



## The Serious Side of Fun

There's no denying we live busy lives. And we'll only get busier—unless we take action. When **some of you complained about being overworked and out of time, we responded with a series of Points to help you cope and do what you do better.**

We reminded you that **saying “no” is perhaps the best tool you have to take back control of your life.**

We talked about the **value of having margin in your life.** A little white space in your calendar will keep you from becoming overwhelmed. And you'll have time (and the inner resources) to handle life's unexpected challenges.

We suggested **firing those impossible-to-please clients who drain your time and energy.** Are they really worth your effort and your frustration?

Keep in mind these two important office rules: **Rule #1: “Quick questions” are never quick.** And **Rule #2: Your office is full of (time) robbers** who divert your focus from the tasks at hand. Reduce your exposure to these distractions (or improve your management style), and you'll improve your productivity and reduce your stress.

**Schedule a “game-on day”** when you work like you're going on vacation the very next day. You'll be amazed at how much you can get done.

To review the first five Points in this series, go to [www.corsini.com](http://www.corsini.com) and click on “E-Newsletters” to get to our archives.

We'll continue our practical advice by encouraging you to add a to-do to your day. Yes, this is something extra we're asking you to do. But we wouldn't ask unless it was vitally important.

### QUOTE OF THE WEEK

*“Happiness, like gold, has to be mined from the ore of everyday work.”*  
— Merle Shain

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It's simply this: Have fun.

**Having fun is so important to the Corsini coaching model that it is one of The 7 F's of True Success.** Right up there with **Financial** matters and the **Fundamentals** of work.

Being overworked and stressed out drains you of energy. Unlike that Energizer bunny, we can't keep "going and going and going." At some point, we just run out of juice (and the desire to do what we do better). **You should recharge your "personal batteries" with some regularly scheduled fun.**

Feeling stressed out? Take some time off. It can be as simple—and quick—as a 30-minute walk in the park. Or it can be a half-day at the spa or golf course. Maybe an afternoon movie will refresh your outlook. You might need a full day off or a long weekend to regroup.

**Make fun a group effort at work.** Celebrate successes (no matter how small). Hold a drawing each week or month with prizes like limousine rides to and from work, fresh flowers or housecleaning certificates. Share a potluck lunch. The possibilities are endless.

When you're happy, that translates to success in so many areas of your life. Besides, there are significant healthy benefits to happy employees:

- **Employers can better keep their most talented people happy** (and content to stay put) by creating an exciting atmosphere where employees want to come to work.
- **Happy employees are more creative**, more productive, get along better with co-workers, offer better customer service, and enjoy a healthier work/life balance.
- **An atmosphere of fun at work facilitates flexibility**, positive change and better communication.

**Don't underestimate the value of having fun—and enjoying what you do each day.** When you're not 100 percent, you can't give 100 percent. All sorts of things suffer—at work and during life outside the office. So do yourself (and your co-workers and family) a favor: Have some fun.

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All work and no play make Johnny (and Sally) unhappy and, quite frankly, not much fun to be around. Make time for fun. Schedule it if necessary. Organized fun at work makes everyone happier and more productive. Downtime spent doing something you enjoy will recharge your batteries, refocus your priorities and—ultimately—help you do what you do better.

## Do What You Do Better™ Executive Workbook

Business owners, executives and managers can hone their organization skills, expand their goals and learn to lead better with Marc Corsini's new *Do What You Do Better™ Executive Workbook*.

It's a step-by-step guide to more effective leadership in the office and a more satisfying life outside of work. Participants track their progress through the workbook during one-on-one, monthly Executive Coaching sessions, which also offer a confidential forum for discussing issues and exploring creative solutions.

Executive Coaching and the Executive Workbook help you do what you do better. Contact Marc Corsini at [marc@corsini.com](mailto:marc@corsini.com) or (205) 879-0432 to sign up.