



**THE POWER OF HUMOR:**  
**INSIGHTS – SUMMARY & BULLET POINTS**

**1. GET YOUR HUMOR RDA AND START FEELING GOOD TODAY!**

Laughter is always good medicine!

**2. LIGHTEN UP TO LET THE GOOD TIMES ROLL!**

Remember: If it's light, it's just right!

**3. USE A LITTLE RIDICULOUS MAGIC**

Find the humor and the funk loses steam

**4. THE ONLY TRAGEDY OF LIFE IS FORGETTING THAT IT WAS  
MEANT TO BE A COMEDY!**

## THE POWER OF HUMOR: TOOLS

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### **TOOL #1: WAKE UP LAUGHING**

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Let the first thing you see/hear/think be something light and funny

- Keep a silly image that makes you smile by your bed
- Play a comedy/funny audio
- Watch a video/show that makes you laugh
- Think about a funny story/experience

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### **TOOL #2: GET YOUR HUMOR RDA**

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- Find reasons to giggle throughout your day
- Spend time with fun, happy people
- Find reasons to laugh at yourself
- Find audios/videos that tickle you

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### **TOOL #3: USE A LITTLE “RIDICULOUS MAGIC”**

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1. Transform and reframe an unpleasant memory or fear by giving it a new voice and identity

→ Give all players in a life “scene” a helium-induced voice or the voice of a crazy character that you can’t possibly take seriously

→ Picture all players/things being over-the-top-exaggerated – like a crazy “B” movie with horrible special effects and terrible acting or an old silent movie melodrama with goofy organ music

→ Redress your players (even yourself) in ridiculous costuming, hair and make-up that doesn’t fit the scene in any way, shape or form

→ Create “Past Out-Takes:”

See yourself or one of your players stopping mid-sentence/action and saying something like, “Ack! I forgot my line!” or getting completely tongue-tied and then laughing hysterically and hearing a director yell, “Cut!” with everyone having a good giggle together, shaking hands, patting the other on the back/hugging and heading off to lunch/for a drink/coffee/tea etc. together

2. Replay your ridiculous version of this (or any) life scene as needed or desired

## **HERE'S A BULLET LIST OF THE POWER OF HUMOR TOOLS:**

TOOL #1: WAKE UP LAUGHING

TOOL #2: GET YOUR HUMOR RDA

TOOL #3: USE A LITTLE RIDICULOUS MAGIC

→ Choose the one that feels best to you and do it now.