

# The Power of Fun

Catherine Price is a journalist and the author of How to Break Up With Your Phone and The Power of Fun. Prices shares that bingeing TV shows or mindless scrolling is likely fake fun—leaving you feeling numb and drained. But, Price shares how to add more playfulness, connection, and flow into your life—which helps you reset your relationship with technology and bring more true fun into your life.

"True Fun—which she defines as the magical confluence of playfulness, connection and flow—gives us the fulfillment we so desperately seek."

*Catherine Price, TED Talk*

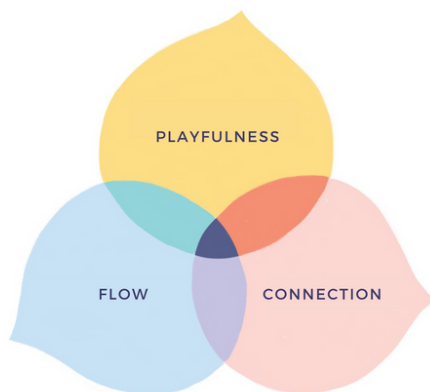
## True Fun Promotes:

- Productivity
- Energy
- Health
- Community
- Sense of purpose



CATHERINE PRICE  
Author + Journalist

## THE 3 COMPONENTS OF TRUE FUN



 = TRUE FUN

**Playfulness:** "A spirit of lightheartedness and freedom—of doing an activity just for the sake of doing the activity."

**Connection:** "The feeling of having a special, shared experience with someone (or something) else."

**Flow:** "When you are fully engrossed and engaged in your present experience to the point that you lose track of the passage of time."



# The Power of Fun

Western society views fun as frivolous for adults. This myth negatively impacts parental mental health and makes parenting less joyful. If you are worried that focusing on fun will make you superficial or selfish, Price reminds us that life is not a zero-sum equation.

LIFE IS NOT A ZERO-SUM EQUATION: WE CAN CARE ABOUT FUN AND BE CONSCIENTIOUS CITIZENS WHO ARE COMMITTED TO IMPROVING THE WORLD—INDEED, FUN CAN GIVE US MORE ENERGY WITH WHICH TO DO SO.

– CATHERINE PRICE

Now that you are ready to invite more fun into your life, let's take a moment to talk about True Fun vs. Fake Fun. This is where Price draws upon her earlier work about setting healthy boundaries with technology.



# 6 Ways to Attract More Fun

Now that you're equipped with a better understanding of true fun, let's dive into six ways to invite more fun into your life as a parent!

## BE EASY-TO-LAUGH

"We all enjoy spending time with people who make us laugh and who laugh a lot at themselves. The easier you are to laugh (and the more things you can find to laugh about) the more attractive you'll be, both to other people and to fun. (And, to point out the obvious, you'll also spend more time laughing, which in itself will make you feel good.)"

- Catherine Price



## SEEK ABSURDITY

"Things that are absurd are illogical and a bit ridiculous, which makes absurdity a welcome escape from our usual goal-driven approach to life. Absurdity makes us laugh, and laughter attracts fun."

Say yes to situations and activities that are a bit absurd!

- Catherine Price



## PRACTICE PRESENCE

"Not only will becoming more attentive make people want to spend more time with you, training yourself to be present and focused can help you have more fun and enjoy your life more, too."

- Catherine Price

Check out Parent Self-Care's Mindfulness Guide if you are interested in the practice of presence.

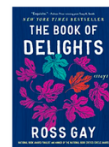


## SEEK DELIGHT

"This revelation—the more you focus on delight, the more delights will reveal themselves to you—echoes the same philosophy we've been talking about throughout this book: that our lives are what we pay attention to."

- Catherine Price

The Book of Delights: Essays by Ross Gay



## SAVOR THE GOOD

"For example, researchers who study savoring suggest focusing your attention on your present positive experience—in other words, catching yourself in a pleasant moment so that you can savor it on the spot. They also recommend tuning in to your senses and taking a mental photograph of the thing you're trying to savor."

- Catherine Price



## BE WILLING TO LAUGH AT YOURSELF

"Being able to laugh at yourself is a talent that comes naturally to some people; for others, it's a skill that has to be developed. But all of us have the ability to do it, and it is worth the effort. The ability to poke fun at yourself is a form of playfulness, and a powerful signal that you're comfortable in your own skin. It will create a protective force field that insulates you against your own insecurities and draws people closer and, in doing so, attracts fun."

- Catherine Price



# Fun Magnets and Fun Factors

Price writes extensively about the importance of getting to know more about your fun magnets and fun factors. **Fun magnets** are activities, settings or people that typically generate fun for you. **Fun factors** are the contexts or qualities that often help you feel playful, connected, or in a state of flow.

**FUN FACTORS ARE**  
THE CONTEXTS OR QUALITIES/STYLES THAT OFTEN HELP YOU FEEL PLAYFUL, CONNECTED OR IN A STATE OF FLOW

| <b>PLAYFULNESS</b>  | <b>CONNECTION</b>  | <i>Flow</i>   |
|---|--|---|
| <ul style="list-style-type: none"><li>• Silliness</li><li>• Creativity</li><li>• Uncertainty</li><li>• Absurdity</li><li>• Imagination</li><li>• Intellectual Stimulation</li><li>• Control</li><li>• Loss of Control</li></ul> | <ul style="list-style-type: none"><li>• Teaching or sharing knowledge</li><li>• Community</li><li>• Team work</li><li>• Big groups</li><li>• Small groups</li><li>• Being alone</li><li>• Intimacy</li><li>• Sexuality</li></ul> | <ul style="list-style-type: none"><li>• Performance</li><li>• Competition</li><li>• Music</li><li>• Nature</li><li>• Physicality (moving your body)</li><li>• Thrill-seeking</li><li>• Novelty</li><li>• Sensuality</li></ul> |

The Power of Fun: How to Feel Alive Again by Catherine Price  
@PARENTSELFCARE

Price recommends keeping a **fun journal** so you can remember and learn from truly fun experiences! She suggests labeling fun moments with a P for playfulness, F for flow, or C for connection. When you see all three letters in an entry, circle that event so you know it's an example of true fun in your life. Try to include as many sensory details as possible to help you better understand what true fun looks like in your life and to enhance your mindfulness practice and savor the good in life. Price recommends journaling for about two weeks so you have enough data to better understand your fun magnets and fun factors.

*Bonus Tip: Bj Fogg, the author of Tiny Habits, would probably recommend the tiny habit of keeping your fun journal on your nightstand so you are more likely to fill it out for two weeks.*

# Introverts Are Fun Too

Price writes about the type of people that bring more fun to social gatherings, particularly people that exude warmth, playfulness, and self-confidence. However, Price makes it clear these attitudes can be learned over time and they exist in both extroverts and introverts.

“WHAT MIGHT NOT HAVE OCCURRED TO YOU IS THAT IT’S POSSIBLE FOR YOU TO BECOME ONE OF THOSE PEOPLE—EVEN IF YOU THINK OF YOURSELF AS SHY OR INTROVERTED. FUN IS AN ATTITUDE THAT CAN BE LEARNED OVER TIME THROUGH PRACTICE.”

– CATHERINE PRICE

Introverts are often good at active listening and making people feel seen. Price also emphasizes the importance of being present in order to attract more fun, and staying connected to the present moment is not dependent on extroverted or introverted social behaviors.

## TRAITS OF FUN PEOPLE

- Find joy in being alive
- Appreciate the small things
- Inclusive, generous, considerate, spontaneous
- They take time to make people feel special
- Authentic and comfortable in their own skin
- Not afraid to look silly and be beginner at things
- Willing to be vulnerable

– Catherine Price



# Bonus Fun Tips



WHY MOST OF OUR  
FUN MEMORIES  
HAPPEN OUTSIDE  
OF OUR HOME...



## 4 Prompts to Help Identify Your Interests and Passions:

1. When I was a child, I enjoyed \_\_\_\_\_
2. I'd like to get better at \_\_\_\_\_
3. Something I used to do with my free time is \_\_\_\_\_
4. It might sound silly, but I'd love to \_\_\_\_\_

## These are 6 Signs of True Fun:

1. Laughter
2. A sense of freedom and truly letting go
3. A shared and special/meaningful experience
4. Losing track of time (flow!)
5. Not caring about the outcome
6. Childlike joy

Remember that true fun isn't just about new and big events or activities (people are important!).

If you make an effort to spend time with people you have fun with (your **fun squad!**), commit to a **screen-life balance**, and practice **self-kindness**—you'll see true fun bloom in your life, even as a busy parent.

