



You Gotta Laugh

10 Humor Tips That Tickle Your Funny Bone

"A sense of humor is part of the art of getting along with people and getting things done."
— Dwight D. Eisenhower

Humor is your built-in reset button. It lowers stress, builds trust, and makes tough moments lighter. You do not need to be a stand-up comic, you just need to smile more, share your embarrassing moments, and notice the everyday absurdities. A laugh can change the room. Humor is connection in its purest form.

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- 1. Smile First** — It is the fastest icebreaker on earth. No words, just instant connection.
- 2. Laugh at Yourself** — Spilled coffee? Wrong button? Own it. When you laugh at your slip ups, people laugh with you, not at you.
- 3. Collect Comedy Gold** — Life hands you material daily: missed cues, awkward intros, tech fails. File them away — they are your funniest stories.
- 4. Break the Tension** — A light comment in a heavy moment lets everyone breathe again.
- 5. Spot the Absurd** — Endless meetings, autocorrect disasters, reply all emails. Point them out, everyone is in on the joke.
- 6. Tell on Yourself** — Perfection is boring. Self-honesty is hilarious. Share your stumbles and watch people lean in.
- 7. Sprinkle, Do Not Smother** — Humor is seasoning, not the whole meal. A dash delights. A dump overwhelms.
- 8. Use Laughter as Glue** — Shared laughs bond people faster than any team building exercise.
- 9. Respect the Moment** — The right line at the right time is magic. Force it, and it falls flat.
- 10. Pass It On** — Share the laugh, the meme, the goofy story. Humor doubles every time it is spread.

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