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# Thank you for bringing Learning THROUGH LAUGHTER to your day!

## This packet includes material for the presentation:

- ★ Self-Reflection Worksheet
- ★ Overview of Improvise into the Unknown Techniques
- ★ Group Reflection Discussion Prompts
- ★ A Space for your Notes
- ★ Other Learning THROUGH LAUGHTER Events

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# SELF-REFLECTION: Reframing

| Reflexive Immediate Thoughts | Reflective, Reframed Positive Messages |
| --- | --- |
| | |

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*Improvise into the Unknown*

# LEARNING THROUGH LAUGHTER

## Techniques for Adapting to Uncertain Times with More Ease & Joy

- Those are Beliefs, Not Facts
- Name the Unhelpful Messengers
- Say: "Thank you, ____. Now Pipe Down/I've Got This/Swipe Left"
- The Maybe Farmer Mindset
- Reframe to Helpful, Positive Messages
- Capital-C Curiosity
- Follow the Joy! Follow the Ease!

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## Group Reflection

- What's one "aha" from today?
- Pick 1 or 2 techniques.
- Come up with an example of how you could use it in your job.
- What's your next action step to quiet the inner critic?
- How would your life & job change if you stopped listening to your unhelpful internal messages?
- What would you do if you knew you couldn't fail in your job? In your life?

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*Notes for*

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