



Seven Steps to a Humor Filled Life

1. Keep really funny people in your life
Make friends with the funniest person at work
Stay connected to the funny friends you may have
2. Buy silly things that keep a smile on your face
Keep toys at work
Always have a sponge clown nose on hand
3. Start a humor library
Collect funny cartoons
Collect tapes, videos, books that make you laugh
4. Watch humorous movies, videos, TV shows
Three Stooges, Marx Brothers videos
5. Attend fun filled events
Post up new cartoons each week at home and work
Create a humor break room
6. Make other people happy
Learn to laugh with others
Dress up in a funny costume and surprise someone
Send a humor first aid kit to someone in need

Smile goal: "Today I'm going to give away 20 smiles!"

(Taken from Yvonne Conte's Serious Laughter, 1998)