

## Playfulness Audit: How Playful Are You?

Are you dedicating enough time to play and have fun? Our audit can help provide a baseline of where your current habits lie. Don't worry if the numbers are low. With guidance, we'll set up routines that bring joy into your life through dedicated playtime!

- |  |   |
|--|---|
| 1. <i>I prioritize play in my life.</i><br>1      2      3      4      5   |   |
| 2. <i>People would describe me as a playful person.</i><br>1      2      3      4      5                                     |   |
| 3. <i>Joy and delight feature prominently in my activities.</i><br>1      2      3      4      5                             |   |
| 4. <i>I have enough fun, playful activities in my life.</i><br>1      2      3      4      5                                 |   |
| 5. <i>I make time for activities that bring me joy regularly.</i><br>1      2      3      4      5                           |   |
| 6. <i>There is always something to look forward to.</i><br>1      2      3      4      5                                     |   |
| 7. <i>I know what playfulness means specifically to me.</i><br>1      2      3      4      5                                 |   |
| 8. <i>I am actively creating a more playful environment for myself and others.</i><br>1      2      3      4      5          |   |
| 9. <i>My play activities are meaningful enough to be satisfying.</i><br>1      2      3      4      5                        |   |
| 10. <i>I embrace opportunities for surprise, discovery and exploration with enthusiasm.</i><br>1      2      3      4      5 |   |
| 11. <i>I take risks and try new things as part of being playful.</i><br>1      2      3      4      5                        |   |
|  | 12. <i>I recognize potential barriers to play and take steps to address them.</i><br>1      2      3      4      5  |
|  | 13. <i>In stressful situations, I still make space for playfulness.</i><br>1      2      3      4      5  |
|  | 14. <i>"I am mindful of my energy and productivity levels during the day."</i><br>1      2      3      4      5   |
|  | 15. <i>I strive to engage with the world around me with curiosity and openness.</i><br>1      2      3      4      5                                      |
|  | 16. <i>When faced with a challenge or problem, I use creativity over brute-force solutions.</i><br>1      2      3      4      5                          |
|  | 17. <i>I see spontaneity and change as opportunities for fun and learning.</i><br>1      2      3      4      5   |
|  | 18. <i>I welcome new things with enthusiasm and seek out opportunities for self-expression through imaginative play.</i><br>1      2      3      4      5 |
|  | 19. <i>I enjoy expanding my horizons by having fun with other people.</i><br>1      2      3      4      5  |
|  | 20. <i>I use wonder and surprises as ways to explore the world.</i><br>1      2      3      4      5  |

**Add up your numbers \_\_\_\_\_**

**80-100** Well played! You're a play-er.

**60-80** You're in the game, but your play could use more practice.

**Below 60** Time to level up your play.

10 <b>BARRIERS</b> to ...	Play that lead to <b>EXCUSES</b> that keep you from playing
<b>Guilt</b>	<input type="checkbox"/> "I am so busy; I can't spend time playing." <input type="checkbox"/> "What good can really come from play?" <input type="checkbox"/> "I don't 'deserve' to have fun and play when there are so many important tasks I need to complete."
<b>Shame</b>	<input type="checkbox"/> "Other people are going to think playing games or sports is silly or childish." <input type="checkbox"/> "I am going to look stupid playing games." <input type="checkbox"/> "Adults don't play; they work."
<b>Anxiety</b>	<input type="checkbox"/> "If I make time to play, I'll never finish my work." <input type="checkbox"/> "I'm too old. What are people going to think of me if they see me 'playing'?" <input type="checkbox"/> "I don't like to try new things."
<b>Fear</b>	<input type="checkbox"/> "Playing is going to look unprofessional." <input type="checkbox"/> "I'm afraid of losing, failing, or not being good at it." <input type="checkbox"/> "Will I be able to find other people who are willing to play?"
<b>Inadequacy</b>	<input type="checkbox"/> "I am not as young as I once was." <input type="checkbox"/> "I've got aches, pains, and old injuries—what can I play that would actually be any fun now?" <input type="checkbox"/> "I can't keep up with other people mentally or physically."
<b>Financial Constraints</b>	<input type="checkbox"/> "I can't justify spending money on play." <input type="checkbox"/> "I don't have enough money for training, proper equipment, or access to facilities to play the way I'd like." <input type="checkbox"/> "If this doesn't work out, I am going to have wasted a lot of money."
<b>Overwhelmed</b>	<input type="checkbox"/> "How should I play? There are too many choices." <input type="checkbox"/> "The learning curve for a new activity is too steep." <input type="checkbox"/> "I am already overwhelmed by balancing work and family; I can't add anything else."
<b>Exhaustion</b>	<input type="checkbox"/> "I am too tired." <input type="checkbox"/> "After a long day at work, I don't have any motivation to play." <input type="checkbox"/> "I need all my energy for work."
<b>Embarrassment</b>	<input type="checkbox"/> "I am not confident in the way I look. That makes it hard to engage in certain types of physical play." <input type="checkbox"/> "I am going to look silly trying to learn new games or activities." <input type="checkbox"/> "I don't like losing."
<b>Doubt</b>	<input type="checkbox"/> "I don't really see the benefits of play." <input type="checkbox"/> "As an adult, it's awkward to play games associated with childhood fun." <input type="checkbox"/> "I better just stay where I am comfortable and not try anything new."

Here are some villain names for these play barriers: Guilt: *The GuiltBringer*; Shame: *The Shameronger*; Anxiety: *The Anxious Oppressor*; Fear: *The Terrorizer*; Inadequacy: *The Imposter*; Financial Constraints: *The Money Monsters*; Overwhelmed: *The Overloaders*; Exhaustion: *The Fatiguing Fiend*; Embarrassment: *The Humiliator*; Doubt: *The Self-Doubter*. Give your barrier a name (Note: feel free to choose from the list above or create your own).

My play barrier is \_\_\_\_\_ because \_\_\_\_\_ .

## How Do I Play?

If you've ever watched children play, then you know there is no one way to play. We *all* have different ways we like to have fun. Some get their kicks by pulling pranks, telling jokes, and being silly. Others enjoy climbing a tree or moving a ball down the field. For some, play can mean planting a garden. For others, play is knocking out today's Wordle.

In the following, we lay out 10 “play personalities” that profile how different types of people have fun.<sup>1</sup> After we lay out the personalities, we'll help you discover which ones best describe you and how you can use this knowledge to reintroduce play into your life.

### The 10 Play Personalities

1. **The Joker / Humorist**—You find comfort in humor, especially in high-pressure environments. This play style involves using wit and light-heartedness to ease tensions, build camaraderie, and maintain morale.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

2. **The Mover / The Physical Challenger**—Your play involves physical activities that challenge your body and mind. This could be through military training exercises, competitive sports, or fitness routines that push your limits.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

3. **The Explorer / Tactical**—Your play is about exploring new strategies, terrains, or skills. It involves engaging in simulations, tactical exercises, or learning new technologies relevant to your field

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

4. **The Competitor / Strategist**—You enjoy play that involves strategic thinking and competition. This could be through war games, tactical decision-making exercises, or personal challenges that test your limits

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

5. **The Director / Coordinator / Leader**—Your play style is about leading and coordinating team efforts. It involves planning exercises, leading training sessions, or organizing team-building activities that enhance unit cohesion.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

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<sup>1</sup> The idea of a “personal play personality” comes from the early education expert, Gökhan Güneş. <https://link.springer.com/article/10.1007/s12144-021-02058-y>. The identities here are adapted from Dr. Stuart Brown's *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*.

1                      2                      3                      4                      5

6. **The Collector / Curator**—Your play involves collecting and sharing knowledge or experiences that are valuable to your role. This could be through gathering intelligence, studying historical military strategies, or sharing lessons learned from past operations.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

7. **The Artist / Creator / Innovator**—Your play style is about creating and innovating. This could involve developing new tactics, engaging in creative problem-solving sessions, or finding innovative solutions to complex challenges.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

8. **The Storyteller**—Your play involves storytelling that resonates with military experiences. This could be through sharing experiences, learning from military history, or engaging in role-playing scenarios that simulate real-life operations

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

9. **The Gatherer**—Your play style is about fostering unity and team spirit. It involves organizing gatherings, debriefing sessions, or social events that strengthen bonds within your unit.

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

10. **The Thinker**—Your play style involves intellectual challenges and strategic thinking. This could be through engaging in tactical analysis, problem-solving exercises, or brainstorming sessions that enhance operational effectiveness..

*How comfortable are you with this type of play now (1=not at all, 5=very)?*

1                      2                      3                      4                      5

### Rank Your Play Personalities 1-10

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**What are your initial impressions and takeaways?**

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**Explore Your Top 3 Play Personalities - With which 3 Play Personalities do you most align?**

**Play Personality #1** \_\_\_\_\_

- What has this Play Personality meant to you in the past?

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- What feelings do you remember when you played in this way?

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- How might you play more in this way?

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**Play Personality #2** \_\_\_\_\_

- What has this Play Personality meant to you in the past?

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- What feelings do you remember when you played in this way?

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- How might you play more in this way?

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**Play Personality #3** \_\_\_\_\_

- What has this Play Personality meant to you in the past?

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- What feelings do you remember when you played in this way?

- 
- How might you play more in this way?
- 

## Choose a “Spirit Animal”

(Your Mascot or Muse for Pressing forward with Your Play Personality)

- For **The Joker** Play Personality, the spirit animal could be **a fox** for its mischievousness and sly sense of humor. This spirit animal encourages us to lighten up and take life less seriously, so that we can access our playfulness and enjoy the joys of being alive.
- For **The Mover** Play Personality, the spirit animal could be **a cheetah** for its speed and agility. This spirit animal reminds us to stay in motion and keep pushing ourselves to higher levels with every passing moment.
- For **The Explorer** Play Personality, the spirit animal could be **an eagle** for its strength and resilience when navigating great distances in search of new knowledge. By channeling this spirit animal, we can remain focused on cultivating curiosity rather than succumbing to fear of the unknown.
- For **The Competitor** Play Personality, the spirit animal could be **a wolf** for its ferocity and relentless ambition. This creature encourages us to face any challenges or obstacles head on without backing down—demanding nothing but our best at all times.
- For **The Director** Play Personality, the spirit animal could be **a bee** for its tireless work ethic and attention to detail. With focus and determination like that of a bee's, we can develop strong leadership skills while ensuring that no task goes unfinished or overlooked.
- For **The Collector** Play Personality, the spirit animal could be **a squirrel** for its inquisitive nature when it comes to collecting items from all around them. Just like a squirrel's activity is purely motivated by joy rather than just utility; our own collection activities should never feel like a chore but more of an opportunity for learning about different subjects or cultures.
- For **The Artist/Creator** Play Personality, the spirit animal could be **an owl** for its wisdom and intelligence when it comes to creating something new. Owls represent the power of creativity, helping us access our inner resources so that we can come up with innovative ideas and solutions even in challenging circumstances.
- For **The Storyteller** Play Personality, the spirit animal could be **a parrot** for its ability to memorize stories or carry conversations even over great distances as if they were right there having a chat with you! Like this clever bird, storytelling requires both skillful imagination as well as clear communication—both things which can now be practiced with greater ease through use of parrot-like practice!
- For **The Gatherer** Play Personality, the spirit animal could be **an ant** for their diligent efforts in gathering food supplies while simultaneously looking after one another's needs within their colony—serving as an example of community-oriented values even in times when individualistic ideologies often prevail!
- Finally, For **The Thinker** Play Personality, the spirit animal could be **an elephant** for their capacity to think deeply about complex topics such as identity formation or familial relationships—making sure that each decision made is rooted upon careful reflection versus quick impulsiveness!

For my \_\_\_\_\_ (insert personality) I choose \_\_\_\_\_  
(insert animal) because \_\_\_\_\_  
(give your rationale)

## Silly Scripts (Think “Mad Libs” Leadership and Play Story)

Once upon a time, there was an \_\_\_\_\_ (insert adjective) leader at Norton Brownsboro Hospital named \_\_\_\_\_ (insert your name) who wanted to learn how to lead with playfulness. They had heard that playfulness could unlock all sorts of mental, physical and social benefits.

So they decided to explore how to lead with playfulness with other leaders at Norton. They learned about the different types of playful personalities and discovered their own unique personality \_\_\_\_\_ (insert personality) and their spirit animal: \_\_\_\_\_ (insert spirit animal)! This new knowledge gave them the courage and confidence they needed in order to embrace their inner playfulness.

But along the way, our hero encountered an evil villain known as \_\_\_\_\_ (insert Villain). They tried desperately to keep our leader from unlocking their full potential through playfulness by planting negative thoughts in their mind like “\_\_\_\_\_” (insert excuse) or “\_\_\_\_\_” (insert excuses). But our brave hero pressed on past these obstacles until finally reaching the end of their journey; experiencing and discovering more playfulness and with more play, as well as more \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. (choose 3 benefits)

They emerged from this experience feeling \_\_\_\_\_ and \_\_\_\_\_ (insert positive feelings)—ready for anything life threw at them! As soon as word spread about this amazing transformation, people flocked from near and far seeking out this newfound wisdom for themselves. All were delighted with its power—transforming lives one person at a time! Norton Brownsboro Hospital and the whole city flourished as never before thanks to its newfound appreciation for playfulness among its leaders.

## Silly Script (Example)

Once upon a time, there was an adventurous (insert adjective) leader named Emma (insert your name) who wanted to learn how to lead with playfulness. They had heard that playfulness could unlock all sorts of mental, physical and social benefits.

So they decided to explore how to lead with playfulness with other leaders at Norton. They learned about the different types of playful personalities and discovered their own unique personality, The Explorer (insert personality) and their spirit animal: The Fox (insert spirit animal)! This new knowledge gave them the courage and confidence they needed in order to embrace their inner playfulness.

But along the way, our hero encountered an evil villain known as Time Constraint (insert Villain).s. They tried desperately to keep our leader from unlocking their full potential through playfulness by planting negative thoughts in their mind like “I don’t have enough time” (insert excuse) or “I am too busy” (insert excuse). But our brave hero pressed on past these obstacles until finally reaching the end of their journey; experiencing and discovering more playfulness and with more play, as well as more creativity, flexibility and teamwork (choose 3 benefits).

They emerged from this experience feeling energized and motivated (insert positive feelings)—ready for anything life threw at them! As soon as word spread about this amazing transformation, people flocked from near and far seeking out this newfound wisdom for themselves. All were delighted with its power—transforming lives one person at a time! Norton Brownsboro Hospital and the whole city flourished as never before thanks to its newfound appreciation for playfulness among its leaders.

## Facilitator Guide

### ☐ Introduction to Play: Let's Play

- Objective: To provide an interactive and entertaining way to start the workshop before the actual content begins.
- Facilitator Tools: [Tenzi Dice Game](#)
- Group Discussion: Play 3 rounds of Tenzi with the group to set a fun and playful tone for the workshop. Note: Tenzi is a dice game that is fast-paced and easy to play, it's a perfect icebreaker for a workshop on play.

### ☐ Playfulness Audit: How Playful Are You?

- Objective: To provide a baseline of the individual's current play habits and provide guidance for setting up routines that bring joy into their lives through dedicated playtime.
- Facilitator Tools: Playfulness Audit questions, scoring system, Stress ball
- Group Discussion: Use [Menti.com](#) to conduct a group question and ask participants how they scored on the play audit
- Optional Resources: Provide a [stress ball](#) for participants to use during the audit, Squeeze the stress ball 5 times and lead the group in saying "This is only a Test, bring on the Jest"

### ☐ 10 Barriers to Play

- Objective: To identify common barriers that may prevent individuals from incorporating play into their lives.
- Facilitator Tools: List of common barriers and examples of excuses used to justify them
- Group Discussion: Use [Menti.com](#) to create a word cloud of the group's "play villains" (barriers to play)
- Optional Resources: Have participants sketch their personal "play villain" using crayons

### ☐ How Do I Play? - Play Identities

- Objective: To help individuals identify their preferred play style and understand how it fits into their overall identity.
- Facilitator Tools: List of play identities, exercises for exploring one's play identity
- Group Discussion: Have participants rank their top play identities and share on [Menti.com](#) and discuss their initial takeaways and impressions

### ☐ Choosing a Play Identity Metaphor - "Spirit Animal"

- Objective: To assist individuals in connecting their play identity to a metaphor, such as a spirit animal, that they can use to guide their play choices and behavior.
- Facilitator Tools: Explanation of spirit animal metaphor, exercises for choosing a spirit animal
- Group Discussion: Have participants share their chosen "spirit animal" and discuss how it represents their play identity
- Optional Resources: Provide a [small toy animal](#) for each participant to choose as their "spirit animal"

### ☐ Silly Scripts Leadership Story



- Objective: To use a playful exercise to explore leadership qualities and how they relate to play.
  - Facilitator Tools: Madlib story template, examples of completed stories
  - Group Discussion: Have participants who are willing read aloud their completed Madlib story and act as a storyteller bard.
  - Celebrate with [throw streamers party paper!](#)

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