



What is **PLAY**?

PLAY for me is an acronym that in the past ten years has held a significant place in personal recovery.

Through the use of **PLAY**, I have found strength to work through copious health and wellness challenges, and with its focus develop strategies to manage life in a proactive way.

The acronym is

Find **PURPOSE** in new, emerging ways

Discover **LIGHTNESS** in everyday simplicity

Take **ACTION** in small and bigger ways

Say **YES** I can—take one-step-at-a-time

As you read through the materials on the **write4health** website you will become familiar with my use of the **PLAY** acronym.

In clinics you will gain a deeper understanding of how to use the acronym for your own purposes combined with tools, activities, exercises and strategies. While the **Possibility PLAYbook & Vision Cards** developed from my own need, its uses exceed my original intention.

Remarkably, the book, cards and tools have a universal application that has served others for over five years.

