

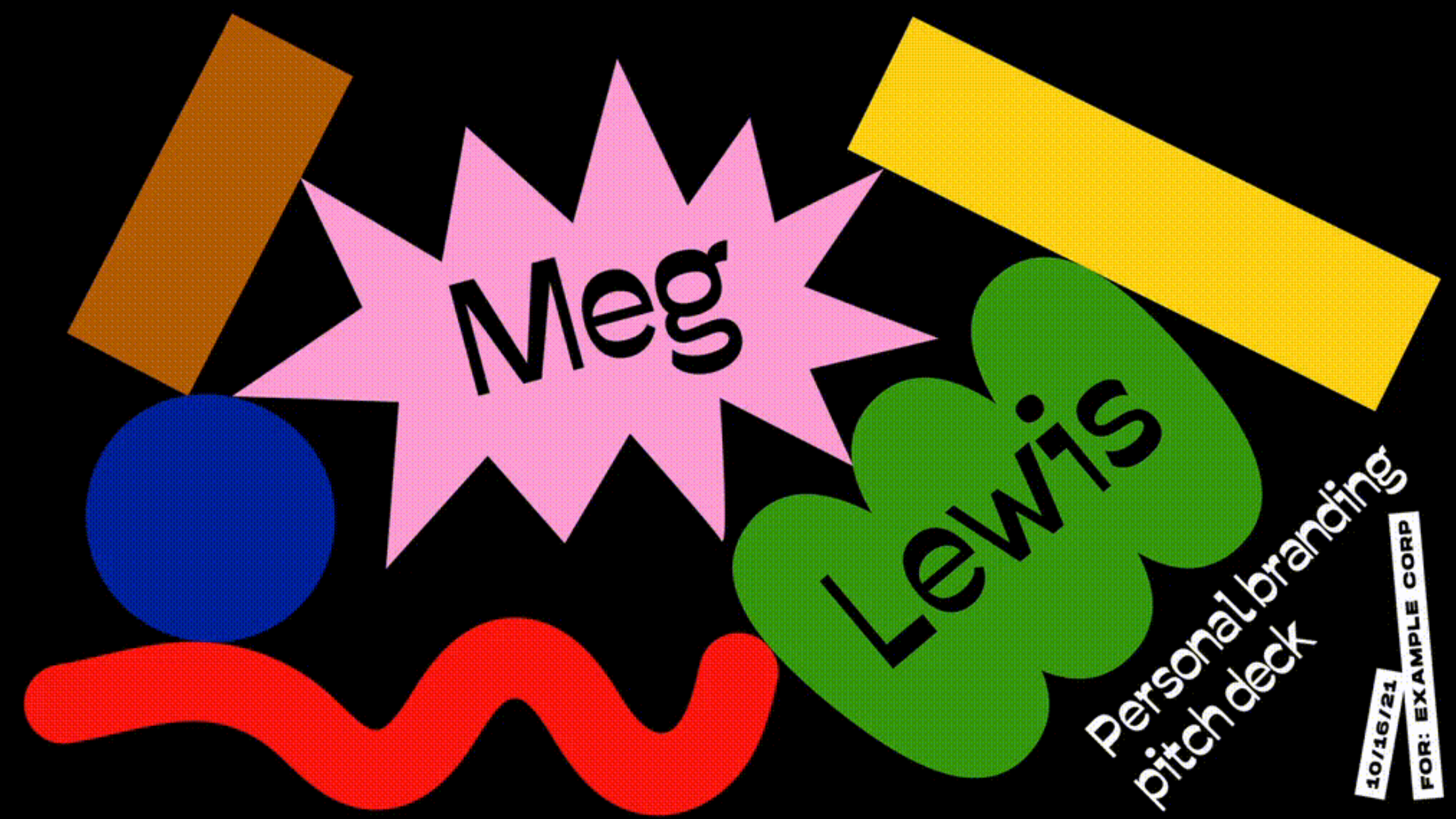


HOW  
TO HAVE  
FUN  
BY YOURSELF

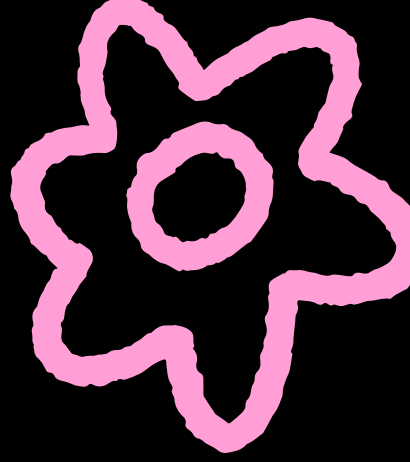
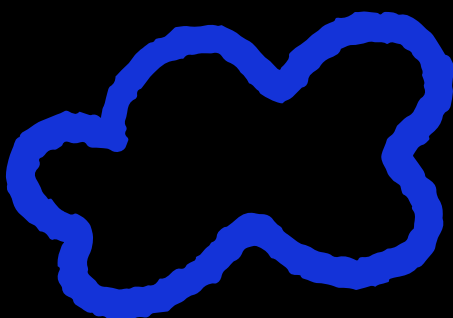



**MEG LEWIS IS A  
DESIGNER USING  
HUMOR &  
PERFORMANCE MAKE  
THE WORLD A  
HAPPIER PLACE!**







THIS IS ABOUT  
FUN, JOY,   
SILLY.  
WEIRDNESS   






**I'VE BEEN MY OWN  
BEST FRIEND MY  
WHOLE LIFE!**

THERE'S NO ONE I'D  
RATHER BE WITH!



## LESSON 1

# CREATING AN ENVIRONMENT OF SELF LOVE





**MOST HUMANS  
AREN'T  
COMFORTABLE  
BEING ALONE WITH  
THEMSELVES :(**

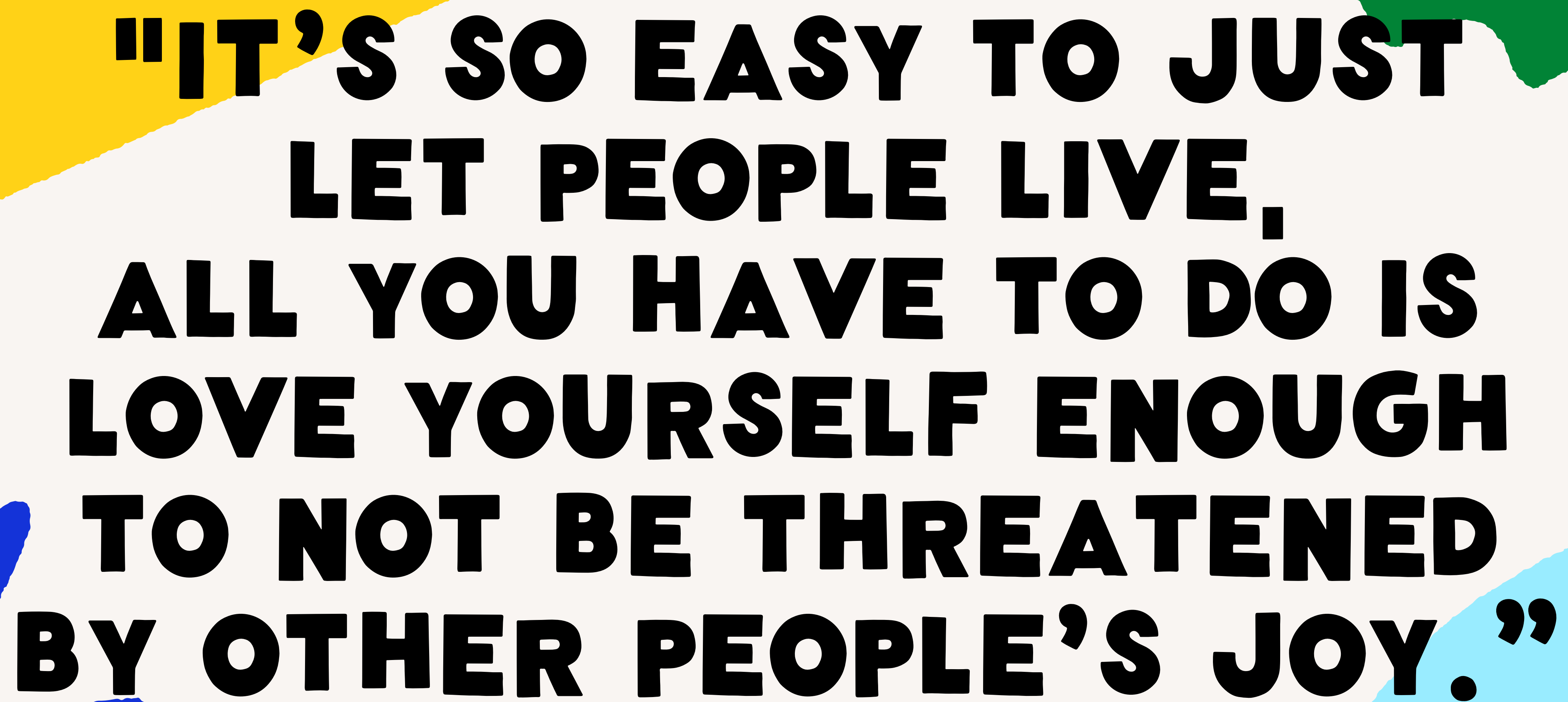




**YOU DESERVE TO  
FEEL AS MUCH JOY  
AS POSSIBLE!**

**YOUR JOY GIVES OTHERS  
THE PERMISSION TO  
FEEL IT TOO**





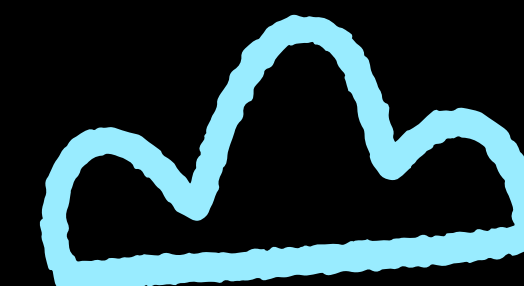
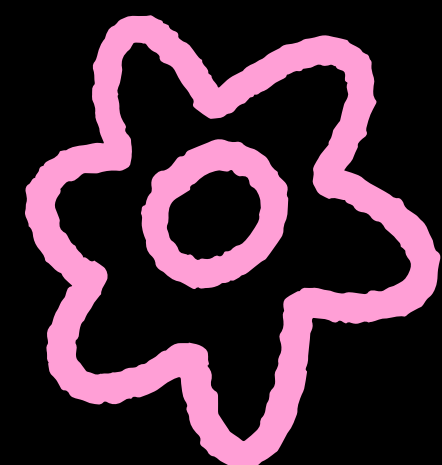
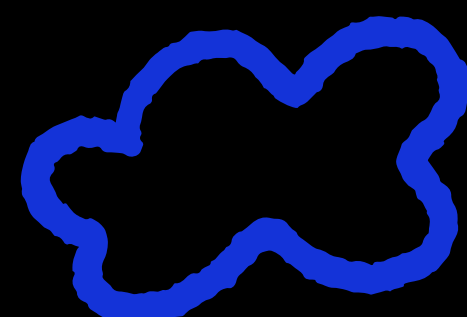
**"IT'S SO EASY TO JUST  
LET PEOPLE LIVE,  
ALL YOU HAVE TO DO IS  
LOVE YOURSELF ENOUGH  
TO NOT BE THREATENED  
BY OTHER PEOPLE'S JOY."**

**- ADAM J. KURTZ**

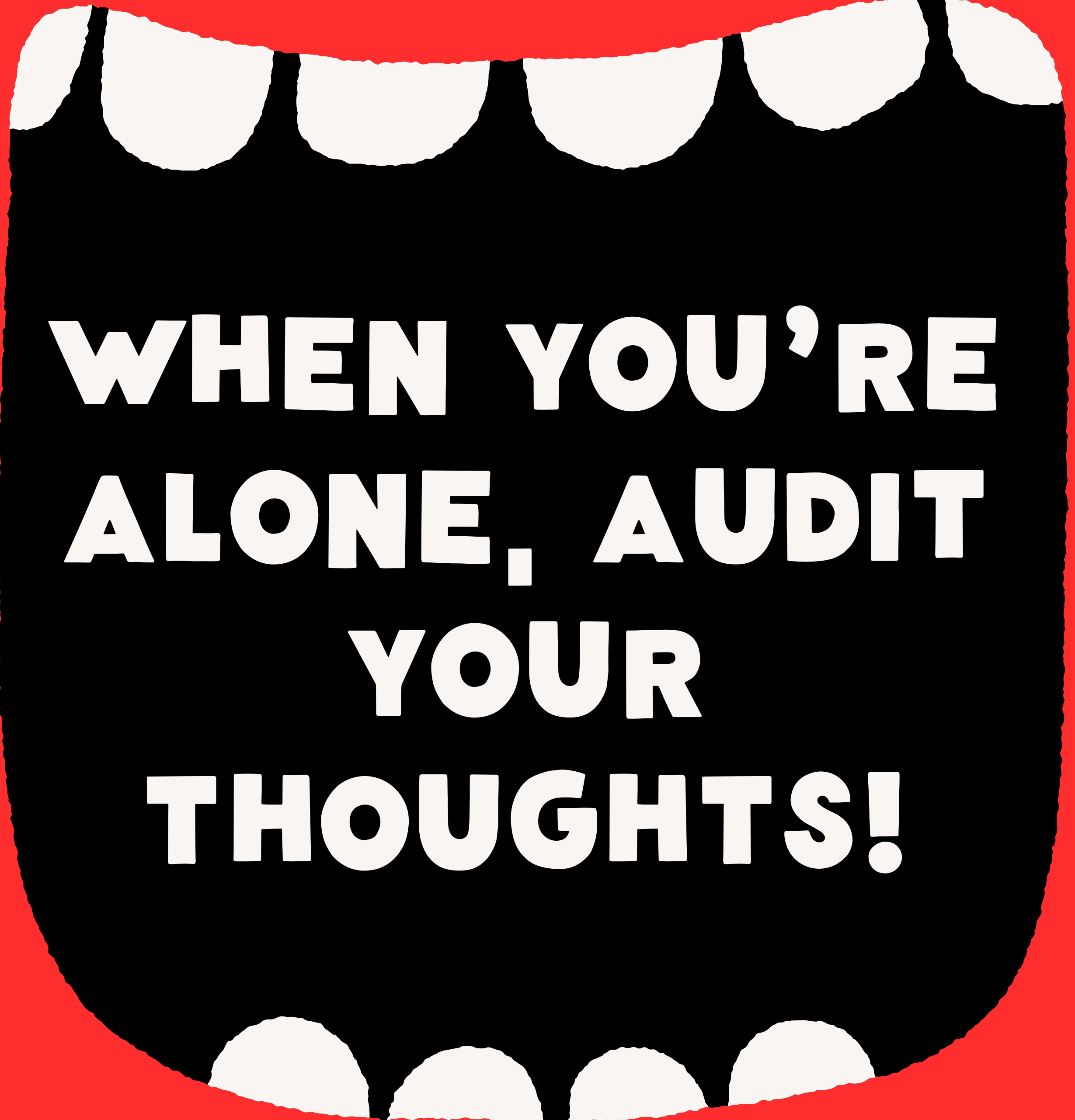




**YOUR THOUGHTS &  
JUDGMENTS ARE  
NOT YOUR OWN**







**WHEN YOU'RE  
ALONE, AUDIT  
YOUR  
THOUGHTS!**





**WHEN YOU'RE  
ALONE, THE GOAL  
IS TO STOP  
GETTING IN YOUR  
OWN WAY.**

**SO YOU CAN FEEL MORE JOY  
AND LESS FEAR!**





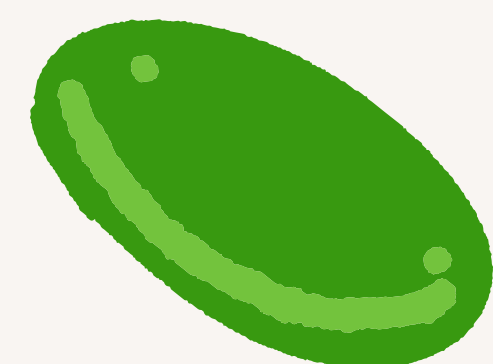
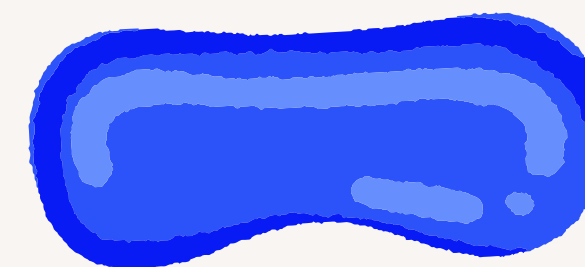
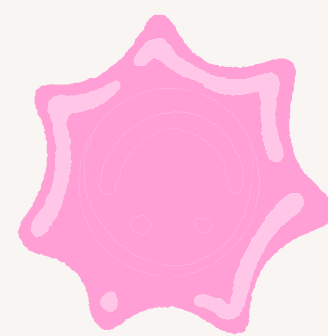
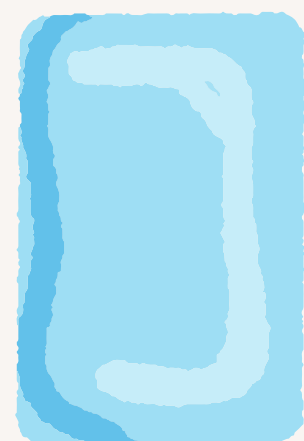
# **THERE'S SO MANY WAYS WE GET IN OUR OWN WAY...**

- **WHAT IFS**
- **FEAR OF BEING JUDGED FOR  
BEING ALONE**
- **PERCEIVED OUTCOME BEING  
WORSE THAN REALITY**
- **“I DON'T DESERVE THIS”**
- **“I'LL GET TO IT EVENTUALLY”**

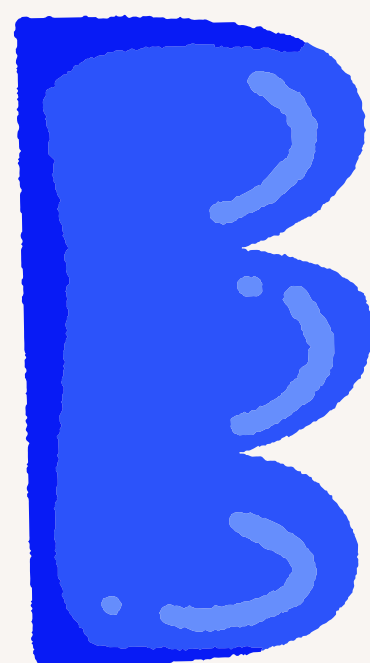


**CREATE A SAFE,  
JUDGMENT FREE  
SPACE TO BE  
YOURSELF.**






**WHEN YOU'RE  
ALONE, YOU GET TO  
DO ANYTHING YOU  
WANT!**



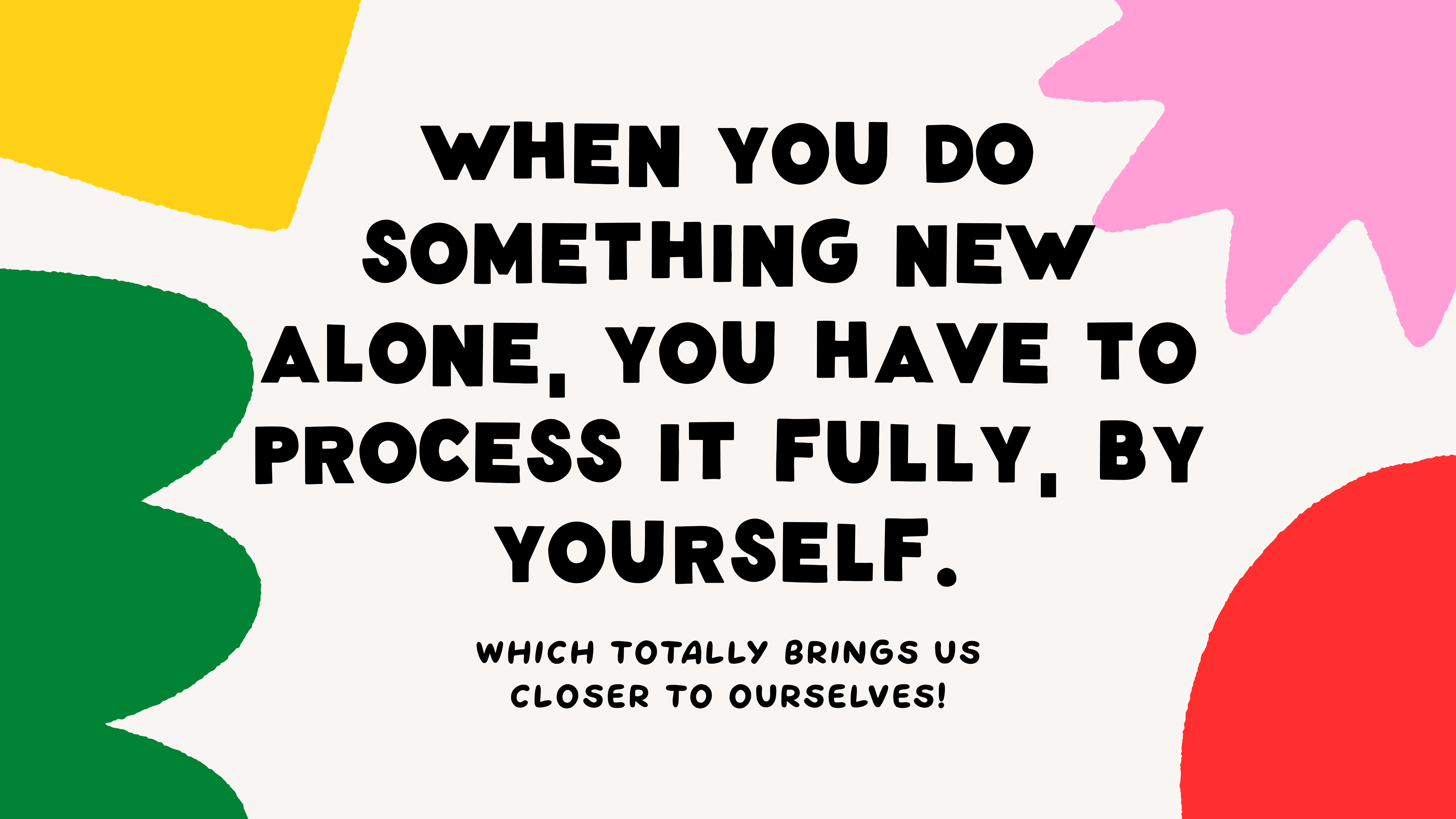




**WE OFTEN WAIT  
FOR OTHERS TO DO  
STUFF WITH THAT  
WE WANNA DO...**

**BUT WHAT IF YOU THOUGHT OF  
YOURSELF AS YOUR OWN BEST FRIEND?**






The background features four large, abstract, torn-edge shapes in yellow, pink, green, and red. The text is centered in a bold, black, sans-serif font.

**WHEN YOU DO  
SOMETHING NEW  
ALONE, YOU HAVE TO  
PROCESS IT FULLY, BY  
YOURSELF.**

**WHICH TOTALLY BRINGS US  
CLOSER TO OURSELVES!**



 **HAVING FUN BY**   
**YOURSELF ALLOWS**  
**OTHERS TO FEEL**  
**COMFORTABLE TO DO**  
 **THE SAME!** 





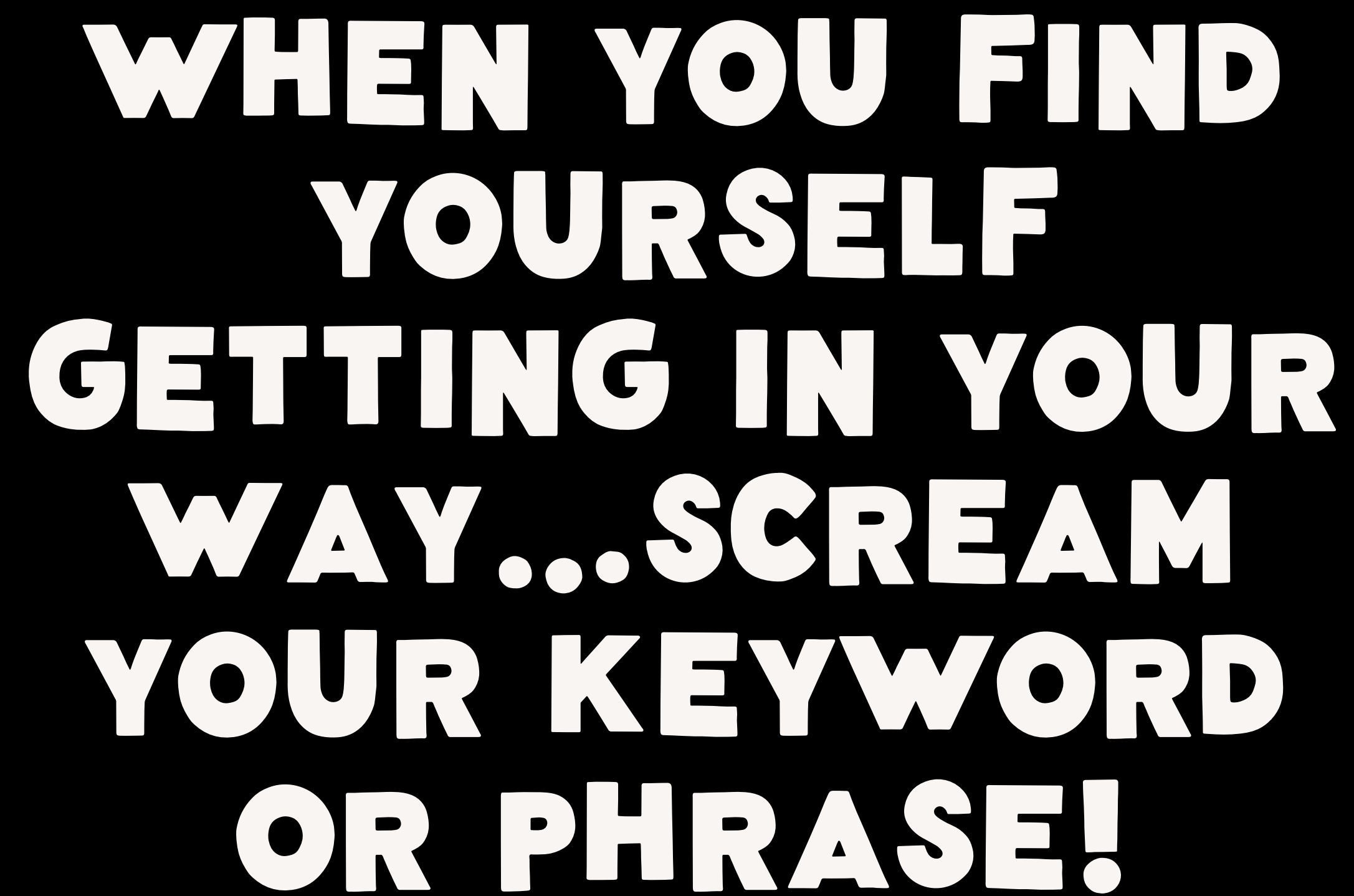
## CHALLENGE 1

**BRAINSTORM  
WAYS YOU TEND  
TO GET IN YOUR  
OWN WAY THAT  
PREVENT YOU  
FROM HAVING FUN  
BY YOURSELF.**

### TIPS

- Think back to times when you've been hanging out with yourself and what patterns your brain falls into
- Think to times when you've not done something you wanted to do
- Think about any judgements you make about yourself when you try to have fun and let loose when you're alone.





**WHEN YOU FIND  
YOURSELF  
GETTING IN YOUR  
WAY...SCREAM  
YOUR KEYWORD  
OR PHRASE!**

**MINE IS "NOPE!"**



LESSON 2

# A SELF KIDNAPPING!

HOW THE WORLD MADE US STEAL OUR CHILDLIKE SELVES



The background features four large, abstract, torn-edge shapes in yellow, pink, green, and red. The text is centered over the white background.

**MY LEAST FAVORITE  
THING ABOUT BEING  
AN ADULT IS HOW  
MUCH I KNOW.**

**AND THAT MEANS I'M  
RULED BY FEAR!**





**BEING A KID MEANT THE  
WORLD WAS FULL OF  
ADVENTURE,  
POSSIBILITIES, WONDER.**

**IMAGINATIONS ALLOWED  
ANYTHING TO BE  
POSSIBLE.**



**BEING A KID  
MEANS YOU'RE  
ALLOWED TO BE  
SILLY, WEIRD.**



A large, hand-drawn style pink starburst shape with multiple points, centered on a light gray background. Inside the starburst, the word "WEIRD" is written in a large, bold, black, sans-serif font.

**WEIRD**

**OF STRANGE OR  
EXTRAORDINARY  
CHARACTER:  
ODD, FANTASTIC.**



A large, hand-drawn style pink starburst shape with multiple points, serving as a background for the text.

# **THE ACT OF BEING WEIRD**

**FEELING JOY, NOT  
WORRIED ABOUT BEING  
JUDGED, BEING SILLY, NOT  
TRYING TO PASS AS  
"NORMAL"**



**...AND NOW  
WE'RE ALL JUST  
TRYING TO PASS  
AS "NORMAL"**



## CHALLENGE 2

# WHAT DOES WEIRDNESS MEAN TO YOU?

### TIPS

- Weird to me means feeling joy and being silly without the fear of being judged, fear isn't holding you back. You can use my definition or you can have your own definition!
- Think about times when you've been silly or your true self with those your most comfortable around. Can be in the distant past or something you have done recently.



## CHALLENGE 3

# WHO ARE YOU YOUR MOST COMFORTABLE “WEIRD” AROUND?

### TIPS

- Weird to me means feeling joy and being silly without the fear of being judged, fear isn't holding you back. You may have a different definition!
- Can be someone you used to have in your life, or someone present. Can be one person, many, or even a whole community.



## CHALLENGE 4

**ON A SCALE OF  
1-10 HOW  
COMFORTABLE DO  
YOU FEEL BEING  
WEIRD BY  
YOURSELF?**

### TIPS

- Being weird by yourself means letting go, not judging yourself, and overcoming being ruled by fear.



## CHALLENGE 5

**WHEN YOU WERE  
A KID, WHAT  
BROUGHT YOU THE  
MOST JOY WHEN  
YOU WERE ALONE?**

### TIPS

- Think about what you did when you were all alone. How did you spend your time? What went on in your mind during that time?



## CHALLENGE 6

**HOW CAN YOU  
RECREATE THAT  
SAME PRACTICE IN  
YOUR LIFE TODAY?  
WHAT ACTIVITIES  
COULD YOU DO THAT  
GIVE YOU THE SAME  
SENSE OF JOY?**

### TIPS

- It can be the same activity as when you were a kid or an updated version to reflect who you are today!



LESSON 3

JUST DO THE  
DANG THING





REPEAT

I

**DESERVE**

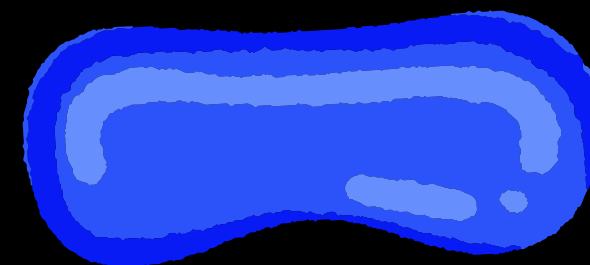
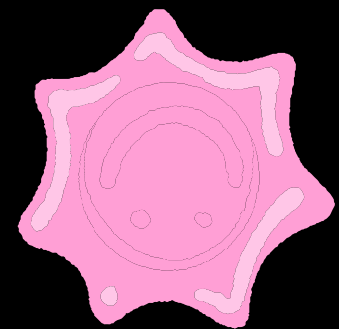
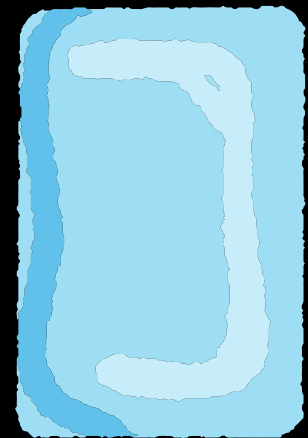
**THIS**



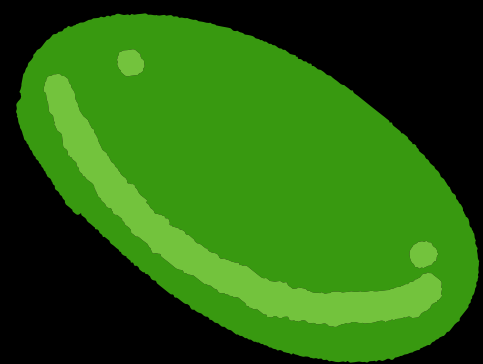
The background is white and decorated with various colorful, hand-drawn shapes and icons. There are pink, red, blue, green, and yellow irregular shapes scattered around. Hand-drawn icons include a star with a circle inside, a flower with a blue center, a lightning bolt, and a checkmark. The text is centered and reads: 

**YOUR JOY  
TRANSFORMS YOUR  
OWN LIFE WHICH  
ALLOWS YOU TO  
SHOW UP FOR  
OTHERS.**





**YOU ARE  
ALLOWED TO  
FEEL JOY IN A  
BROKEN WORLD.**





## CHALLENGE 7

**WHAT ARE THE  
ACTIVITIES THAT  
HAVE RECENTLY  
BROUGHT YOU THE  
MOST JOY?**

### TIPS

- Can be within the last 5 years, something you used to do, or something you do regularly now.
- Are you able to do these activities regularly? If not, ask yourself how you can rework your schedule or lifestyle to incorporate them more often.



## CHALLENGE 8

**LIST ACTIVITIES  
YOU'VE BEEN  
WANTING TO DO BUT  
ARE MAYBE WAITING  
FOR SOMEONE ELSE  
TO DO WITH YOU...  
COULD YOU DO THEM  
ALONE?**

### TIPS

- Could be a new restaurant, a show/concert/musical, theme park, museum, travel, etc.
- If you're thinking, "It would be more fun to do with someone else there..." ask yourself why.
- What fears are coming up when you think about doing these activities alone?



## CHALLENGE 9

**ARE THERE ANY  
ACTIVITIES THAT  
YOU'D BE INTO THAT  
YOU DON'T KNOW  
ANYONE WHO  
SHARES THAT  
INTEREST? CAN YOU  
DO IT ALONE?**

### TIPS


- Think about parts of you that make you who you are that are different from your friends or community, are there any ways you could connect with that part of yourself...alone?



LESSON 4

# MAKING IT LESS AWKWARD





**BEING ALONE AROUND A  
BUNCH OF STRANGERS  
IS A PRACTICE IN SELF-  
CONFIDENCE AND  
EMPATHY.**

**APPROACH ALL STRANGERS WITH LOVE.**





**MY FAVORITE  
EXERCISE WHEN  
ALONE, AROUND  
STRANGERS.**



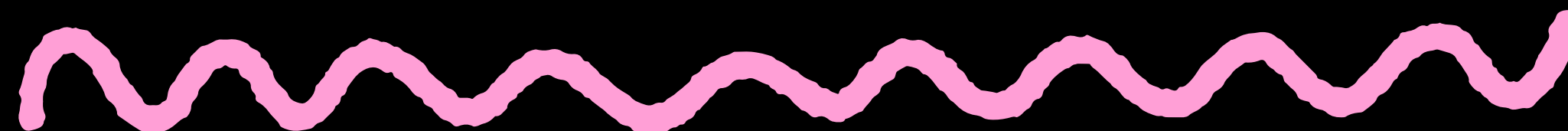


**YOUR ENERGY GIVES  
YOU CONTROL WHEN  
INTERACTING WITH  
STRANGERS.**

**BE OPEN IF YOU WANT IT,  
BE CLOSED IF YOU DON'T.**



**THERE'S SO MUCH  
MORE YOU CAN DO  
THAN BE ON YOUR  
PHONE.**







# **MY FAVORITE THINGS TO DO WHILE I'M ALONE IN PUBLIC...**

- **FOCUS ON SMELLS, TASTES, TEXTURES,  
INTERIOR DESIGN**
- **MAKE UP A GAME (FIND THE WHITEST HEAD),  
TRY TO GUESS WHAT PEOPLE ARE TALKING  
ABOUT OR HOW THEY KNOW EACH OTHER,  
IMAGINE LICKING EVERYONES HEAD.**
- **ORDER SOMETHING YOU'D NEVER GET AND  
FOCUS ON HOW YOU FEEL ABOUT IT**



  
**CHECK IN WITH**  
 **YOURSELF**   
**REGULARLY** 





LESSON 5

**SCHEDULE  
THE FUN!**





# NEED AN EXCUSE TO HANG OUT WITH YOURSELF?

TRY BLOCKING OUT THE  
SAME TIME EACH WEEK!



## CHALLENGE 10

**PICK A TIME SLOT  
FOR THE WEEK  
THAT YOU ARE  
DEDICATING TO  
BEING BY  
YOURSELF.**

### TIPS

- Can be a full day, a half day, or two hours. I like doing Wednesdays starting at 4pm!



## CHALLENGE 11

# BRAINSTORM ACTIVITIES THAT YOU CAN DO BY YOURSELF.

### TIPS

- Can be from past brainstorm lists or brand new ideas! Keep this list open and going so you can add as you go.
- Could emphasize weirdness, could be your favorite childhood activities, things your friends won't do with you, things you've been waiting on others for, or just new things you're excited to try.



## CHALLENGE 12

**CREATE A  
CALENDAR AND  
BEGIN ADDING  
THOSE ACTIVITIES  
TO FUTURE DAYS!**

### TIPS

- Scheduling fun sounds sad, but hey if it gets you to actually do it —we like that!



## CHALLENGE 13

**CREATE YOUR  
OWN PEP TALK TO  
TELL YOURSELF  
FOR WHEN YOU'RE  
CREATING A  
NEGATIVE SPACE  
IN YOUR MIND.**

### TIPS

- Like, "I am a human that is capable of so much love, has been through so much, and is dealing with a lot. I deserve to thrive and feeling the most joy as possible allows everyone else in my life to thrive too!"
- Mine is, "Meg you are a magical, one of a kind person who is capable of an above-average amount of love, sees the very best in every person, and is here to show the world how to do the same. I am my own best friend and I love myself so much. The world needs me to keep going, to share my love, and to be myself as an example for others!"





**OKAY, THANKS!**  
**BYE BYE!**

**@YOURBUDDYMEG | MEGLEWIS.COM**

