

# If you work hard, don't forget this!

Welcome summer! In this edition of your Weekly Winning Resource we are all about the word play. After all, it is summer, and that means it's time for some fun! Of course, we can't tell you exactly what you need and when you need it, only you can DECIDE that, but we are here to remind you that if you've been spending the majority of your time working hard, maybe it's time for some play. Play is not a luxury, but a necessity for your success! As kids, we loved to play, but somewhere between our youth and adulthood, we got focused on working hard and forgot to play. Play is not just essential for children, it's an important part of creativity, stress relief, relaxation, and stimulation for adults as well. All of these necessities are imperative for achieving your goals and dreams. Play adds joy to your life, supercharges learning, and connects you to others. Play will make your work more productive and more pleasurable. When you give yourself permission to let go of structure and just enjoy the pleasures of playing, you set yourself up for a more fulfilling and successful life. So, go play today!

## Your Weekly Winning Word:

### **Play:**

*Engage in activity for enjoyment and recreation rather than a serious or practical purpose.*

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## Your Weekly Winning Article:

Just because we're not kids anymore, doesn't mean that we

shouldn't play anymore. Playing is an essential part of our success and should be incorporated into our daily lives. As busy adults working hard, it's easy to forget to play hard. In our article this week we share the importance of playing hard and the benefits you will gain if you take the time to play. Check it out: [Click Here to Read](#)

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## Your Weekly Winning Challenge:

What is something you like to do for nothing but the pure enjoyment of it? Maybe it's playing chess, working puzzles, throwing a frisbee, playing with your pets, reading a book, watching your favorite tv show or movie, or going for a bike ride. Whatever it is, we want to encourage you to take some time each day to incorporate your favorite way to play into your day. Remember, play is not a luxury, it is a necessity for your success.

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## Your Weekly Winning Quote:

"We don't stop playing because we grow old. We grow old because we stop playing." ~George Bernard Shaw

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Do you struggle with being way too focused on work all of the time and need a better balance of play in your life? A coach could be just what you need! Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#) Having a coach is an investment that you can expect to get a

return on, it is not an expense. The time is now...What are you waiting for?

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**WE NEED YOUR HELP**...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

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**JUNE**  
WEEK 5

<b>MONDAY</b> 28 Kurt & Kim's Weekly Confabulation 2:30PM CST Live on our I've Decided Facebook Page	<b>TUESDAY</b> 29	<b>WEDNESDAY</b> 30	<b>THURSDAY</b> 1 Community Networking & Learning (CNL) In Person or on Zoom 8:30-10AM CST  I've Decided to Run 5K 6pm-8pm Junction City Trail
<b>FRIDAY</b> 2	<b>SATURDAY</b> 3	<b>SUNDAY</b> 4 Happy 4th of July!  Weekly Winning Resource Arrives in your Email at 5:15pm CST	<b>NOTES:</b>

If you missed the last Community Networking & Learning (CNL) on Thursday click on our past recordings link below to watch! Included in your membership are the recordings of our events.

[Past Recordings – Members Only](#)

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[CNL – Do you have the coverage you need?](#)

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# Our mission is your success!

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