



Seriously Funny - OPTIMISM

CHOOSE: *We always have a choice about our attitude and how we will respond to a given situation.*

- **Positive attitudes & actions**
- **To take yourself lightly & your responsibilities seriously**
- **Humor to creatively respond to stress**

LAUGH!

*“Those who can’t laugh at themselves, leave the job to someone else”
Anonymous*

CONNECT: *Use humor to be easy on people and hard on the problem.*

- **Setbacks to success**
- **With optimism and a smile**
- **With humor to influence & stop controlling**

SMILE!

*“A smile is a curve that sets everything else straight”
Phyllis Diller*

CELEBRATE: *Use humor to recognize the challenges and the efforts made to overcome them.*

- **Challenges as opportunities**
- **Small successes as motivators**
- **To create enthusiasm**

HAVE FUN!

*“Some cause happiness wherever they go, others whenever they go”
Oscar Wilde*

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