

## **PLAYFULNESS & HUMOUR**

You do not take yourself or anyone else too seriously. You enjoy laughing and making other people smile at the marvellous experiences of life. You love having fun but not through cynicism. You can be amused by the futility of your own importance as you choose to see the lighter side of life.

[More info on Playfulness & Humour](http://www.viacharacter.org) www.viacharacter.org

What are the signs of playfulness & humour?

What work might suit someone who's playful or has a good sense of humour?

What advantage is there in being playful & humourous?

## **Make a plan to develop more playfulness and humour!**

I'd love to be more playful/humourous in the following situation:

This would help me to be more playful (e.g. not allowing things to bother me):

When and where I'll be more playful or use more humour:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.