10 Ways to Use Humor for Success, Significance and Happiness

1. **Be proactive.** Humor by chance has benefits, but humor by choice creates results. Don’t wait for humor to happen by chance.

2. **Set the tone for humor AND establish high expectations.** If you can pair these two things in the workplace, you will improve the quality of your life and boost your bottom line.

3. **Seek humor from others.** Even if you do not have a sense of humor, by seeking humor from colleagues, friends, family and others—people will assume you have a sense of humor—and you have new material to share!

4. **Be a humor collector.** Start your own file of cartoons, quotes, jokes, props, and other fun items that make you smile.

5. **Practice safe humor through Bond, Environment, and Timing.** The better your relationships, the safer your humor. Your audience is anyone who can hear, see or experience your humor. People find something funny when it’s no longer painful to them.

6. **Raise your awareness.** By asking yourself, “What’s funny?” you will begin to see and hear what others are missing, like the person who wanted to know “Which beach is closest to the water?”

7. **Manipulate your environment.** Surround yourself with items that increase the likelihood of your being amused—like funny knickknacks, toys, posters; TiVo shows that make you laugh; bookmark funny online videos or websites.

8. **Manipulate your mindset.** Practice comic vision. Seinfeld made a fortune out of observing the quirkiness of everyday life. Other comics exaggerate, and others downplay. Practice twisting and turning your situation around until you can see it differently.

9. **Step out of your comfort zone.** Take a risk—be a little silly. What better way to stretch beyond your comfort level? Doing the same thing over and over again while expecting different results is the definition of insanity. Look for playful opportunities—and take them!

10. **Laugh at your self.** You can take your work seriously and still take yourself lightly. When you can learn to separate the two, you will be more productive, healthier and happier—and life will be more fun!