

# DIVERSITY

# EVERYONE SMILES IN THE SAME LANGUAGE™

## Randall Munson

508 Meadow Run Drive SW, Rochester MN 55902-2337 USA  
Phone and fax: 507-286-1331 or 1-800-294-1331  
e-mail: [Randall@CreativelySpeaking.com](mailto:Randall@CreativelySpeaking.com)  
Web site: [www.CreativelySpeaking.com](http://www.CreativelySpeaking.com)

©

*creativelyspeaking*®  **randall munson**



# Randall Munson

Founder of *Laugh at Work Week*

**Imagine an exciting motivational speaker who's also an experienced business executive, a best-selling author, insightful teacher, and a gifted entertainer Randall Munson is all of these, delivering messages that have a powerful impact on audiences and organizations around the world.**

## **As a speaker:**

Randall's refreshing blend of inspiration and practicality, delivered with warmth, humor, and magic, has propelled him into the **Speaker Excellence Hall of Fame**. Not surprisingly, Randall has garnered more than 100 Gold Medals in the International Speaker Olympics, an IBM Award for Excellence, and is the first person named a **Distinguished Speaker**. Having spoken in more than 30 countries across 6 continents, Randall has earned the **Certified Speaking Professional** designation which has been achieved by only 7% of professional speakers in the world.

## **As an executive:**

Randal has been named one of "**The Worlds Greatest Business Mentors**". His messages stem from a rock solid business foundation: an IBM Program Manager and IBM Executive Advocate who for 20 years led IBM research and development projects with management, architecture, education, and marketing responsibilities. He also held an executive position for 5 years in the Target Corporation. Randall is listed in the **International Who's Who of Professionals**. He was the Vice President of Administration at Crossroads College and member of the Board of Directors of Hope International University. He is the founder and president of Creatively Speaking®.

## **As a best-selling author:**

Randall shares his insights from platforms around the world and through his writings in a column for an international magazine, numerous articles, the electronic magazine **Business Magic**® read by decision makers in more than 70 countries. He is the best-selling author of 9 books including **Create the Business Breakthrough You Want**, **Humor 101**, and **Creativity 102**.

## **As a teacher:**

Randall has a flair for conveying complex, abstract, and potentially dry information in a manner that's engaging and easy for the audience to grasp. IBM's highest rated instructor, he has designed and taught courses for the **IBM Advanced Business Institute**, IBM Management and Technical Education, Asia/Pacific Marketing Masters Seminars, and serves as an Adjunct Professor at the University of Wisconsin. Randall holds an M.S. degree in Computer and Information Science from the University of Minnesota.

## **As an entertainer:**

Randall's talents as a master magician, ventriloquist, and professional clown contribute to his ability to captivate audiences in any setting -- including **MGM Grand** in Las Vegas, **Ringling Brothers and Barnum & Bailey Circus**, **Walt Disney World**, and **The White House**. He has made televised appearances internationally and has been featured on major network broadcasts. Randall has won 40 national and international entertainment awards, and his likeness has been displayed in the **Clown Hall of Fame** and the **Smithsonian Institution**.



508 Meadow Run Drive SW, Rochester MN 55902-2337 USA  
Phone and fax: 507-286-1331 or 1-800-294-1331  
e-mail: [Randall@CreativelySpeaking.com](mailto:Randall@CreativelySpeaking.com)  
Web site: [www.CreativelySpeaking.com](http://www.CreativelySpeaking.com)

©

**randall munson**  
*creativelyspeaking*®



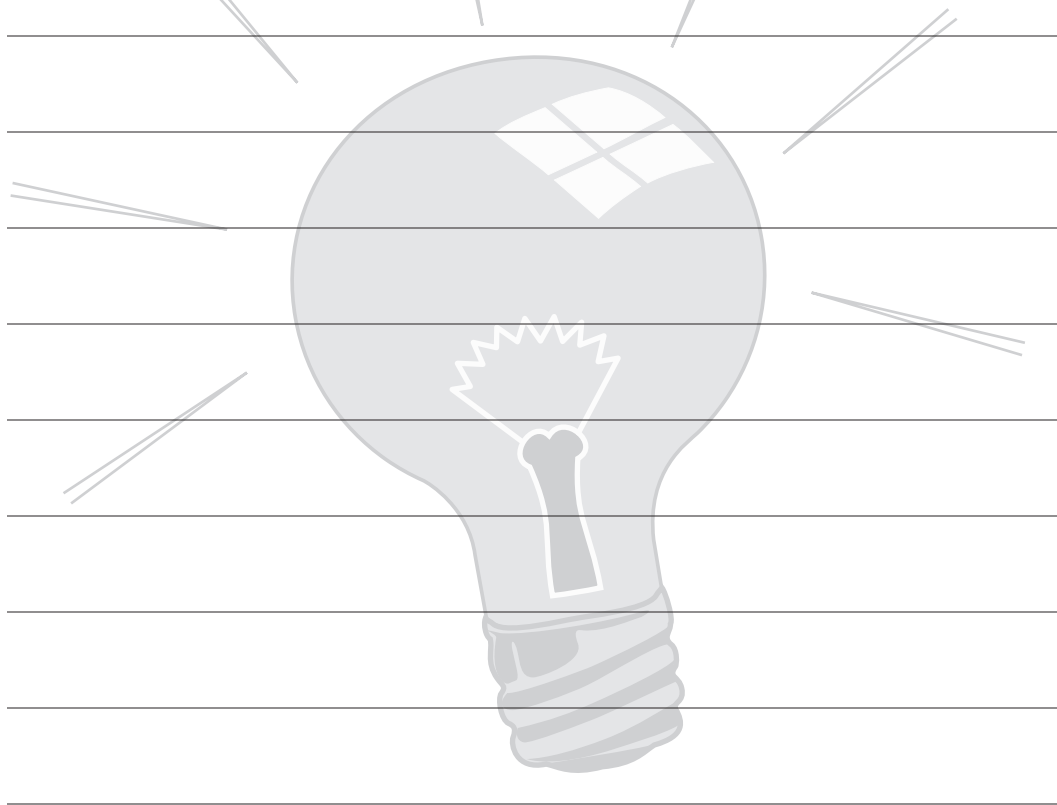
# Capture Today

If you would like a recording of today's program,  
send an email to me:

Randall@CreativelySpeaking.com

# Ah Ha! Journal

Write it down before you forget!



# HUMOR INVENTORY

**EVERYONE  
SMILES  
IN THE  
SAME  
LANGUAGE**

1 = That's not funny  
2 = Cute or amusing  
3 = Really funny

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**TOTAL**



## Clinical Description

# LAUGH

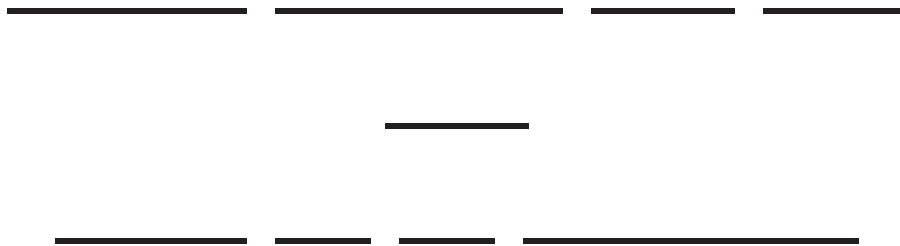
The neural circuits in your brain begin to reverberate. Chemical and electrical impulses start flowing rapidly through your body; the pituitary gland is stimulated; hormones and endorphins race through your blood. Your body temperature rises half a degree, your pulse rate and blood pressure increase, your vocal cords quiver, and your face contorts.

Pressure builds in your lungs.

Your lower jaw suddenly becomes uncontrollable, breath bursts from your mouth at nearly 70 miles an hour.



## Golden Rule



## Platinum Rule



*From Randall Munson's Humor File:*

## **Actual Church Bulletin Announcements**

1. Don't let worry kill you. Let the church help.
2. Thursday night Potluck Supper. Prayer and medication to follow.
3. Remember in prayer the many who are sick of our church and community.
4. For those of you who have children and don't know it, we have a nursery downstairs.
5. This afternoon there will be a meeting in the south and north ends of the church. Children will be baptized at both ends.
6. The rosebud on the altar this morning is to announce the birth of David Alan Belzer, the son of Reverend and Mrs. Julius Belzer.
7. Tuesday at 4 p.m. there will be an ice cream social. All ladies giving milk will please come early.
8. Wednesday, the ladies Liturgy society will meet. Mrs. Jones will sing, 'Put Me In My Little Bed', accompanied by the Pastor.
9. Thursday at 5 p.m. there will be a meeting of the Little Mothers Club. All wishing to become Little Mothers, please see the minister in his private study.
10. This being Easter Sunday, we will ask Mr. Brown to come forward and lay an egg on the altar.
11. The service will close with Little Drops of Water. One of the ladies will start (quietly) and the rest of the congregation will join in.
12. Next Sunday, a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the new carpet will come forward and get a piece of paper.
13. The ladies of the church have cast off clothing of every kind and they may be seen in the church basement Friday.
14. A bean supper will be held on Tuesday evening in the church hall. Music will follow.
15. At the evening service tonight, The sermon topic will be, 'What is Hell?' Come early and listen to our choir practice.
16. Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side entrance.
17. The 1991 Spring Council retreat will be held May 10 and 11.
18. Pastor is on vacation. Messages can be given to the church secretary.
19. Eight new choir robes are currently needed, due to the addition of several new members and the deterioration of some older ones.
20. The Senior Choir invites any member of the congregation who enjoys sinning to join the choir.
21. Please join us as we show our support for Amy and Alan who are preparing for the girth of their first child.
22. The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: I Upped My Pledge - Up Yours.



*From Randall Munson's Humor File:*

## **Actual Excuses For Missing Work**

**CarerBuilders.com asked hiring managers to share the most unusual excuses workers gave for missing work. Here are some of their favorite examples:**

1. I'm too drunk to drive to work.
2. I accidentally flushed my keys down the toilet.
3. I had to help deliver a baby on my way to work. (Employee was not in the medical profession.)
4. I accidentally drove through the automatic garage door before it opened.
5. My boyfriend's snake got loose and I'm afraid to leave the bedroom until he gets home.
6. I'm too fat to get into my work pants.
7. God didn't wake me. (Employee didn't believe in alarm clocks and thought a higher power would wake her when she was ready.)
8. I cut my fingernails too short, they're bleeding and I have to go to the doctor.
9. The ghosts in my house kept me up all night.
10. I forgot I was getting married today.
11. My cow bit me.
12. My son accidentally fell asleep next to wet cement in our backyard. His foot fell in and we can't get it out.
13. I was watching a guy fixing a septic pump, fell in the hole and hurt myself.
14. I was walking my dog and slipped on a toad in my driveway and hurt my back.
15. My house lock jammed, and I'm locked in.



*From Randall Munson's Humor File:*

## **Actual Statements by Business Leaders**

**Business leaders can be fun to listen to. Here are some examples:**

1. I'm caught between a rock and a stone.
2. My son has a huge appetite. He has a bottomless leg.
3. It's like being a monkey with chickens on your back!
4. Are you too blind to remember?
5. Anyone could go to that person and say, 'I need a bell on the side of the elephant.'
6. He has too many fingers in the dike.
7. It's like an engineer falling out of a building.
8. Smooth as pie.
9. I have no idea what that is. Thank goodness we didn't order three!
10. The active part is there, the proactive is not.
11. This isn't rocket surgery.
12. It's good to get a taste of someone else's moccasins!
13. It's a mute point.
14. This is for your FYI...
15. We definitely don't want to nail ourselves into a corner.
16. I'm not the brightest bean in the hole.
17. I want quality, not quantity; but lots of it.
18. In one five-minute exchange, a co-worker who thinks he ought to be my boss said, "supposably", "expecially", "irregardless", "that doesn't jive", and my personal favorite, "We have to start a brass roots movement". This was all in the context of explaining why he deserved more management authority.
19. I was once told by a co-worker, "Don't look for a gift in the horse's mouth". This was the same person who couldn't understand why a pot would call the cattle black.

*From Randall Munson's Humor File:*

## **Actual Dilbert-like Quotes**

**The grass is not always greener on the other side of the road. Just look at the names of the companies who have some real winners for managers.**

**A magazine ran a "Dilbert Quotes" contest looking for people to submit quotes from their real-life Dilbert-type managers. Here are some of the finalists:**

1. As of tomorrow, employees will only be able to access the building using individual security cards. Pictures will be taken next Wednesday and employees will receive their cards in two weeks. *This was the winning entry; Fred Dales at Microsoft Corporation*

2. What I need is a list of specific unknown problems we will encounter. *Lykes Lines Shipping*

3. How long is this Beta guy going to keep testing our stuff? *Programming intern, Microsoft IIS Development team*

4. E-mail is not to be used to pass on information or data. It should be used only for company business. *Accounting Manager, Electric Boat Company*

5. This project is so important, we can't let things that are more important interfere with it. *Advertising/Marketing Manager, UPS*

6. Doing it right is no excuse for not meeting the schedule. No one will believe you solved this problem in one day! We've been working on it for months. Now, go act busy for a few weeks and I'll let you know when it's time to tell them. *R&D Supervisor, 3M Corporation*

7. My boss spent the entire weekend retyping a 25-page proposal that only needed corrections. She claims the disk I gave her was damaged and she couldn't edit it. The disk I gave her was write-protected. *CIO of Dell Computers*

8. Quote from the Boss: "Teamwork is a lot of people doing what I say." *Marketing executive, Citrix Corporation*

9. My sister passed away and her funeral was scheduled for Monday. When I told my Boss, he said she died so that I would have to miss work on the busiest day of the year. He then asked if we could change her burial to Friday. He said, "That would be better for me." *Shipping executive, FTD Florists*

10. "We know that communication is a problem, but the company is not going to discuss it with the employees." *Switching supervisor, AT&T Long Lines Division*

11. We recently received a memo from senior management saying: "This is to inform you that a memo will be issued today regarding the subject mentioned above." *Microsoft, Legal Affairs Division*

12. One day my Boss asked me to submit a status report to him concerning a project I was working on. I asked him if tomorrow would be soon enough. He said, "If I wanted it tomorrow, I would have waited until tomorrow to ask for it!" *New business manager, Hallmark Greeting Cards*



From Randall Munson's Humor File:

## Government

Actual quotes taken from Federal Government employee performance evaluations.

1. Since my last report, this employee has reached rock-bottom and has started to dig.
2. I would not allow this employee to breed.
3. This employee is really not so much of a has-been, but more of a definite won't be.
4. Works well when under constant supervision and cornered like a rat in a trap.
5. When she opens her mouth, it seems that it is only to change feet.
6. This young lady has delusions of adequacy.
7. He sets low personal standards and then consistently fails to achieve them.
8. This employee is depriving a village somewhere of an idiot.
9. This employee should go far, and the sooner he starts the better.
10. Got a full 6-pack, but lacks the plastic thingy to hold it all together.
11. A gross ignoramus -- 144 times worse than an ordinary ignoramus.
12. He doesn't have ulcers, but he's a carrier.
13. He's been working with glue too much.
14. He would argue with a signpost.
15. He brings a lot of joy whenever he leaves the room.
16. When his IQ reaches 50, he should sell.
17. If you see two people talking and one looks bored, he's the other one.
18. A photographic memory but with the lens cover glued on.
19. A prime candidate for natural de-selection.
20. Donated his brain to science before he was done using it.
21. Gates are down, the lights are flashing, but the train isn't coming.
22. He's got two brains cells, one is lost and the other is out looking for it.
23. If he were any more stupid, he'd have to be watered twice a week.
24. If you give him a penny for his thoughts, you'd get change.
25. If you stand close enough to him, you can hear the ocean.
26. It's hard to believe he beat out 1,000,000 other sperm
27. One neuron short of a synapse.
28. Some drink from the fountain of knowledge; he only gargled.
29. Takes him 2 hours to watch '60-minutes'.
30. The wheel is turning, but the hamster is dead

*From Randall Munson's Humor File:*

## **Insurance**

### **The following are reasons for accidents actually reported to Insurance Adjusters in automobile accident reports.**

1. The telephone pole was approaching fast. I was attempting to swerve out of it's path when it struck my front end.
2. To avoid hitting the bumper of the car in front, I struck the pedestrian.
3. My car was legally parked when it backed into the other vehicle.
4. An invisible car came out of nowhere, struck my vehicle and vanished.
5. When I saw I could not avoid a collision, I stepped on the gas and crashed into the other car.
6. The pedestrian had no idea which direction to go, so I ran him over.
7. Coming home, I drove into the wrong house and collided with a tree I don't have.
8. I was driving my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before.
9. The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.
10. The other car collided with mine without giving warning of its intention.
11. I thought my window was down but found it was up when I put my hand through it.
12. The indirect cause of this accident was a little guy in a small car with a big mouth.
13. The guy was all over the place. I had to swerve a number of times before I hit him.

*From Randall Munson's Humor File:*

## **Medicine**

### **Actual sentences found in patients' hospital charts.**

1. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
2. Patient has chest pain if she lies on her left side for over a year.
3. On the second day the knee was better, and on the third day it disappeared.
4. The patient is tearful and crying constantly. She also appears to be depressed.
5. The patient has been depressed since she began seeing me in 1993.
6. Discharge status: Alive but without my permission.
7. Healthy appearing decrepit 69 year old male, mentally alert but forgetful.
8. The patient refused autopsy.
9. The patient has no previous history of suicides.
10. Patient has left white blood cells at another hospital.
11. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
12. Patient had waffles for breakfast and anorexia for lunch.
13. Between you and me, we ought to be able to get this lady pregnant.
14. Since she can't get pregnant with her husband, I thought you might like to work her up.
15. She is numb from her toes down.
16. While in ER, she was examined, X-rated and sent home.
17. The skin was moist and dry.
18. Occasional, constant infrequent headaches.
19. Patient was alert and unresponsive.
20. Rectal examination revealed a normal size thyroid.
21. She stated that she had been constipated for most of her life, until she got a divorce.
22. I saw your patient today, who is still under our car for physical therapy.
23. Both breasts are equal and reactive to light and accommodation.
24. Examination of genitalia reveals that he is circus sized.
25. The lab test indicated abnormal lover function.
26. Skin: somewhat pale but present.
27. The pelvic exam will be done later on the floor.
28. Patient was seen in consultation by Dr. Blank who felt we should sit on the abdomen, and I agree.
29. Large brown stool ambulating in the hall.
30. Patient has two teenage children, but no other abnormalities.
31. The patient was to have a bowel resection. However, he took a job as a stock broker instead.

*From Randall Munson's Humor File:*

## **Welfare Department**

**The following are taken from actual letters received by the Missouri Welfare Department in applications for financial support.**

1. I am forwarding my marriage certificate and 6 children. I had seven but one died which was baptised on a half sheet of paper.
2. I am writing the welfare department to say that my baby was born two years old. When do I get my money?
3. Mrs. Jones has not had any clothes for two years and has been visited regularly by the clergy.
4. I cannot get sick pay. I have six children can you tell me why?
5. I am glad to report that my husband who is missing is dead.
6. This is my eighth child. What are you going to do about it.
7. Please find for certain if my husband is dead. The man I am now living with can't do anything until he knows.
8. I am very much annoyed to find out that you have branded my son illiterate. This is a dirty lie as I was married a week before he was born.
9. In answer to your letter, I have given birth to a son weighing 10 lbs. I hope this is satisfactory.
10. I am forwarding my marriage certificate and my 3 children one of which is a mistake as you can see.
11. My husband got his project cut off about two weeks ago and I haven't had any relief since.
12. Unless I get my husband's money pretty soon, I will be forced to lead an immortal life.
13. You have my changed little boy to a girl, will this make any difference?
14. I have no children yet, as my husband is a truck driver and works night and day.
15. I want money as quick as I can get it. I have been in bed with the doctor for two weeks and he doesn't do me any good. If things don't improve, I will have to send for another doctor.
16. In accordance with your instructions, I have given birth to twins in the enclosed envelope.

From Randall Munson's Humor File:

## Airline Mechanics

Here are some actual logged maintenance complaints by QANTAS pilots and the corrective action recorded by mechanics.

By the way, Qantas is the only major airline that has never had an accident.

**P** stands for the **Problem** the pilots entered in the log

**S** stands for the **Corrective Action** taken by the mechanics

P: Left inside main tire almost needs replacement.  
S: Almost replaced left inside main tire.

P: Test flight OK, except autoland very rough.  
S: Autoland not installed on this aircraft.

P: Something loose in cockpit.  
S: Something tightened in cockpit.

P: Dead bugs on windshield.  
S: Live bugs on backorder.

P: Autopilot in altitude-hold mode produces a 200-fpm descent.  
S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.  
S: Evidence removed.

P: DME volume unbelievably loud.  
S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.  
S: That's what they're there for!

P: IFF inoperative.  
S: IFF always inoperative in OFF mode.

P: Suspected crack in windscreen.  
S: Suspect you're right.

P: Number 3 engine missing.  
S: Engine found on right wing after brief search.

P: Radar hums.  
S: Reprogrammed radar with words.

P: Mouse in cockpit.  
S: Cat installed.

P: Aircraft handles funny.  
S: Aircraft warned to straighten up, fly right, and be serious.

For more excerpts from  
Randall Munson's  
**HUMOR FILE**  
see  
**FUN STUFF**  
on  
[www.CreativelySpeaking.com](http://www.CreativelySpeaking.com)





*Ten Best Things to Say if You Get Caught*  
**Sleeping at Your Desk**

10. They told me at the blood bank this might happen.
9. This is just a 15 minute power-nap like they raved about in that time management course you sent me to.
8. Whew! Guess I left the top off the White-Out. You probably got here just in time!
7. I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm.
6. I was testing my keyboard for drool resistance.
5. I was doing a highly specific Yoga exercise to relieve work-related stress. Are you discriminatory toward people who practice Yoga?
4. Why did you interrupt me? I had almost figured out a solution to our biggest problem.
3. The coffee machine is broken...
2. Someone must have put decaf in the wrong pot...

**And the #1 best thing to say if you get caught sleeping at your desk...**

1. ... in Jesus' name. Amen.

**BONUS:**

0. Have you ever noticed the pleasant scent of this desktop?

# 100 YEARS ...100 LAUGHS

## The 100 Funniest American Films

by the  
American Film Institute

1. Some Like It Hot. 1959
2. Tootsie. 1982
3. Dr. Strangelove. 1964
4. Annie Hall. 1977
5. Duck Soup. 1933
6. Blazing Saddles. 1974
7. M\*A\*S\*H. 1970
8. It Happened One Night. 1934
9. The Graduate. 1967
10. Airplane!. 1980
11. The Producers. 1968
12. A Night At The Opera. 1935
13. Young Frankenstein. 1974
14. Bringing Up Baby. 1938
15. The Philadelphia Story. 1940
16. Singin' In The Rain. 1952
17. The Odd Couple. 1968
18. The General. 1927
19. His Girl Friday. 1940
20. The Apartment. 1960
21. A Fish Called Wanda. 1988
22. Adam's Rib. 1949
23. When Harry Met Sally.... 1989
24. Born Yesterday. 1950
25. The Gold Rush. 1925
26. Being There. 1979
27. There's Something About Mary. 1998
28. Ghostbusters. 1984
29. This Is Spinal Tap. 1984
30. Arsenic And Old Lace. 1944
31. Raising Arizona. 1987
32. The Thin Man. 1934
33. Modern Times. 1936
34. Groundhog Day. 1993
35. Harvey. 1950
36. National Lampoon's Animal House. 1978
37. The Great Dictator. 1940
38. City Lights. 1931
39. Sullivan's Travels. 1941
40. It's A Mad Mad Mad Mad World. 1963
41. Moonstruck. 1987
42. Big. 1988
43. American Graffiti. 1973
44. My Man Godfrey. 1936
45. Harold and Maude. 1972
46. Manhattan. 1979
47. Shampoo. 1975
48. A Shot In The Dark. 1964
49. To Be Or Not To Be. 1942
50. Cat Ballou. 1965
51. The Seven Year Itch. 1955
52. Ninotchka. 1939
53. Arthur. 1981
54. The Miracle Of Morgan's Creek. 1944
55. The Lady Eve. 1941
56. Abbott And Costello Meet Frankenstein. 1948
57. Diner. 1982
58. It's A Gift. 1934
59. A Day At The Races. 1937
60. Topper. 1937
61. What's Up, Doc?. 1972
62. Sherlock, Jr. . 1924
63. Beverly Hills Cop. 1984
64. Broadcast News. 1987
65. Horse Feathers. 1932
66. Take The Money And Run. 1969
67. Mrs. Doubifire. 1993
68. The Awful Truth. 1937
69. Bananas. 1971
70. Mr. Deeds Goes To Town. 1936
71. Caddyshack. 1980
72. Mr. Blandings Builds His Dream House. 1948
73. Monkey Business. 1931
74. 9 To 5. 1980
75. She Done Him Wrong. 1933
76. Victor/Victoria. 1982
77. The Palm Beach Story. 1942
78. Road To Morocco. 1942
79. The Freshman. 1925
80. Sleeper. 1973
81. The Navigator. 1924
82. Private Benjamin. 1980
83. Father Of The Bride. 1950
84. Lost In America. 1985
85. Dinner At Eight. 1933
86. City Slickers. 1991
87. Fast Times At Ridgemont High. 1982
88. Beetlejuice. 1988
89. The Jerk. 1979
90. Woman Of The Year. 1942
91. The Heartbreak Kid. 1972
92. Ball Of Fire. 1941
93. Fargo. 1996
94. Auntie Mame. 1958
95. Silver Streak. 1976
96. Sons Of The Desert. 1933
97. Bull Durham. 1988
98. The Court Jester. 1956
99. The Nutty Professor. 1963
100. Good Morning, Vietnam. 1987



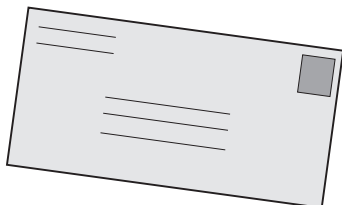
# The Public's **TOP 10** Funniest American Films

1. Porky's
2. Young Frankenstein
3. Blazing Saddles
4. The Jerk
5. The Philadelphia Story
6. The Blues Brothers
7. Annie Hall
8. Manhattan
9. Moonstruck
10. Broadcast News

For more great humor material  
see Randall Munson's web site

[www.CreativelySpeaking.com](http://www.CreativelySpeaking.com)

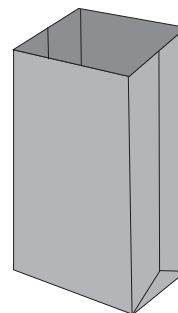
## CONTRIBUTIONS WELCOME



Please send us real-life humor you have seen or experienced. We are compiling examples for a book about the "***Serious Business of Humor***". The first book, ***Humor 101***, has been published and is available on CreativelySpeaking.com.

Be sure to include your name and address so we can acknowledge your contribution.

### Thanks!



Oh! Also, please send barf bags (*unused only*) to add to my collection. Remember to note the airline they are from.

### Thanks Again!



## Top 10 Reasons to Laugh at Work

CELEBRATE!

Laugh  
at Work  
Week

APRIL 1-7

### 1. Laughter Builds Teamwork

We are drawn to those who smile, laugh, and enjoy their work but we shun perpetually serious, sober duds who never laugh or smile. You can more easily build an effective team with the people others want to be with.

### 2. A Punch Line Improves the Bottom Line

Southwest Airlines, Outback Steakhouse, and Tastefully Simple have two things in common. "Having fun" is in their basic beliefs and they are exceptionally successful in their own industry. They are successful. They laugh at work.

### 3. Humor Improves Communications

In an atmosphere of fun, where people are comfortable laughing at themselves, information flows freely. When people are on pins and needles, where any flub is considered serious, people hold back and prefer silence to the risk of making an error in what they say.

### 4. Fun Improves Performance

Studies show that employees who feel their work is fun perform better and get along better with coworkers than those who are simply satisfied with their jobs. Laughter is more important than overall job satisfaction.

### 5. Laughter Keeps You Awake

Never in recorded history has anyone fallen asleep while laughing. Laughter refreshes you, energizes you, and keeps you from falling asleep no matter how dull your job may be.

### 6. Laughter Improves Health

Dozens of medical studies show laughter enhances respiration, increases number of disease-fighting immune cells, fends off viruses and bacteria, helps fight chronic diseases, contributes to good health, and releases endorphins which are 2,000 times more potent than morphine. You can't take it but you can make it.

### 7. Laughter Reduces Absenteeism

Health benefits of laughter mean fewer sick days. When people enjoy their jobs they want to come to work. They don't want to miss a good laugh.

### 8. Laughter Reduces Stress

Relaxation and information help reduce stress but humor is much more effective. Overwhelmed by stress? Laugh it off.

### 9. Humor Helps Solve Problems

When you see something funny about a problem, it indicates that you see it from a new perspective. Humor results in more objectivity. When you see the funny side, you can start to see a new solution.

### 10. Laughter Eliminates Monotony

When laughter erupts it is always because of something unexpected the punch line, the surprise event, the unanticipated reply. Monotony and laughter are mutually exclusive.

## **BONUS!**

### 11. Humor is Human

Laughter is an exclusively human trait. It separates humans from animals and machines. You don't feel like a robotic cog in the corporate machine when you laugh because laughter is a raw expression of pure humanness.

### 12. Humor Reduces Turnover

Only 15% of people are fired because they don't have the skills to do the job. But 85% lose their jobs because they lack people skills and the ability to relate to others. Humor is an integral part of relating to other people. Laughter is the shortest distance between two people.

### 13. It's Fun!

When others make your life miserable and you laugh, it just drives them crazy. What could be better than that!



**CELEBRATE!**

# Laugh *at* Work Week

**APRIL 1-7**

For one week each year the world celebrates **Laugh at Work Week** - a week dedicated to having fun at work and recognizing the business value of humor and laughter.

Appropriately, the week begins on April 1. That's right, April Fools Day, the day in which pranks, stunts, practical jokes, and spoofs abound.

Laughter and humor are an important part of the workplace. Benefits of laughing at work include improved productivity, creativity, teamwork, communication, stress relief, job satisfaction, and employee retention.

**Laugh at Work Week** was founded by **Randall Munson** and is celebrated around the world annually **April 1 through April 7**.

*For resources and additional information about **Laugh at Work Week**:*

[www.LaughAtWorkWeek.com](http://www.LaughAtWorkWeek.com)

E-mail: [Humor@CreativelySpeaking.com](mailto:Humor@CreativelySpeaking.com)

Randall Munson  
Creatively Speaking®  
508 Meadow Run Drive SW  
Rochester, MN 55902-2337, USA

***Randall Munson suggests the following books***

*Humor 101 - Randall Munson*

*Creativity 101 - Randall Munson*

*Creativity 102 - Randall Munson*

*Create the Business Breakthrough You Want -  
Randall Munson, Brian Tracy, Mark Victor Hansen, et. al.*

*Break-Out Creativity - Randall Munson, et. al.*

*Anatomy of an Illness - Norman Cousins*

*Children's Letters to God - S. Hample and E. Marshall*

*Mirth in Management - William H Higginbotham*

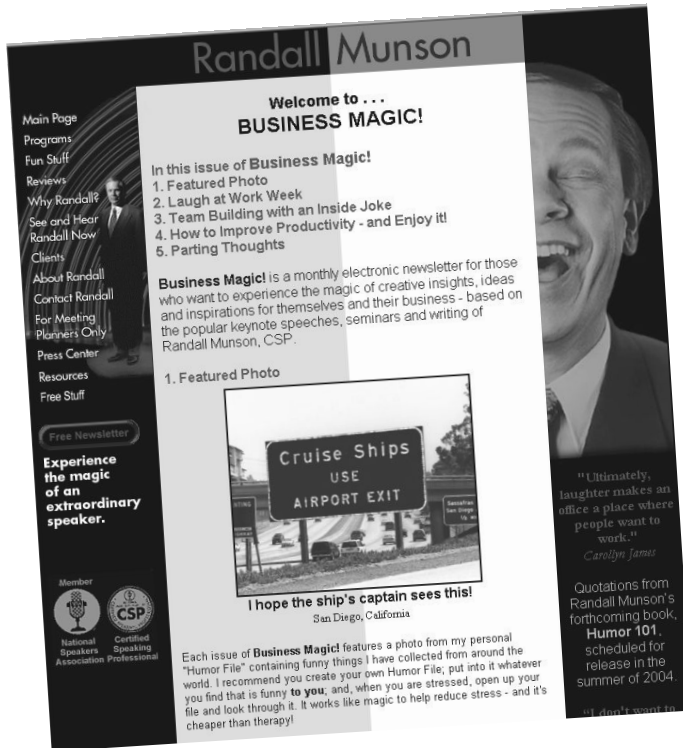
*This Job Should Be Fun - Bob Basso and Judi Klosek*

*How to Enjoy Your Life and Your Job - Dale Carnegie*

*A Funny Thing Happened on the Way to the Boardroom -  
Michael Iapoco*

*Pretty Good Joke Book - Garrison Keillor*

TO CONTINUE THE LAUGHTER . . .  
 subscribe to  
**Business Magic!**<sup>®</sup>



**Business Magic!** is a free monthly electronic magazine for those who want to experience the magic of creative insights, ideas and inspirations for themselves and their business - based on the popular keynote speeches, seminars and writing of Randall Munson, Certified Speaking Professional and one of the world's greatest business mentors.

Each issue features a photo from Randall's personal "Humor File."

For additional tips, techniques, and great ideas, get Randall's free electronic newsletter, **Business Magic!**

Experience the magic Randall shares with leading companies to increase sales, increase profits, and make their competition disappear!

If you like the  
**DIVERSITY:**  
**Everyone Smiles in the Same Language!**  
 you'll love  
**Business Magic!**

To subscribe, just visit  
**CreativelySpeaking.com**