



**Part One** is to just do any activities for cultivating playfulness that are listed. Some programs take a lot of work to gradually get recognition and score highly. This is not one of those programs. Why not engage in some of the activities and check the box below and follow your score. Once you have completed this portion of the program, you can move on to the next. And do not hesitate to talk to me if you are in therapy, about all this. We are trying to cultivate/grow a new aspect of you..

### Scoring – How many Play points do you have?

Every time you do any activity in this category – put a check in the next scoring box. You will notice that your credit for doing something playful or funny increases at a pretty good rate. Enjoy it.

Check	Point Score
<input type="checkbox"/>	1 Point
<input type="checkbox"/>	3 Points
<input type="checkbox"/>	10 Points
<input type="checkbox"/>	37 Points
<input type="checkbox"/>	123 Points
<input type="checkbox"/>	647 Points
<input type="checkbox"/>	3822 Points
<input type="checkbox"/>	Incalculable

## Play and Laughter

	Sun	#	Mon	#	Tue	#	Wed	#	Thur	#	Fri	#	Sat	#	Total
Wk I															
Wk II															
Wk III															
Wk IV															

### Part II Living it in daily life

Directions – now that you’ve gotten your feet wet, just start enjoying the goal of being playful. In this tracking sheet all you do is draw a smile face or clown face in the box for the day. The object is to look down on this sheet in a few weeks and see all these silly faces looking back at you.

After that, you can repeat, print out another sheet and do it again. Use colored pens, use anything really – fill the page with your mirth. That’s the goal.