



100 ways to

**PLAY WITH
YOURSELF**

How to be **hilarious**,
whip-smart & **sexy**.

Created by
ALEXANDRA FRANZEN



Are
you
ready
to play?

Warning!

This wee-book contains **100 Ways To Play With Yourself**.

That's **100 ways** to **shake** up your daily routine, **shift** your reality, **spruce** up your language, **ignite** your curiosity, **jiggle** & **wiggle** your body, and **honor** the part of your heart that just wants to **PLAY**.

I'm not a therapist. I'm not a doctor.

I'm a writer, teacher & creative minx with a lot of strange ideas.

If this book makes your life stupendously awesome, you're welcome. If this book doesn't serve you in the slightest, sorry — you can't sue me.

Read with delight, and ...

ENJOY TO THE MAX!

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Dude. You have no idea.

Love & Dedication

I believe that **PLAY** is a necessity.

It keeps us creative, curious, flexible & prolific.

For every grown-up who still doodles, who still plays dress-up, who still sings in the shower, who still writes & bakes & paints & creates — for the sheer joy of it — this book is dedicated to YOU.

But ...

... the fact remains: for 2.5 billion people on the planet, the very idea of “playing” is an inconceivable luxury. For these men, women & children, life is a story of grinding poverty. Creative playtime? Not so much.

This book is dedicated to them, too.

For every purchase of this wee-book, \$5 goes to the **Women’s Earth Alliance** — a nonprofit that provides women in developing regions with leadership training & legal services, so that they can effectively fight for food, clean water & land.

If you feel so inspired, you can make an additional contribution to **WEA** — in honor of a more peaceful, playful world.

DONATE NOW

Play with your **WORDS**

“I know nothing in the world that has as much power as a word. Sometimes I write one, and I look at it, until it begins to shine.”

—Emily Dickinson

1. Rescue an Endangered Language.

Only 100 people on earth speak Atzingo Matlatzinca, or pjiekak'joo — the indigenous language of the Matlatzinca people in the southern part of Mexico.

What if YOU made it 101?

There's a peculiar pleasure & power in studying a language that's destined for extinction. Like you're keeping a wisp of ancient wisdom alive. And, learning a new language literally increases your brain density. Too groovy.

Want to study Gaelic, Kannada, Marathi or Lithuanian?

Curate your own curriculum with a local (or virtual) language teacher, at Language-School-Teachers.com.

2. Brush up your bio.

Everyone needs a spiffed-up, well-written, captivating bio — even if it's only for ego-boosting purposes.

Try my [5 cheat-a-licious tricks](#) to spruce up your half-baked bio. And then proudly promenade your new wordage on your Facebook profile, website, blog, or in your upcoming holiday newsletter. Hello, YOU.

3. Dive into Dekaaz.

Dekaaz is a new poetic form, created by vibralinguist, choral activist & singer [Rachel Bagby](#). It's similar to a haiku: clean, sparse & elegant, with a total of 10 syllables: 2 in the first line, 3 in the second, and 5 in the last.

**how now
shall we live?
ten syllables strong**

Try: writing your weekly 'to do' list in Dekaaz. Negotiating with your car insurance rep in Dekaaz. Calling your local legislator & voicing a political protest in Dekaaz. Feel your brain streeeeetch as you revel in the rhythm.

4. Take an impromptu writing vacation.

Tell all your friends, **"Sorry, can't do brunch. I'm writing a BOOK."**

Then check into a B&B, teepee, ashram, seedy motel or 5-star resort ... lock the door ... pour a glass of carrot juice, Jameson, black coffee, whatever ... and *write*. 'Til it's not fun anymore.

5. Expand your vernacular.

According to the BBC, most people know about 35,000 words. Dictionary worshippers & English professors know 50,000 — or more. But we only use about 3,000 words on a regular basis. The rest fall into our 'passive vocabulary.' Inert, and all-but-forgotten.

What if we actually exercised our full vocabularies, every year? The world would be a lot less prosaic and a lot more prodigious. Which, in my opinion, would be downright propitious.

So: Sign up for the [Dictionary.com](#) Word of the Day newsletter. It's a salutary addition to your morning routine!

6. Turn words into grain.

Play the vocabulary game at [FreeRice.com](https://www.freerice.com). For every answer you get right, Free Rice donates 10 grains of rice to hungry families in developing regions, through the United Nations World Food Programme.

Digital philanthropy for word-freaks & English geeks. Get into it.

7. Register for **NaNoWriMo**.

(That's National Novel Writing Month, natch.) It's a FREE lovefest for aspiring novelists, with daily word-count markers to keep you moving, and tons of encouragement from peers (and authors you idolize).

I did it a few years ago, and cranked out a full-length novel about a Selkie man who returns to Scotland to find his father, but falls in love with a faerie-woman (of course).

It was abundantly awful (the book, not NaNoWriMo). But seriously fun.

8. Prowl through **Your Big Beautiful Book Plan**.

If you're jonesing to land a literary agent & a traditional book deal, this is the creative Bible you've been searching for.

You'll find a slew of brilliant author interviews (featuring yours truly, as the esteemed question-popper), practical finish-line tips, a plug 'n play book proposal template & more.

Think of it as a multi-media companion for your literary voyage — from the braincloud stage, to the proposal, to your gold-star marketing campaign, and beyond.

Bravo!

A PLAYDATE

with Stephanie Holloway

Licensed Specialist Clinical Social Worker & Registered Play Therapist - Supervisor

Why is it so important for grown-ups to PLAY?

As a play therapist, I believe (like many) that play is the natural language of children — and I also believe that no matter how ‘old’ we are, there is a child within each of us that wants and needs to play. Play allows us to work out problems, be creative, act spontaneously and LIVE OUT LOUD.

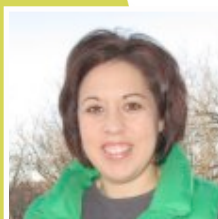
How do you wrangle clients who claim they're 'TOO BUSY' to play?!

We are all ‘too busy’ to lose weight, make a phone call, write the book we've been talking about for the last 10 years, mend a relationship, heal ourselves, take that vacation we've been promising our kids, and / or go on a date with our significant other. The reality is that we're not ‘too busy’ — we just don't do those things for a variety of reasons!

Kids are our best teachers — I encourage big people to get down on the carpet, let go of the idea that playing is a waste of time, and do one thing that they really loved as a kid and see if they feel like they are ‘too busy’ to miss that feeling in life. It's about doing things from a child's perspective — on the carpet, in the dirt, in a tree, by a stream, in the woods, on a playground, in the water ...

What is YOUR absolute favorite way to play?

Taking my son and daughter outside to enjoy nature — we love camping at the lake and being silly. Nothing beats a campfire, a s'more, and a child or two nestled in your lap at the end of a long day in the sun and water.



Stephanie Holloway, LCSW & RPT-S is a registered play therapist with two uh-mazing kids, who happens to be married to her very best friend, Matt. She lives in Kansas.

PLAY WORKSHEET

Your Power Word Of The Year

Every year, on January 1st, I choose a Power Word to anchor my intentions for the year to come.

It doesn't have to be heavy or emotionally-intense — your Power Word could be bacon, if that represents the qualities you want to embody, for the next cycle 'round the sun. After all, bacon is crisp, playful & fun! Everybody loves bacon!

Choose a Power Word for the rest of the year ... or make up one of your own!

Absolute	Activate	Aerial	BIG
Bombastic	Clarion	Complexity	Courage
Creation	Decadent	Devotion	Exquisite
Finesse	Force	Gray	Gold
Hope	Insight	Intimacy	Kinetic
Light	Liminal	Lounge	Marvel
Mystery	Neon	Partnership	Peace
Precision	Proof	Pure	Righteous
Rowdy	Sensuality	Serendipity	Shadow
Simplicity	Sorcery	Sparkle	Sugar
Trouble	Trust	Virtuoso	Visibility
Vital	Vivid	Volcanic	Winsome
Wild	Wicked	Yowza!	Zen

Play with your **BODY**

“Our body is a vehicle for awakening ...
treat it with care.”

—Buddha

11. Run, baby, run!

Think ‘runners’ are buoyant stick-figures with bouncing ponytails, manic grins, and an insatiable lust for baby carrots & neon sweatbands? Think again.

The gals at **Up & Running** have created a series of online running courses for women who want to complete their first 5K, 10K or half-marathon. And their courses are designed for curvy girls, teensy girls, power-athletes & couch potatoes alike.

The Up & Running motto? “Feel the thrill of completion. And love your body more than you ever thought possible.” Learn more & start flying at UpAndRunningOnline.org.

12. Embark on a Luxury Conquest.

When was the last time you allowed yourself to LUXURIATE?
Unplugged, unfettered & free?

Block out a Sunday afternoon (or a full weekend, you Luxury Conquistador!) and **saturate your body with luxury**, well past the point of reason.

Mid-morning nap? Done. Fresh mango juice in bed? Done. A two-hour walk through the park — **without** your cell phone? Done. A 10-minute chair massage? Done. And make it twenty. You’ve got this.

13. Plant a tree.

It's rugged, outdoorsy, and a potent karma booster. Find a tree-hugging foundation near you, and start digging.

Based in Los Angeles? Get thee to TreePeople.org
Live in NYC? Check out MillionTreesNYC.org
Canadian maple-lover? Head to TreeCanada.ca
Elsewhere? Visit ArborDay.org

Mama Earth thanks you, in advance.

14. Hang upside down.

Inverting your body — by swinging your head between your knees, propping yourself up in a headstand, or simply laying flat on your back with a slight backwards tilt — **increases blood flow to the brain.**

More blood means more oxygen. And more oxygen means more neurotransmitters — like **norepinephrine** (attention!), **dopamine** (memory! motivation! assessment!) and **serotonin** (happiness!) — flooding your system.

All the power-chemicals you need to dream, decide & create ... something GOOD.

15. Drop & gimme 20...

... minutes of yoga, that is.

The **20-minute Yoga Podcasts** from YogaDownload.com are blissfully FREE — and surprisingly vigorous. Choose from a bevy of categories & fusions: Vinyasa, Hatha, Pranayama, Ashtanga, Jivamukti, Hot Yoga, Cardio Yoga, Yoga with Weights, even Pre-natal & Children's Yoga!

Do them in your cubicle (everyone's staring — because they're JEALOUS!), your hotel room, your patio, or a flower-strewn meadow. **Om shanti sweeeet.**

16. Adorn yourself.

Adorn yourself with sacred geometric symbols. Hearts, stars, [Necker cubes](#), polygons, [mandalas](#), [Venn diagrams](#), equilateral triangles.

Symmetry is stunning.

Try a custom-designed temporary tattoo from [StrayTats.com](#), a henna tattoo, airbrush tattoo — or something that catches the light, like [Swarovski body art crystals](#).

17. Get done UP.

Remember ye olden days (aka, the 1950's) when ladies would gather in throngs at the beauty salon, for their Friday up-do? And fellas would tromp into the barbershop for their hot lather shave?

We've come a long way since then (what's up, Civil Rights Movement?) but nevertheless — I long for a Beauty Parlor Renaissance.

Make an appointment at your local salon. A blow-dry & styling, a straight-razor shave, or a bounteous pompadour. Or do it yourself, with a tutorial from [SalonInYourHome.com](#).

18. Take the three deepest breaths of your LIFE.

Inhale ... hold ... exhale x 3. Right now. The end.

19. Submerge yourself in a Six Day Sex Date.

Sex & intimacy coach [Kim Anami](#) encourages her clients (coupled & singled alike) to commit to a Six Day Sex Date: six days of massage, masturbation, fantasy play, new toys — sensual exploration of every flavor & hue.

And she, ahem, [practices what she preaches](#). Worth a go, no?

A PLAYDATE

with Ev'Yan Whitney

Author of *Sex Love Liberation: a manifesto for the bold at heart.*

Stop midday & take a detour down the path of pleasure to the gorgeous valleys of your body.

Explore the uncharted paths of succulence between your legs, that erotic ravine which houses the energy of your sex.

Explore the meadows of fuzz & fur; explore the nooks & crannies of your desires.

Play with the goosebumps that form on your skin.

Play with your curvatures of skin — kneading, molding, moistening.

Writhe with the fluttering beats of your heart & the quickening of sultry, warm breath.

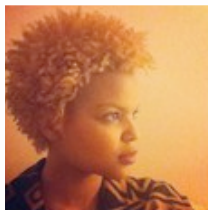
Open up to lustful indulgence, filling your senses with wanton fantasies.

And when the time comes, evacuate from your body, spilling over blissfully into ecstasy, joyfully releasing.

Play with yourself.

Turn yourself on.

Free your deepest, most sensual cravings.



*Ev'Yan Whitney is a subversive femme with a penchant for sex talk. She's also the author of **Sex Love Liberation: A manifesto for the bold at heart.** Find her online at **SexLoveLiberation.com***

PLAY WORKSHEET

7 Days Of Moxie & Movement

What if — every day, for the next 7 days — you flaunted your moxie & moved your body more than ever *before*? (Or at least, more than usual?)

Here's a playful calendar, to help you plan your sauciest & most smokin' week, yet. Make it as tame or as wild as you like. But remember: Oprah is watching. Oh yes. Just like Santa & Jesus.

DATE!	MOXIE!	MOVEMENT!
<i>Monday the 3rd</i>	<i>Flirt w/ barista & ask for a free shot of espresso</i>	<i>Walk home from work, instead of driving.</i>
Monday the _____		
Tuesday the _____		
Wednesday the _____		
Thursday the _____		
Friday the _____		
Saturday the _____		
Sunday the _____		

Play with your **MIND**

“GAMES lubricate the body & mind.”

—Benjamin Franklin

21. Say “I’m BACK!”

Ever notice that your brain reeeeeeally likes to prance away from the present moment? And that usually, it relishes reminding you that **you-suck-you-suck-you-suck**? In case you forgot?

One of the BEST ways to silence your idiot-brain comes from **Josh Pais**, film & TV actor & creator of the **Committed Impulse** performance technique. Josh encourages students to bellow **“I’m BACK!”** whenever they feel their minds frolicking away.

Feels insane — but it works. **You’ll be gobsmacked.**

Learn more & register for a workshop, at CommittedImpulse.com.

22. Think a NEW thought.

The **National Science Foundation** determined that our brains process an average of 50,000 thoughts a day. Deepak Chopra — and other psycho-spiritual researchers — estimate that 90% of those 50K are thoughts we’ve already had before. Translation: **we rarely think anything NEW.**

Try to come up with **10 new ideas, every day** — new toast-buttering techniques, new tooth-brushing rhythms, new bicycling routes to work. Anything goes. Everything counts.

23. Be over-the-top grateful.

Neuroscience studies at the University of Michigan have shown that cultivating a **gratitude practice** — writing thank you notes, making lists of things you adore, or simply reflecting on things that don't suck — has a markedly positive impact on your brain chemistry.

Craft a letter of over-the-top gratitude for someone who deserves your abundant thanks. At a loss for words? Try my **Fill-In-The-Blank Gratitude Cheatsheet**. Et voila!

24. Declare your boudoir a tech-free zone.

Disconcerting, but true: all those glowing, blinking, softly bleeping bulbs & lights & digital tokens in your bedroom? **They're interrupting your sleep**. Which affects your short-term memory, emotional equilibrium, and even your metabolism. No funz.

Shift every electronic item that you possibly can OUT of your bedroom — or at the very least, cover your eyes with a **hardcore sleep mask**.

Bonus points? Invest in a **Tibetan bell-chime alarm clock**, from **Now & Zen**. And a very good morning to you, too.

25. Chant yourself into contentment.

Mantras are simple, lyrical, easy-to-repeat phrases that lift your spirits & remind you of your connection to the Divine. Reciting or singing a power-mantra 10, 20 or the **traditional 108 times a day can lower your blood pressure, heart rate & stress hormones** ... giving you that coveted 'monk-mind'. **Ooh, monk-mind.**

Try: *Om ram ramaya swaha* (Sanskrit for: 'Salutations to that perfection in the physical realm, whose attributes exist in me also. Kindly manifest.')

Or: *I am creative, resourceful & whole.* (The **CTI Special**)

Or my personal favorite: *I am an Olympian athlete of the MIND!* (Fuck YEAH!)

26. Take a digital sabbatical.

The [Middleton Media Study](#) — the most comprehensive observational media study of its kind — states that Americans spend more time using digital devices (TVs, radios, iPods, tablets & cell phones) than doing **any other activity, while awake**. In other words: we spend more time plugged into The Grid, than not.

It's how we spend the majority of our waking hours.

Anyone else terrified by this? OK, good. Not just me.

Consider unplugging COMPLETELY — for an hour, an afternoon, or a whole luscious week. Jonesing for something (anything!) to fill the time? Scope out this list of [78 \(legal, wholesome, cheery\) things to do on your digital sabbatical](#), courtesy of the glorious [Grace Quantock](#).

27. Pray. Good 'n hard.

Turns out, [cultivating a sense of Oneness with the universe can literally re-sculpt your brain](#). Scientists in a new field of study known as **neurotheology** have been cataloging the effects of prayer on the mind & body, and the results would make Jesus do the happy dance & turn water into wine (or seasonal beer, or bespoke gin & tonics, whatever.)

Check out [this NPR story](#) on prayer & the brain. Then kneel & get busy. (Not like *that*. You incorrigible heathen.)

28. Craft a high-minded review.

Writing a thoughtful review — for your local diner on [Yelp](#), or your favorite legal thriller series on [Amazon](#), or a service provider to whom you've repeatedly promised your first-born child — is an exercise in **critical thinking, reasoning & elocution**. Think of it as a gentle aerobics class for your brain. With positive karmic side effects.

Stumped on how to craft a heart-stopping testimonial or review? [Start with these pointers](#).

29. Grieve. With intention.

Loss. Agony. Death. At some point in your life, you will be summoned to the precipice of grief. And you'll have an opportunity to let that grief define you, indefinitely — or use it as a springboard towards reinvention & new possibilities.

Christina Rasmussen's **5-Step Re-Entry Model** is a remarkable approach to **reinvention through grief**, which relies on the brain's ability to give birth to new pathways, new habits and new brain connections ... literally re-wiring your reality, from the inside out.

Learn more about Christina's work on the science of grief, at SecondFirsts.com.

30. Say NO to drugs. Say HI to mom.

The sound of your mom's voice — in person, on the phone, discussing just about any subject — releases an instant dose of chemical euphoria, **raising your oxytocin levels** (the 'cuddle hormone') and creating a sense of security & ease.

And calling your dad? The jury's still out. But I'd be willing to bet that ringing either parent (or anyone who represents a parent, for you) triggers a similar brain-hug effect. So don't wait for Mother's Day, Father's Day or Christmas. **ET, phone home.**

Notes. Thoughts. Jots.

A PLAYDATE

with Christina Rasmussen

Grief counselor, life coach & founder of Second Firsts

How can we begin to PLAY again, after experiencing extraordinary loss?

My life was interrupted abruptly one early morning at 2am in 2006 when my gorgeous, smart and spectacular husband passed on to another dimension and left me here on this earth with two baby daughters.

I was distraught, breathless and in love with a dead man.

My body was still functioning but I was dead inside.

Since that day, I began the process of learning to play with my life after loss.

I won't lie to you — it didn't happen overnight, but it did get me to my present moment.

I wake up every morning and I look at my life as a single life that lives within every day.

Since 2006, I lived 2,190 playful lives.

I had so much fun that I forgot that I was no longer a kid.

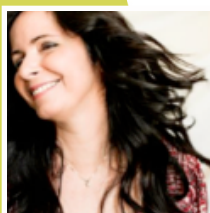
I travelled the globe so many times over.

I fell in love hard, and married him regardless of my fear.

I am no longer afraid because after all, if you don't play the biggest game called life, your loss will not be able to teach you the wisdom that you deserve!

You earned it. Now is your turn.

Go and claim it. But remember to press PLAY!



*Christina Rasmussen is a grief counselor, life coach & the founder of Second Firsts — an online community & healing portal for people who have experienced extraordinary loss. Her first book will be released by Hay House in 2013. Find her online at **SecondFirsts.com***

PLAY

WORKSHEET

A Day Without Lying

We lie all the time — automatically.

Like when someone casually asks, “How you doing?” And you auto-reply, “Great!” instead of of “Actually, I’m having a pretty miserable week. I could use some extra love. And if you see me crying, just hold me & pass the Kleenex.”

What would happen if you went a whole day ... without lying? Even a little? If you told the absolute truth to everyone in your orbit? Who would you become?

Use this mini-chart to identify **three situations** where you tend to “**auto-lie**” — rather than express what’s truly UP. Then, plot out your refreshingly honest response.

I auto-lie when...	I usually say...	Today, I’m going to say...
<i>My boss asks me how my day is going.</i>	<i>“Awesome! Can I get you anything from Starbucks?”</i>	<i>“I’m feeling frustrated about some of my current projects. Can we talk?”</i>

Play with your **FOOD**

“Show me what you eat, and I’ll show you who you are.”

—Brillat-Savarin

31. EAT AWESOME. (Even just for a day.)

Paul Jarvis’ debut cookbook — EAT AWESOME — is an average person’s guide to raw, vegan, whole-food cooking. And before you roll your eyes in search of the nearest bag of cheesy dum-diddlies, hark ye! It’s got recipes for fresh veggie tacos, sweet cashew cream, hearty shaved squash with pasta sauce, Irish Cream Liqueur cocktails — and an abundance of ‘nut sack’ jokes.

And at **\$5 for a digital copy**, it’s wholly worth a gamble. Think of it as an experiment in luscious, squeaky-clean cooking & eating.

Learn more at EatAwesome.ca.

32. Eat precisely what you want, when you want it (what a concept!)

What would happen if you ate **precisely** what you wanted, when you wanted? And gave yourself permission to actually savor & luxuriate in your food?

For a day, a week, or a month, try upgrading ALL of your meals. Shop in the ‘fancy aisle’ at the grocery store (YOU know the one — with the bespoke bottle of fig conserve & imported stone-grain mustard. Uh-huh.) Traipse around farmer’s markets. Eat breakfast at midnight. Sip OJ in the bathtub.

Saturate yourself with sensual nourishment. Take notes & track your epiphanies. **I DARE you not to look & feel like a demi-god(dess).**

33. Have a chakra-coordinated feast.

What, you're not familiar with the chakras? Your 7 centers of physical & spiritual power, spanning from your tailbone to the top of your crown? Le sigh. [School yourself here](#), and then ...

... **host a chakra-coordinated feast!** Arrange 7 dishes in a row — and have each dish correspond to the color & qualities of its respective chakra.

For example ...

- ROOT CHAKRA** :: Roasted beets (red, earthy, a literal root)
- SACRAL CHAKRA** :: Fresh pink papaya (coral, womanly, sensual)
- SOLAR CHAKRA** :: Hard-boiled eggs (yellow, sun, strength, vitality)
- HEART CHAKRA** :: Avocado (green, nourishing, abundant)
- THROAT CHAKRA** :: Blueberries (blue, open, expressive)
- THIRD EYE CHAKRA** :: Edible violet flowers (purple, mystical, blooming)
- CROWN CHAKRA** :: Raw goat cheese (white & gold, purity, transcendence)

Take a full-color photo, for all posterity — and enjoy!

(Many thanks to [Sofia Lorraine](#) of [Align Pilates](#) for this sumptuous idea.)

34. Don't go on a 'diet.' (Or applaud friends who do.)

The world will be a much happier, saner place. Thank you for your cooperation.

35. Get it delivered.

There are few pleasures in this world greater than getting groceries delivered to your doorstep. If snail mail parcels set your heart a-flutter, subscribe to [SprigBox](#) & you'll get a mystery bundle of fresh organic treats shipped to your pad, once a month. Ah, sweet suspense!

A PLAYDATE

with **Amanda Love**

aka, The Barefoot Cook

How can we **PLAY** with our food?

By **chewing very slowly** and deeply taking in the orchestra of **flavors** and textures as they joyously **play their different notes** in your mouth ... all the way down to your very **happy belly.**



*Amanda Love is a chef, nutrition consultant & entrepreneur based in Austin, Texas. Her line of organic loose-leaf tea — **Soothing' Infusion** — is available at select Whole Foods Markets. Find her online at **TheBarefootCook.com***

PLAY

WORKSHEET

One Perfect Meal

When's the last time you enjoyed One Perfect Meal?

What made it so memorable?

If I had to guess, I'd bet it had relatively little to do with the actual food, and everything to do with the ambience, the company, and your state of mind.

Use this worksheet to sketch out One Perfect Meal, right down to the mood music. It doesn't have to be fancy, expensive or complicated. But it should make you siiiigh with anticipation.

Extra credit: recreate your Perfect Meal in Real Life ... and **send me a photo.**

<i>Who's invited to your Perfect Meal?</i>	
<i>Where & when are you going to dine?</i>	
<i>How is the table decorated?</i>	
<i>How are YOU decorated?</i>	
<i>What's playing in the background?</i>	
<i>Any surprise guests?</i>	
<i>What's on the menu?</i>	
<i>What happens next?</i>	

Play with your **REALITY**

“Reality is merely an illusion, albeit a very persistent one.”

– Albert Einstein

- 37.** Adopt a llama from a Buddhist animal sanctuary. Just because you can.
- 38.** Have your dessert after breakfast, instead of at the very end of the day. Oprah said so!
- 39.** Write an advice column featuring a question from yourself AND an answer from your (slightly older, wiser) self.
- 40.** Kill your Facebook account. No, really. Just get rid of it. You rebel!
- 41.** Instead of calling your mom next Sunday, show up at her house with a potted bonsai tree & a brand-new bottle of her signature scent. Bonus points if your mom lives in another time zone.
- 42.** Model your exercise regime after a beloved (and badass) film & TV heroine! Because, c'mon: would you rather do ordinary pushups — or G.I. JANE pushups?
- 43.** Go to a completely bonkers, stadium-style POP CONCERT. The more hormone-addled teeny-boppers in the audience, the better.
- 44.** Make your own **vegan toothpaste**.
- 45.** Kill your vision board — if it's not working for you. Inspiration is not one size fits all. Notable quotes don't rev everyone's engines. Glossy photos of mountains & temples & twirling yogis do not guarantee motivation.
- 46.** Two words: **neon shoelaces**.

- 47.** Three words: **sophisticated side ponytail**.
- 48.** Watch every **Carl Sagan documentary** ever made. Marvel at the mysteries of the cosmos.
- 49.** **Make a list of 100 people** you want to have lunch with before you die, like **Nicole Antoinette**. Then actually ask those people to lunch. They'll be fabulously flattered. And probably say YES.
- 50.** Stop waiting for the perfect opportunity to teach, speak or lead your first workshop, and just throw your own damn party.
- 51.** Instead of buying a glossy magazine from your own country, get one from a faraway land. Get inspired by not-so-local fashion, food & pop culture perspectives.
- 52.** Ask the three Most Boring People You Know to tell you a secret. Prepare to be uh-mazed.
- 53.** Ask the most elderly person you know to recommend a few bands for a new music playlist. Hello, cross-generational groovefest.
- 54.** Concoct your own **lavender-infused soda**.
- 55.** Read everything on my **Official Summer Reading List** (no matter the season.) Especially the smutty stuff.
- 56.** Be complicated. And don't apologize about it.
- 57.** Get a library card, already.
- 58.** Find your **Life Theme** — and your Final-Breath Battle Cry.
- 59.** Craft a pristine & precise personal introduction, **once & for all**. Test it out on a gathering of toddlers. If they're confused about what you do, most grown-ups will be, too.
- 60.** Ask yourself, "**What am I bored of?**" Let the answer guide you into thoroughly un-boring turf.

- 61.** Prowl through every last page of your website or blog and hunt for out-dated & inaccurate anachronisms (“Coming soon — in summer 2003!”). Clean up & shine.
- 62.** Thank — *really* thank — your hardworking local barista. Then give them \$5 and ask them to ‘surprise’ you, with a signature concoction.
- 63.** Plot out your entire year, in one fell swoop — and experiment with scheduling WIDE-OPEN days, weeks or months for passion projects (or unexpected magic).
- 64.** Acquire a piece of **luxe body armor**. Channel your inner Joan of Arc.
- 65.** Shake up your undergarment routine with a pair of **POSITIVE PANTIES!**
- 66.** Give \$20 to a friend & ask them to mail it you, in six months time. (Snail mail is practically a mystical art, these days.)
- 67.** Write a bonafide FAN LETTER to someone you admire. (Some of the characteristics you’re gushing about? They’re probably traits you’d like to cultivate, in yourself.)
- 68.** Commission a professional portrait of yourself. I thoroughly recommend the immensely talented (and, in my opinion, far-too-cheaply-priced) **Aurora Armijo**.
- 69.** Buy a pair of **Jessica Swift’s glorious, disco-tastic rainboots**. You’ll be supporting **charity : water**, when you do. Splish-splash!
- 70.** Memorize (or write) one really good, solid toast. For weddings, bar mitzvahs & quinceañeras. Or impromptu celebrations.
- 71.** Be KINDER than seems necessary. And more GENEROUS than seems reasonable.
- 72.** Learn how to pronounce the names of unfamiliar vegetables.
- 73.** Have an OPINION. It’s SO refreshing!
- 74.** Sprinkle **edible glitter** on vanilla ice cream. Put on **Depeche Mode**. Lie outside on a faux fur blanket, at midnight. **Forget everything.**

- 75.** Talk to a geek, compulsive collector, specialist or master crafter. Ask them why they love what they love, and how they learned what they learned. (Brace yourself for the torrent of enthusiasm.)
- 76.** Order the drink in the keepsake glass, shaped like a carved Tiki head. With extra pineapple.
- 77.** Open your eyes when you're kissing.
- 78.** Take yourself on a rromantic date, for one. No cell phones allowed.
- 79.** Send your best friend some cash through **PayPal**. And ask them to mail you a small present, every day, for a week. Reciprocate.
- 80.** Stop pushing so damn hard. Money & opportunities are repelled by desperation. Radiate & receive.
- 81.** See. Art. Every. Day.
- 82.** Keep a box of glo-sticks in your kitchen cupboard and a bottle of sparkling wine in your fridge, at all times. Just in case.
- 83.** Enter a sweepstakes contest. Cross your toes.
- 84.** Create a series of email filters that immediately archives every e-newsletter you receive. Keep it on for a month, or more. See if you missed much. (You won't.)
- 85.** Be easily amused. (You'll be more amusing.)
- 86.** Dress the part.
- 87.** Go to a hardcore industrial-electro show, full of shirtless, raging, dreadlocked rockers. **Mosh.**
- 88.** Go to a gay bar, full of sparkly, shimmery, bedazzling drag queens. **Dance.**
- 89.** Interview a veteran. (Of anything.)

- 90.** Ask your 10 closest humans to **record a short mp3** for you, telling you why you're extraordinary, beautiful, brilliant & worthy. Burn a CD. Listen to it every day, for a week. Think of it as an aural vitamin supplement, for your soul.
- 91.** Write one poem a day for a year, or more — like Samantha Reynolds of **bentlily**. Think of it as an experiment in “the art of noticing your life.”
- 92.** Choose to believe that **people want to help you**.
- 93.** Create a **future resume**. Send it to your **future self**.
- 94.** Give away every article of clothing that makes you feel less than spectacular, even if it means you're left with one great pair of jeans, a collection of **Slayer** t-shirts, and some fingerless gloves. Re-curate your wardrobe, slowly & thoughtfully, from a place of space.
- 95.** Keep your mind in the gutter (it's fun down there.)
- 96.** **Teach now** & be a mentor. Immediately.
- 97.** Send a “tithe” (a small donation) to someone who has provided you with spiritual nourishment. Could be a small-town blogger. Could be an author. Could be your youngest nephew. Let it be a delightful surprise.
- 98.** **Make an LED hula hoop**. Make one for everyone on your street. Then host a holy-hoopin' block party!
- 99.** Write a personal **Money Manifesto**, to articulate your personal beliefs about affluence, abundance & enough-ness. Need a prompt? Begin with: “*Money mirrors my ambition. It is not my definition.*”
- 100.** Give someone — or something — your *genuinely* undivided attention. Try it for a single conversation. Try it for an evening. Try it for a lifetime of play, purpose & creation.

A PLAYDATE

with Hiro Boga

Energy Alchemist, Business Strategist & Published Poet

Finger Painting

Sea foam froths the waves. Sea lions bellow,
roar. Foam shivers, flies feet first
into the wind. The tide holds its breath.
Hissssssssssss

Ganesh's belly rests in his lap. His trunk
caresses tree, root, sky.
His feet can't be so small, can they?
To hold up such a big heart?

Black grapes in a white bowl. Thick skin, sweet
wetness on the tongue.

Giraffes nibble lilac clouds.
One gulp. All gone.

Follow this dimpled eddy down down down. Blue-green
sea green, azure, mink. Murky mists. Sun
shines up from its sea bed. Stars shatter across the sky.

From the beach below, a springy rainbow path
sends a formal invitation.

Walk on water. Walk on air. Walk
through the stars. Walk...walk...walk...out
to the edge...turn...in
to home.

Yesterday, you were a tired old man. Today, you're
three-and-a-half. Today, you rule the world.
One flick of your pigtails and...off with their heads!

Roses. Spicy-musk. Hidden under the floor-boards. Exuding
rose-ness, a tang of cloves.

Tomorrow, a whisper curls around every ear.
Have you heard? The tide is here!



Hiro Boga is a writer, teacher of transformation & energy
alchemist. Her published work includes a bestselling novel and
a collection of poetry — and she has also created a number of
online programs for creative entrepreneurs. Find her online at
HiroBoga.com

PLAY WORKSHEET

Throw a Rave Inside Your Brain

You've just explored **100 Ways To Play With Yourself**. That's quite enough inspiration, if I do say so myself. Now — it's time for activation!

Grab a pen & circle one playful commitment from each row — or write in your own. Devote. Create. And play like you mean it.

Today I'm going to...			
Take myself on a romantic date	Tell the absolute truth	Acquire a pair of neon shoelaces	_____
This week, I'm going to...			
Adopt a llama	Plan a Six Day Sex Date	Dress like it's my birthday	_____
This month, I'm going to...			
Take a digital sabbatical	Host a chakra-coordinated feast	Plant a tree	_____
This year, I'm going to...			
Teach & be a mentor	Throw my own damn party	NOT go on a diet	_____
This lifetime, I'm going to...			
Be kinder than seems necessary	Have an opinion	Be easily amused	_____

About the Author

Alexandra Franzen



I want to live in a world where emails are short, love letters are brave, and ‘thank you’ notes are scribbled by hand.

I play every day by making up songs about my toast, planning outfits for when I’m fabulously elderly, and dreaming up new ways to shine up & serve the world.

I write about how to be a better writer. Which really means I write about being understood. Which really means I write about LOVE.

The basic nuts & bolts:

I’ve been spotlighted on over 50 blogs & radio programs on writing, communication, creativity and entrepreneurship, and in a handful of books, including *Grow Your Handmade Business*, *When Talent Isn’t Enough* and *The Declaration of You!*

My first print book — *50 Ways To Say You’re AWESOME* — will be released in September 2013. Mark your calendar. It’s gonna be MEGA.

You can find me online at AlexandraFranzen.com & on Twitter at [@Alex_Franzen](https://twitter.com/Alex_Franzen). (I’m allergic to Facebook, but I still want to be your friend.)

XO.

A handwritten signature in yellow ink, appearing to read 'Alex Franzen', written in a cursive, stylized font.

Gratitude GALORE

Every single one of the following people deserves my **gratitude** ... for believing in this rambunctious little project, for offering their ideas, skills & energy so generously, and for inspiring me to make good art. *Always.*

THANK YOU x THANK YOU x THANK YOU

Amanda Love	Amy Oscar	Andrea Scher	Andrea Schroeder
Annika Martins	Ben Wendel	Bri Saussy	Christina Rasmussen
Danielle LaPorte	Devon Clement	Dr. Diane Chung	Erika Lyremark
Ev'Yan Whitney	Fabeku Fatunmise	Goddess Star Monroe	Grace Quantock
Hiro Boga	Kate Northrup	Kim Anami	Reverend Lisa Sarick
Michelle Currie	Michelle Ward	Rebecca Pollock	Sam Orchard
Sarah Von Bergen	Seth Leonard	Shauna Reid	Theresa Reed



**Go play
like the
world
depends
on it.**

Want more?

I got you covered ...

If you **LOVED** the material in this wee-book, there's plenty more where that came from.

Three things you can do next:

1. Hop over to [my website](#) & explore all of my laser-lucid lessons on communication, writing, self-expression, creativity & entrepreneurship. (You might want to start with [these 15 posts](#). They're awfully popular.)
2. Register for a [WRITE YOURSELF INTO MOTION](#) workshop. It's a weekend of wordsmithery with me & 20 new friends. I teach all around the world, and it's always a wiiiiild ride.
3. Prance over to my [SHOP](#) and treat yourself to another wee-book or script pack. They're pretty, practical & delightfully playful.

AND!

If this wee-book — or any of my digital scribblings — made your day, made your week, triggered an epiphany, or helped catapult you forward, [tell me about it](#).

No one on earth can do what you do, in precisely the way that YOU do it.

XO & thank you for being in my orbit.



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You'll find my bio & headshots [right here](#). Gracias.