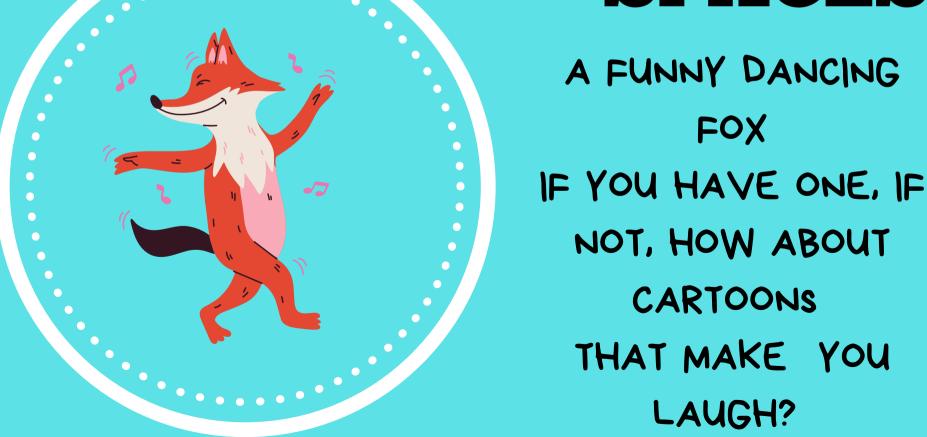
#### HUMOR CHEAT SHEET

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.





# CELEBRATE EACH VICTORY\* WITH GRAND, LIGHTHEARTED ENTHUSIASM



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

#### **REMIND YOURSELF\* EVERY DAY:**



\*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



\*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!