



# JOE'S CHECKLIST FOR PLAYING IN TRAFFIC

*Adapted from "Be Yourself"*

Playing in traffic is a nice way to think "Go engage in life. Put yourself in the mix so if anything is going to happen, you're there when it does." Joe has provided you with a short list of places where he plays in traffic.

**Personalize this list so its applicable to YOUR life. Print it. Post it. Download it. Remind yourself to get out there and Take THE MEETING!**

## ARE YOU PHYSICALLY READY TO PLAY IN TRAFFIC?

- Join a local Fitness Club
- Recreational Sports leagues like bowling, basketball, kick ball, baseball, virtually any organized sport

## TAKE THE MEETING AND CONNECT

- Social or business clubs like Kiwanis International
- Visit restaurant or lunch spots
- Find local meetup groups
- Group travel, alumni trips

## GIVE BACK & KEEP LEARNING

- Volunteer for charities and causes you're passionate about
- Attend public lectures
- Go to concerts, TED talks
- Join political groups & religious organizations to meet like-minded people

## GIVE BACK & KEEP LEARNING

- Talk to People
- Say "Hi" to people you pass on the street
- Make Eye Contact & Smile
- Hold a door open for a stranger
- Call a friend to tell them you're thinking about them
- Express Your Gratitude