

# TIM'S TIPS

## to Good Humor at Work

1. Put on your game face.
2. Use humor first for yourself.
3. Share good humor with others.
4. When in doubt leave it out.
5. Act, don't react.
6. Celebrate woo-hoos and dismiss the bummers.
7. Reduce stress by being really, really good at your job.
8. Do your dismount.
9. Laugh at the things you can, be serious about the things you have to, and let laughter become you.
10. HAVE FUN every day. Practice, practice, practice!

Tim Gard, CSP, CPAE  
[www.timgard.com](http://www.timgard.com)

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