

How Do You Play?

Here is a way to find your version of the play that you need to do to find a reference point for replenishing your energy. Find your moments of disconnection from thinking, and go there often. leonpurton.com

1. **Losing track of time.**

You need to go back through your memory banks and find the activities or people you were spending time with where you seemed to lose track of time. During the week, I had a chat with one of my mentees about life that went for over an hour. It was only my alarm going off for the next meeting that made me realize how long we'd been chatting.

These are some of my moments. You do not need to lose hours for it to make the list, it could be shorter times that seem to hang forever, the key component is that time seems to distort.

Write your list.

2. **It makes you happy.**

Do you remember leaving a conversation, maybe over a coffee with that friend that always makes you laugh? You may have even had a few tears when they told that really funny moment. You are walking to your car and you think to yourself *"that was great, I really needed that"*.

Perhaps you have just walked off the sporting field, knowing that you did something hard but really enjoyed it. You look over at your teammates or competitors and smile. You may have just walked out of the local museum and realized how inspiring some pieces of art are.

Each of these things that make you happy, that lift you, write them on the list.

3. **Connects you to something bigger.** There is power in connection with others and ideas bigger than you. There is a reason some people are very active in their community or volunteer groups. People who make the church a regular part of their lives.

These people do this to connect to this larger than the individual community. For some this connection comes with nature; surfing or bush-walking, sitting under an old tree, gardening, bird-watching or star-gazing.

Whatever it is that helps you feel connected to something bigger than yourself.

This is also very important.

Write it on your list.

By now you should have a list with a fair few things on it.

Some point to time alone, some point to time together, some point to time with other people.

You now have a list of things for you to prioritize into your life.