



SuperFastBusiness Presents

# Not Enough Fun

A lot has been said about success and hard work,  
but what about the need to simply hang loose and  
enjoy yourself?

# Not Enough Fun

*by SuperFastBusiness*



**James Schramko surfing**

James Schramko here. Welcome back to SuperFastBusiness.com. Today, I've got a question for you. Are you having enough fun?

One thing I've noticed when I'm coaching people, especially at a high-level, is that when I do an onboarding diagnostic, I ask them to rate various aspects of their life from zero to 10. A common one that comes back with a low number is that they have fun or any kind of play or activity that's exciting. I think that's such a shame.

I know that it's very popular out there in the business world to champion seriousness, and workaholism, and grinding and hustling. But there is often not a discussion around balancing that out with fun. You know that I've been speaking about the importance of sleep several times on this podcast. **I've even had a sleep expert come along and talk about that. We've done infographics on the topic.**

## The need for fun



But today I really want to challenge you to incorporate fun into your schedule. Why is it important? I'm pretty sure that if you have fun, you're going to be a nicer person to be around, you will be able to operate your business in a more effective way because it's exhilarating for you and you're recharged for it. You'll probably even live longer. I'm sure there's some science around that if I would look that up. There's a lot of quotes on the topic. "In every real man, a child is hidden that wants to play." That was Friedrich Nietzsche.

So what am I talking about here? I'm talking about breaking up that boredom and stop being so serious. Do something that makes you smile.

Have something that you look forward to that makes you laugh, that when your head touches that pillow at night, you're really dreaming and looking forward of this fun thing that's coming up, and when you wake up in the morning, you don't need an alarm clock, and you don't have a hangover feeling of overtiredness because you're excited about the thing that you're going to do today.

## Make it routine

I actually build in fun to my daily routine. So how do we do this? We think about things that we would do. If we didn't have to work for example. If you just had every day to yourself, which is a great position that a lot of entrepreneurs can get to, and I've experienced a lot more time freedom over the last few years, what is it that you actually gravitate towards? What would you do if you weren't getting paid for and it didn't matter? I'll give you a couple of ideas.

You might be looking at things like PlayStation, surfing, cycling, going to the gym, visiting places, like theme parks or zoos; maybe you do skiing, or water sports, or mountain sports; boat trips, jet skis, maybe you like to go to the movies during the week. Imagine that, during the week between nine to five, going to the movies. Or visiting a comedy show. These are all examples of things that you might do. But it could be anything. It could be rock climbing or origami.



But the point is it's something you can do a week and immerse yourself into it. You enjoy it. You look forward to it. You're passionate about it. You might look up what's coming down the line for it. You might anticipate the new things coming along. Maybe you're a Lego collector and you like the new release coming out. You're excited about it. It's very important to have that, and most successful people that I know could do with a little more fun in their life. Dr. Seuss even said adults are obsolete children. Isn't that sad?

## Take this tip

So here's my tip. Today, I want you to do a fun audit on yourself. Like between zero and 10, score how much fun you're having.

And if the number is not at least a five or a six, why don't you incorporate it into your schedule? Put it in your diary as "fun" and do something that's not work related, that is nothing to do with grinding, or hustling, or getting another deal, or finding more traffic.

I know that that might be counter to what you hear in the market from some of the supposed gurus. But why is it that those gurus seem to be kind of boring in the end? They've got black, sunken eyes and they're living lives that I

really wouldn't want to replace myself with. So if you want to have more fun, be around more fun people.

So let's get that fun level up. Whatever it is today, assuming it's not already a 10, and hopefully it is, and that'll be awesome, see if you can dial up your fun factor a few notches and perhaps leave a comment where you've seen this podcast.

The title of this episode is called "Not Enough Fun." I'd love to get your feedback. Are you having enough fun? What sort of suggestions do you have for having more fun? Have you done a transition or a transformation in your own life that resulted in you doing something every day or at least every week that has made your life richer?

For me, obviously surfing. I am a different person since I took up that sport and I love it. That's what I'm going to go and do right now. So thank you so much for listening. If you'd like to hang around more fun people, check out the SuperFastBusiness community at [SuperFastBusiness.com/membership](https://SuperFastBusiness.com/membership). We will be able to help you have a little more fun in that group as well. Take care.



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