

Conscientization: Simplicity/Play [108]

Descriptor:

To experience simplicity in complexity and take a playful attitude towards challenges, organisations and the world.

Consciousness Raising Questions - Individuals:

- Are you able to view organisational complexity in a non-serious way?
- Are you aware of the relationship between quality of life and simplicity of life?
- Are you involved in any regular physical activities purely for fun and the health benefits rather than to be competitive? [For example, take part regularly in your local [Parkrun](#) | Here's a link to our local Parkrun: <https://www.parkrun.com.au/berrinba/>]
- Are you able to devise experiments as a way to explore complexity and uncertainty?
- Are you able to accept failure as a way of learning about complexity?

Consciousness Raising Questions - Relationships:

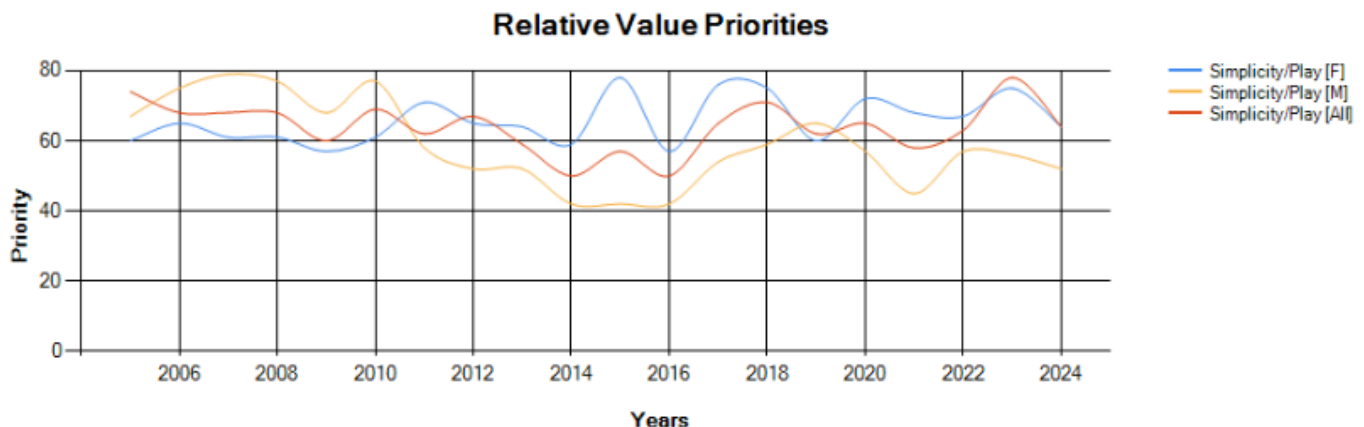
- Are you each aware of the relationship between quality of life and simplicity of life?
- Are you jointly involved in any regular physical activities purely for fun and the health benefits, rather than to be competitive?

Consciousness Raising Questions - Groups:

- Is your group able to view organisational complexity in a non-serious way?
- Is your group aware of the relationship between quality of life and simplicity of life?
- Are all group members discovering that a simpler lifestyle may be necessary for life to be more meaningful?

Consciousness Raising Questions - Society:

- Why is Simplicity/Play becoming less of a priority for males?
- Why, before the global financial crisis in 2008, was Simplicity/Play more of a priority for men than for women?



Core Principles to Personal Development | Personal Growth

1. Identify which values are very important in your life.
2. Focus on what actions you can take to create a meaningful life for yourself, in the words of Victor Frankl...

*Ask not what is the meaning of life?
Rather, ask what meaning can I give to life?*

3. Set yourself new challenges related to your values while at the sametime become highly skilled at addressing them.

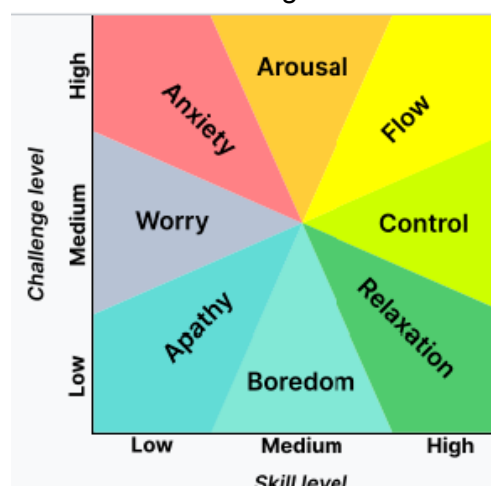
In the following video, Csikszentmihalyi explains how to live a happy, fulfilling life through seeking challenges and skills to do those things which are important to us ...



[Click Here To View](#)

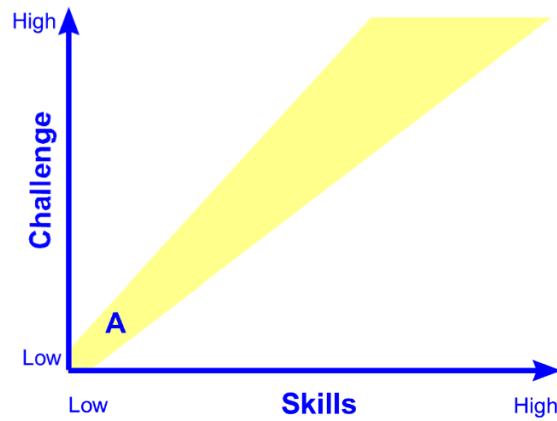
Key Points from Video

Firstly let's look at the key points to be learnt from this diagram¹ ...

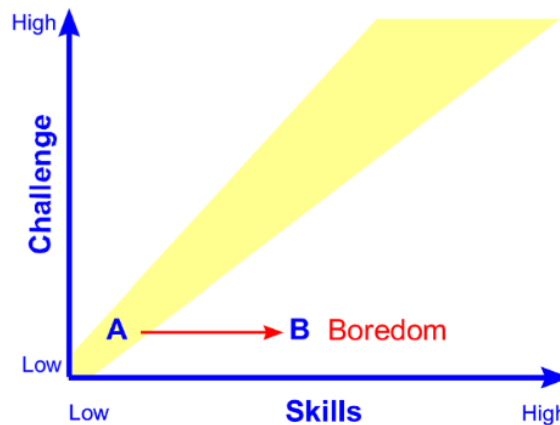


¹ Csikszentmihalyi M (1997). *Finding Flow: The Psychology of Engagement with Everyday Life* (1st ed.). New York: Basic Books. p. 31.

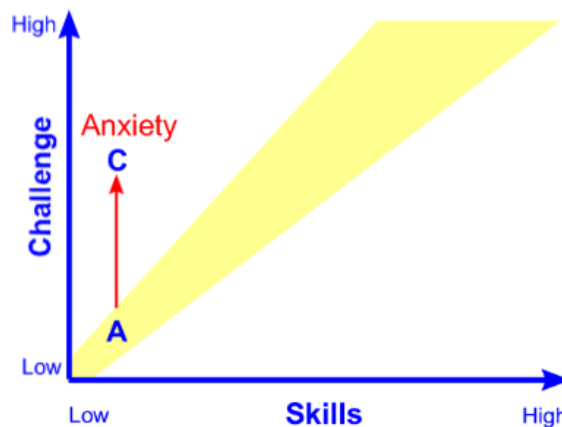
- A. **Apathy:** Results from having a **lack of interest, enthusiasm, or concern**, we may also **lack a sense of purpose, worth, or meaning** in our life.



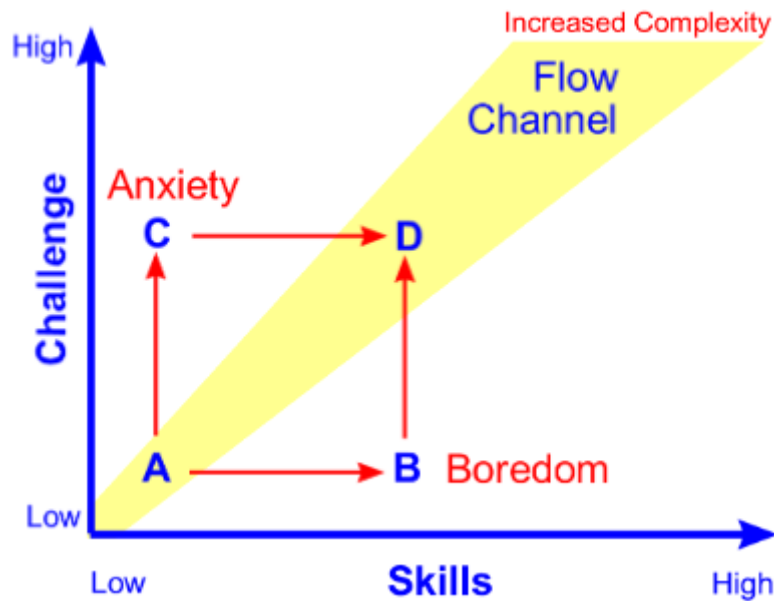
- B. **Boredom:** Results from having a **high level of skill** and **little challenge** in using those skills - i.e. if we have little challenge and a high level of skill in something, then we are likely to feel **Bored**.



- C. **Anxiety [C]:** Results from having a **high level of challenge** without the appropriate skill set.



- D. **Flow | Happiness [D]**: Occurs when we **continually take on more challenges** and **develop the appropriate set of skills**. The ideal is to **keep increasing our challenge and skills** in **living our values** so as to stay in the **Flow**.



In summary, what does it mean to live the value *Simplicity/Play* which is defined as “To experience simplicity in complexity and take a playful attitude towards challenges, organisations and the world”? It means to *live in the flow* ...

1. To be *completely involved* in what we are doing – focused, concentrated.
2. To have a *sense of ecstasy* – of being outside everyday reality.
3. To have great inner clarity – knowing what needs to be done, and how well we are doing.
4. To *know the activity is doable* – that our skills are adequate to the tasks.
5. To have a *sense of serenity* – no worries about oneself, and a feeling of growing beyond the boundaries of the ego.
6. To experience a *sense of timelessness* – thoroughly focused on the present, hours seem to pass by in minutes.
7. To have *intrinsic motivation* – whatever produces flow becomes its own reward.

[Source: The Csikszentmihalyi Video]