

# Top 10 Ways To Build Net Mirth

- 10 HAVE FUN FOR A CHANGE**

Humor and play are essential ingredients to a balanced life. Like Native American “contraries,” they can promote change, shift perspective, invoke laughter, and challenge the status quo.
- 9 SAVE AND SHARE HUMOR**

Look for and collect funny stuff. Categorize it alphabetically backwards in rows of columns and bunches. Apply the “AT&T test” to share Appropriate, Timely, and Tasteful humor with others.

“From there to here, from here to there, funny things are everywhere.” –Dr. Seuss
- 8 BE READY TO PLAY**

Make playful things readily accessible, such as buttons, cartoons, clown noses, costume items, humor books, juggling props, magic tricks, stickers, etc.. Ask “What if...?” and “What else...?”

“Life must be lived as play.” –Plato
- 7 TAKE JOY BREAKS**

“There is a time for everything...” When possible and prudent, pick up a fun resource (see #9 & #8) and take a short break to laugh or play. Then return to work refreshed and more productive.

“There is a time to laugh... and a time to dance.” –King Solomon
- 6 MAKE SOMEONE'S DAY**

How has serving others brought you joy? How might you uplift someone’s heart today? Trying sharing a note, gift, or random act of silliness to make their day. Watch it come back to you.

“A cheerful heart is good medicine.” –Proverbs
- 5 CREATE A FUN SPACE**

Have a space for jokes, cartoons, and quotes. Put up funny signs, pictures, or posters. Bring silly mugs to work. Put a rubber chicken in the refrigerator. Float plastic fish in the water cooler...
- 4 PROMOTE FUN**

Ask “How might this be more fun?” Put humor in memos, newsletters, reports, and materials. Open meetings or events with a silly quote, story, song, or skit. Close with some play time.

“Pleasure in the job puts perfection in the work.” –Aristotle
- 3 CELEBRATE WITH FUN**

Decorate and do crazy things to celebrate special occasions. Meet at a fun place. Have a casual social event. Play wacky games. Plan a Silly Shirt Day, Funny Hat Day, or Crazy Tie Day...
- 2 FIND ONLINE RESOURCES**

Check out [www.aath.org](http://www.aath.org) and [www.humorstudies.org](http://www.humorstudies.org) for research and conferences, [www.humorproject.com](http://www.humorproject.com) for books and more, and [www.injest.com/fun](http://www.injest.com/fun) for fun resources.
- 1 CHOOSE TO PRACTICE JOY**

“We vow to bring joy to one person in the morning... to ease the pain of one person in the afternoon... to practice joy on the path of service.” –Buddhist recitation