Why Whimsy Matters



Sometimes I think we spend so much time being sensible and 'grown up' that we forget what we actually enjoy.

We get busy with work, responsibilities and all the everyday things that need our attention. Whilst there is nothing wrong with any of that, it can leave very little room for curiosity, creativity, playfulness or joy.

Bringing Some Whimsy Back™ is not about being less responsible, it is more about remembering that life is not only about getting things done. It is also about the things that make you smile, that spark your curiosity, the things that make you lose track of time.

The things that make you feel a little more like yourself and that is what this quiz is here to explore.

Your Whimsy Assessment

0 = Never
1 = Rarely
2 = Sometimes
3 = Often
4 = Very Often

For each statement score yourself:

1. I do things simply because they bring me joy. Score _____
2. I wear clothes that reflect my personality rather than just practicality. Score _____
3. I make time for creativity. Score _____
4. I follow my curiosity when something interests me. Score _____
5. I regularly try something new. Score _____
6. I laugh often. Score _____
7. I prioritise experiences, not just obligations. Score _____
8. I allow myself time to play, explore or daydream. Score _____
9. I express my individuality without worrying too much about what others think. Score _____
10. I still feel connected to the things I loved when I was younger. Score _____

Calculate Your Score

Total Score

_____ / 40

0–10	**Whimsy Missing In Action** Somewhere along the way, responsibility may have taken centre stage. There is nothing wrong with that, but life is not only about getting things done. It's time to make a little room for curiosity, creativity and fun.
11–20	**Occasional Glimpses** Your whimsy is still there. Perhaps you have just become a little too busy looking after everything and everyone else. Now it is time to make a little more room for yourself.
21–30	**Whimsy Still Alive** You seem to have found a balance between getting things done and making room for the things you enjoy. Keep making space for the things that light you up and help you feel most like yourself.
31–40	**Whimsy Thriving** It sounds as though curiosity, creativity and joy still have a place in your life. That is not something to take for granted. Keep making space for the things that light you up, make you lose track of time and help you feel a little more like yourself.

A Final Thought

Growing older does not mean becoming less yourself but more about becoming more comfortable being yourself.

Caring a little less about who you think you should be and paying a little more attention to what feels right for you, the things you enjoy, that spark your curiosity and make you lose track of time.

The things that bring a smile to your face for no particular reason. I invite you to make a little more room for them in your life.

Ready To Explore This More Deeply?

Bringing Some Whimsy Back is a workshop designed to help you reconnect with:

Creativity
Confidence
Self-expression
Identity
Joy

Using clothing as a starting point to explore who you are, how you express yourself and what makes you feel most like you.

Because life is too short to spend all of it being sensible.

Connect With Life

Helping people reconnect with themselves,
one deliberate choice at a time.

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Default to Deliberate