



Corsini's Point of the Week™

October 13, 2008



Are Ya Havin' Fun?

For the past several weeks, I've been asking, **"How are you doing?"** In an effort to really get you thinking about the various answers that matter, I've been hinging the question on each of **The 7 F's of True Success**—the **Fundamentals** of work, **Finances** (and creating your financial legacy), **Family** (and friends), **Faith, Fitness** (emotional and physical), **Fun** (which we'll address today) and the **Fusion** of these things (which we will get to next week).

Last week, we talked about the importance of being physically and mentally fit so you can really enjoy the success you work so hard to achieve. **A healthy lifestyle is a lifelong commitment, and we encourage you to actively reduce debilitating stress and anxiety through exercise, reflection time and doing the things that fill you up emotionally.** (To review any of our previous Points, go to www.corsini.com and click on e-newsletters to access our archives.)

This week, let's turn our attention to **Fun**, and I ask you, **"Are you having fun? Do you find joy in your work and in life outside the office?"** These are questions that require serious thought.

As a business coach, I'm blessed to work with people who love what they do. Their work fills them up. Their positive attitude is infectious. And in most cases, the positive energy they bring to their work translates into other areas of their lives. **Finding joy in what you do each day gives you the traction you need to grab hold of life.** This traction gives you the energy and authentic curiosity to find *true* success both in and out of the office.

Of course, and unfortunately, there also are those people who, for lack of a better term, hate their job. They blame their boss and management for problems at work. They blame the economy, the industry that they picked and anybody else they can think of for their own shortcomings and failures. And guess what? **That pessimistic attitude spills over into their family life, it negatively affects their faith, it undermines their fitness efforts, and there's no way they're having fun and finding joy in or outside their office.**

Which of these situations better describes you?

Remember, **fun is an option.** Make the right choice. It's up to you. If you're not happy with your job, make some changes. **Do what makes you happy. Play at it—and work at it. Your life will be better for it.**

QUOTE OF THE WEEK

"Get pleasure out of life ... as much as you can. Nobody ever died from pleasure."

— Sol Hurok

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CORSINI'S POINT

"Are you havin' fun? Is life your playground or your prison?" It's a popular saying and a proven fact that "if you love what you do, you'll never have to work another day in your life." I challenge you to find what you love and then do it. Life is too short, too precious and, more importantly, too good to settle for less or to simply "do time" imprisoned in a job you don't love. You spend more waking time at work than anywhere else in your life! You should enjoy it! Figure out what brings you joy in your life, and do more of it. Also, think about what dips into your bucket and takes away from your enjoyment of life, and resolve to do less of that. This is exactly how you Do What You Do Better and have fun at the same time!

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