

Balancing Life with Humour Hand Outs

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Funnymommy.com

- **Doing What You Love:** Finding what you love can be hard work, the key is to always try new stuff and find not only what you enjoy but also something you admire. Whether it's a new language, pottery classes, writing, joining a community theatre... Always be producing even if it's for 5 minutes a day. This is Key to balancing your life.
- **Get Rid of the "Shoulds" replace them with "Could's":** Once you accept where you are, you are able to be more present to the life you are in and that's when you can change everything.
- **Bringing Humour Into Our Lives:** We choose anger because we don't know what else to do to get the results we want. Whether it's in the playroom or in the boardroom. Don't take yourself so seriously. Humour makes people act nicer to each other. Humour motivates people to work harder and feel better about themselves. Humour thrives on inclusivity and so does the workplace.
- **Put a twist on what stresses you/ exaggerate your stress**
- **Laughter wasn't created in a vacuum it needs people to spread it**
- **Your mood affects people around you**
- **Laugh out Loud**
- **Fun cancels out stress and brings everyone into the moment**
- **Become a Character:** Bugs Bunny, A Robot, Cowboy, Opera Singer, Rock Star. Just be more playful and don't take yourself so seriously. Sing the Blues, write a rap song and sing it at the dinner table.
- **Let Go of the Inner Critic!**

- **Always Listen to Yourself:** Your intuition will always lead to answers and your fear and guilt will always lead to more questions. Whether it's a feeling in your stomach or a voice in your head. Never second-guess your internal compass.
- **We all deal with stress Differently: "The Tending Instinct"** is a natural process of dealing with stress. Respect each other's differences. Today's crisis is tomorrow's great joke.
- **Don't play the Martyr:** People in our lives learn by example, live to your fullest potential and follow your dreams.
- **Letting Go of Negative Thoughts:** A great way to do this is with **"Affirmations"** Write out all your negative beliefs about yourself (if one person was to say one of these thoughts to us we would never speak to them again but we can say it to ourselves 10 times a day) and then write them all out in Positive. Get rid of the negative ones, burn them, or throw them in the trash! Then whenever a negative thought comes back replace it with the new positive one. After a while your life will start to change and no longer will your negative beliefs hold you back from creating the life you want.
- **Visualization and Relaxation:** Like an athlete visualizing crossing the finish line first, visualizing can be used for anything you want to accomplish in your life. Even if it's for 2 minutes a day, focusing on your breath and quietly telling yourself to let go of your tension from your head to your toes. Then visualizing where you want to be in your life. Visualizing has huge health benefits both physically mentally and emotionally.

From the book "Love Yourself, Heal Your Life" by Louise L Hay

Exercise Replacing Your "Shoulds"

As I have said many times, I believe that "Should" is one of the most damaging words in our language. Every time we use it, we are in effect saying, "Wrong" Either we are wrong, or we were wrong or we are going to be wrong. I would like to take the word "should" out of our vocabulary forever and replace it with the word "Could." Could gives us choice and we are never wrong. Think of five things that you "Should" do.

I **SHOULD**:

1. _____
2. _____
3. _____
4. _____
5. _____

Replace **SHOULD** with **COULD**

I **COULD**:

1. _____
2. _____
3. _____
4. _____
5. _____

AFFIRMATIONS

Negative Beliefs

Positive Beliefs

Intuition

Harvard Business Review

One decision-making tool—human intuition—seems to offer a reliable alternative to painstaking fact gathering and analysis. Encouraged by scientific research on intuition, top managers feel increasingly confident that, when faced with complicated choices, they can just trust their gut. Indeed, a survey that was conducted in May 2002 by executive search firm Christian & Timbers reveals that fully 45% of corporate executives now rely more on instinct than on facts and figures in running their businesses.

<http://www.ctnet.com/pr/releaseDetails.asp?prid=151>

Forbes Magazine

"The Golden Gut"

At best, an intuitive leap can mark a breakthrough. "When you're entering an area where the unknowns are high, and experience is important, if you don't rely on intuition you're cutting yourself short," says Howard Gardner, professor of cognition and education at Harvard University.

<http://www.forbes.com/asap/2002/1007/Hunches.html>

Investor's Business Daily

FAST Company's John Byrne climbs a steep learning curve
"... I'm learning to follow my intuition."

<http://tinyurl.com/6j7pv>

Bizjournals.com - USA

DON'T ignore intuition

Almost all business owners I've worked with have a bad story of what happened when they ignored their intuition.

<http://www.bizjournals.com/moneycenter/story.html?id=3156>

Intuition At Work

article by Roger Frantz

What do Chrysler chairman Robert Eaton and Albert Einstein have in common? They both found value in using their intuition!

<http://tinyurl.com/6575y>

Advice About Intuition from Business Leaders...

Michael Eisner

CEO of the Walt Disney Company

"Balanced emotions are crucial to intuitive decision making."

Donna Karan

Fashion designer

"One of our greatest gifts is our intuition. It is a sixth sense we all have — we just need to learn to tap into and trust it."

Masaru Ibuka

Founder and chairman of Japan's Sony Corp.

Asked in an interview, "What is the secret of your success?" He said he had a ritual. Preceding a business decision, he would drink herbal tea. Before he drank, he asked himself, "Should I make this deal or not?" If the tea gave him indigestion, he wouldn't make the deal. "I trust my gut, and I know how it works," he said. "My mind is not that smart, but my body is."

Carly Fiorina

Chief executive officer, president and chairman of Hewlett — Packard

"Engage your heart, your gut, and your mind in every decision you make."

"I think leadership takes what I call a strong internal compass. When the winds are howling and the storms are raging and the sky is cloudy so you have nothing to navigate by, a compass tells you where the north is, I think when you're in a difficult situation, a lonely situation, you have to rely on that compass to tell you if you're doing the right things for the right reasons in the right ways. Sometimes that's all you have."

Tom Peters

Management consultant and best selling author

"Leaders trust their guts. "Intuition" is one of those good words that has gotten a bad rap. For some reason, intuition has become a "soft" notion. Garbage! Intuition is the new physics. It's an Einsteinian, seven-sense, practical way to make tough decisions. Bottom line, circa 2001 to 2010: The crazier the times are, the more important it is for leaders to develop and to trust their intuition."

Peter Senge

MIT Sloane School of Management

"People with high levels of personal mastery...cannot afford to choose between reason and intuition, or head and heart, any more than they would choose to walk on one leg or see with one eye."

Tom Prichard

Vice president for marketing at LeapFrog

"We use gut instinct a little bit like scientific principle, where we've got a hypothesis — a spark that comes from gut instinct — and we'll try to validate it with teachers, children, and parents. If there's a big difference between our research and our instinct, it sends up a red flag. Many times we find the instinct was correct, but that in the research, the vision didn't come through well enough. Other companies might walk away. When we've got a great feeling about a product, we don't walk away."

Chuck Porter

Chairman of advertising agency Crispin Porter & Bogusky
creator of the BMW Mini campaign

"When it comes to creating advertising, we don't research it. We don't believe in testing ads with focus groups. We know that kind of research doesn't ever work. So when we finish an ad, the system we use is, Do you feel it? Do you feel when you look at this ad that it's going to resonate with people? Will it reach out and grab them? Basically we use instinct, because we know the audience so well."

Doug Greene

Chairman of New Hope Communications

"If I don't feel good in my stomach about a decision," Greene told me, "I don't care if the numbers say we're going to make a billion dollars. That's how important intuition is to me. It's an actual feeling either way. When it doesn't feel good, it's just like a stomachache or a nervous stomach. and when a decision feels right, it's like a great meal."

Simon Woodroffe

Founder and Chairman of the YO! Sushi chain of restaurants

"So what I do now is instead of deciding whether to do it or not, I simply say, 'right Simon, your job for the next three months is simply to research this project'. Whether you do the project or not is irrelevant. At the end of three months, you have a knowledge base that provides you with the information on whether to do it or not. The rest is intuition — does it feel right."

Richard Abdo

Chair and CEO of Wisconsin Energy Corporation

"As we move to a deregulated marketplace, we don't have this slow process of hearings and review and two years to make a decision. We now have to make decisions in a timely manner. And that means that we process the best information that's available and infer from it and use our intuition to make a decision."

Robert Tucker

Author of *Managing the Future*

"Innovation, by its nature, means that you're doing something that's never been done before. There are no step-by-step recipes, and no market research can guarantee success. But going with your gut can become a kind of sixth sense that can tell you to "keep the faith and continue" or "throw in the towel." It can help you read people's true intentions and character, it can help you spot trouble spots, and think of novel solutions to problems, and alert you very quickly when something's not working. The only time intuition will not work is when we tune it out. "When we're greedy or when we're needy, intuition has no ignition."

Suggested Reading

Inner Peace for the Busy Women by *Joan Z. Borsenko*

Inner Peace for Busy People by *Joan Z. Borsenko*

Life is Short-Wear your Party Pants and other books by *Loretta LaRoche*

You can Heal Your Life by *Louise L Hay*

You Are a Badass by *Jen Sincero*

A Woman's Worth by *Marianne Williamson*

Getting Unstuck by *Dr. Joy Browne*

10 Secrets of Success and Inner Peace by *Dr. Wayne W. Dyer*

Wisdom of the Heart by *Alan Cohen*

How to Ruin Your Life by *Ben Stein*

Gratitude by *Louise L. Hay*

Love is Letting Go of Fear by *Gerald Jampolsky*

Creative Visualization by *Shakti Gawain*

The Gift of Fear by *Gavin De Becker*

Man's Search for Meaning by *Viktor Frankl*