

"Are You Havin' Any Fun?" 12/14/06

Funny, but I gave up watching television for many years. It seemed necessary because it became too distracting for me and I ended up being a couch potato. Two reasons why I watched so much television was: 1. I was burned out after such long days working and commuting, and 2. I had absolutely no ambition about my life. It was really easy to sit back and watch anything to escape.

This entry and the last entry were inspired by television. I have learned to accept and my television and know that all things can be positive once you learn how to balance your life.

How many of you heard the song "Are you having any fun? What'cha gettin' out of livin'?" What good is what you got if your not havin' any fun?" It's been played over and over again during a Vons' commercial this holiday season.

The point is - life is about living and having fun. The song reminds me of this every time I hear it. I used to take life entirely too seriously. I used to get wrapped up in the little stuff that seemed so huge to me at the time. I used to care too much what everyone thought about me, how I was performing or what my weight was, etc. etc. etc.

I know people who go through their days and forget the essence of having fun. It makes me sad to watch people who have absolutely no fun in their lives. People who are so serious are prone to heart attacks. Stress takes such a toll on the human body. Stress actually ages us faster than we should age.

If you can relate to either being stressed or bitter, or just not able to have fun, try to lighten up a bit. Breathe and remember that it is OK to smile, have fun and be goofy every once in a while. It actually helps us become more productive and live longer, healthier lives. Don't Sweat the Small Stuff...and it's all small stuff by Richard Carlson is a wonderful book to help anyone lighten up. Imagine being happy every day. It is possible. I do it and I get on people's nerves at times, which is absolutely fine because I don't really care anymore what people think about me. Don't get me wrong, I get caught up and concerned about what other's think on occasion, I am still human. (ha-ha). But I now have the tools to let the thoughts pass and get back on track. I focus on the moment at hand and the concern goes away. It really is a better and happier life. It really is more fun not getting wrapped up in other's opinions, especially if you know you are doing your best and are living each day with integrity.

So just try to bring more fun into your life and focus on fun instead of problems. The problems (or opportunities for growth, as I like to call them) will always be there. Why not have fun trying to figure them out.