



## Royal Coaching Colorado

through discovery and determination come freedom

### **What's on your playlist?**

PLAY IS PIVOTAL! Often as adults, we forget how to play. We minimize the importance of play, and we move on to our next task. Stop. Make time for play. Here are some options for you to add to your playlist. These 8 *Play Personalities* were created by Dr. Stuart Brown.

### **Kinesthetes**

pickleball, running, walking, rock climbing, dancing, kickball, flag football, hiking, snowshoeing, skiing, group exercise class, biking, flashlight tag, manual-labor projects (woodworking, rearranging furniture, mechanics)

### **Directors**

game night, dinner with friends, organize progressive dinner, friends around the firepit, driveway wine night, organize a scavenger hunt, Bunco night, host a holiday brunch, reorganize furniture, design a new flower bed, plant a vegetable garden

### **Collectors**

start a new rock collection, search for a new addition to a current collection, dream about the ultimate collection, shopping, visit an antique store

### **Artist/Creators**

visiting a museum, scrapbooking, going to a new place to shoot photos, craft project, painting, decorating, reorganizing furniture, planting flowers, making jewelry, listening to live music, play an instrument, try a new recipe

### **Competitors**

shave 3 seconds off your PR, sign up and train for a 10K, find a bike race you want to do, sign up for a volleyball tournament, join a softball team, join a pickleball league

### **Explorers**

visit a museum, visit a farmer's market, visit a street fair, go to a new place to shoot photos, plan a weekend getaway, dream about your ultimate vacation, plan a camping trip, find a new hike, find a new bike trail, listen to live music

### **Storytellers**

watch a new movie, read a new book, subscribe to a new magazine, design your dream treehouse, write a rap song about a favorite childhood friend, try a new recipe that reflects your heritage, reread your favorite childhood book

### **Jokers**

enroll in an improv class, visit a comedy club, karaoke, putt-putt golf, organize a game night