Relaxing

Collecting

Performing

Speaking

Exploring

Watching

Listening

Reading

Entertaining