

HUMOR CHEAT SHEET

OF COURSE BY "CHEAT SHEET" WE MEAN "HANDY TIP REMINDER."
THERE IS NOTHING ABOUT USING CONSTRUCTIVE HUMOR TO MAKE
YOUR JOB EASIER THAT IS CHEATING. PROMISE.

INTENTIONALLY

ADD HUMOR TO YOUR PHYSICAL & VIRTUAL SPACES



A FUNNY DANCING
FOX
IF YOU HAVE ONE, IF
NOT, HOW ABOUT
CARTOONS
THAT MAKE YOU
LAUGH?

CELEBRATE EACH VICTORY*
WITH GRAND, LIGHTHEARTED
ENTHUSIASM



*YUP, EVEN THE TINIEST ONES. ESPECIALLY THE TINY ONES

REMINDE YOURSELF* EVERY DAY:



IT'S OKAY TO
LAUGH
AT THE
FUNNY PARTS**!

*OR ASK A COWORKER TO REMIND YOU. A TRUSTED
NON-JERKY COWORKER

**WHILE NOT FORGETTING THE COROLLARY: IT'S
ALSO OKAY TO CRY AT THE SAD PARTS

INTENTIONALLY ADD HUMOR TO YOUR DAILY ROUTINE

Wednesday

9 AM: ERADICATE CHILD ABUSE

10 AM: ERADICATE CHILD ABUSE

11 AM: ERADICATE CHILD ABUSE

12 PM: ERADICATE CHILD ABUSE

1 PM: WATCH FUNNY YOUTUBE VIDEOS

2 PM: ERADICATE CHILD ABUSE

3 PM: ERADICATE CHILD ABUSE

3 PM: ERADICATE CHILD ABUSE

4 PM: ERADICATE CHILD ABUSE

DON'T WATCH THE NEWS* BEFORE 8 AM



**THIS JUST IN:
EVERYTHING
IS
TERRIBLE**

***OR LISTEN TO NPR, OR DOOMSCROLL.**

DEPENDING ON YOUR AGE AND POLITICAL AFFILIATION

**THERE'S NO HURRY- EVERYTHING WILL STILL BE JUST
AS TERRIBLE AFTER YOU'VE HAD YOUR COFFEE!**