

Improvise into the Unknown LEARNING THROUGH LAUGHTER

TECHNIQUES FOR EASING INTERNAL JUDGMENT & FEAR
IN UNCERTAIN TIMES

1. "THOSE are BELIEFS. NOT FACTS." (THE EVIL MIND Meanies are BIG OL' FIBBERS)
2. Name THE EVIL MIND Meanies
3. Say: "THANK YOU. NOW PIPE DOWN/I'VE GOT THIS/SWIPE LEFT"
4. BE LIKE THE MAYBE Farmer
5. CAPITAL-C CURIOSITY: "WHAT WOULD IT BE LIKE NOT TO LISTEN TO THE UNHELPFUL message?"
6. Reframe from UNHELPFUL TO HELPFUL, POSITIVE, PRODUCTIVE messages
7. FOLLOW THE JOY & Ease!

