**Find Your Fun**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

Research suggests that it’s undirected fun that lights up what’s known as the pleasure centre in the brain. That means it’s not just about doing fun things, but about doing things that bring you joy spontaneously.

**On a scale of one to 10, with 10 being the most fun you could have, what would be your current fun score for your life?**

**If you’ve scored yourself seven or above, you’re doing pretty well. If it’s five or below, you need to find ways to increase the fun in your life.**

**Ask yourself what you really enjoy and have fun doing, and build those into your week. If you wait for the ‘right’ time they’ll never happen, you have to make the effort to build that time into your week and make them happen.**

**Then just do what feels fun in that moment, remember it’s spontaneous undirected fun that gives the most benefit.**