

## Balancing Life with Humour

Kate Davis Workshop

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 and motivates people to work harder and feel better about themselves.
- **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 our 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 loving 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 anything you want has huge health benefits both physically and emotionally.

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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