



The Resilience of Childlike Playfulness Can Help Adults on the Job

Oh, to be a child again. Childhood can be challenging in many ways, but wouldn't the lack of responsibility be a breath of fresh air for the adult you? Imagine not having to worry about bills and going to work at a job you don't necessarily love. You wake up each morning with childlike wonder in your mind and on your face.

What is today going to bring? That's how kids look at their lives. They see unlimited possibilities, and they smile at the simplest of things. Nothing is taken for granted. Good or bad, every experience is lived to the fullest.

You know what a child is thinking. They wear their emotions on their sleeves. They haven't been taught to conceal their emotions. And while sometimes what they say might make you cringe, there's no lying. They speak what's on their minds.

Adults can learn a lot from children.

Childlike playfulness from time to time can benefit the adult that you've become. One way your workday experience can improve is by being as resilient as the child at play.

When Children Fall Down While Playing, They Get Right Back Up

We adults sometimes embrace failure a little too dramatically. Kids don't usually do that. When they stumble and fall, they get right back up. There's not a second wasted thinking about falling or failing. When a child is at play, he is all about moving forward. He fell down, but so what? He gets back up and joins his friends, who do the same when they fall down.

This can help you on the job. As an adult, you're going to mess up at work. It will happen regardless of how dedicated you are to delivering an excellent performance.

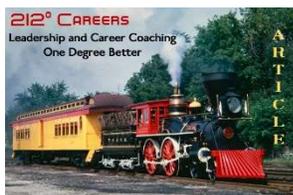
That's when you need to embrace the playful attitude of children. Be resilient. Get back up. A child at play is not going to stay down very long. The idea that failure defines him is never embraced. You shouldn't do that either.

The next time you make a mistake at work, don't let it wreck your career path. Learn what you can from your failure. Talk with your boss or coworkers and get advice if you need to keep from failing again. Then move forward.

Put a Smile on Your Face

Imagine you're a child again, playing with your friends. Everyone's laughing and running around, having a great time. When you fell back then, what did you do? You were resilient. You popped right back up and moved forward.

This resilient characteristic of children's play can benefit you in many areas of your life. It can define you as someone who learns from your mistakes and never quits. That's a characteristic many bosses love to see in their employees.



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