

# CLIFFTOP CHEAT SHEET

2025 OSANA ANNUAL CONFERENCE

TO INTENTIONALLY ADDING HUMOR TO YOUR LIFE AND PRACTICE

**C**

**CELEBRATE EVERYTHING**

**ASK: WHAT IS THE SMALLEST VICTORY WE CAN CELEBRATE TODAY? IF THINGS ARE REALLY GRIM, GOOGLE "SILLY HOLIDAYS" AND CELEBRATE ONE OF THOSE.**

**L**

**LOWER YOUR LAUGHTER THRESHOLD, MAKE A DECISION TO ALLOW MORE OF YOUR BODY TO LAUGH WHEN YOU FIND SOMETHING FUNNY.**

**ASK: WHAT IF I LET MYSELF ACTUALLY TRULY LAUGH OUT LOUD? WHAT WOULD THAT FEEL LIKE? WHAT WOULD HAPPEN? PROTIP: FAKING A BIG BELLY LAUGH HAS THE SAME HEALTH BENEFITS AS A SPONTANEOUS LAUGH**

**I**

**INSERT HUMOR DELIBERATELY INTO YOUR SCHEDULE AND YOUR PHYSICAL AND VIRTUAL ENVIRONMENT**

**ASK: WHAT AREAS DO I INTERACT IN EVERY DAY? HOW COULD THEY BE FUNNY RATHER THAN DISMAL? OR EVEN LESS DISMAL.**

**ASK: IS THERE A PART OF MY DAY THAT MIGHT BENEFIT FROM A "YES AND" RESPONSE FROM ME?**

**F**

**FIND FOUND HUMOR**

**ASK: WHERE ARE COWORKERS, PATIENTS, FAMILIES OR EVEN RANDOM STRANGERS LEAVING LAUGHTER CLUES FOR ME/US?**

**ASK: IS THERE A TIME WHEN I COULD "CALL THE ROOM" (RESTATE WHAT'S GOING ON) OR USE A CALLBACK TO SOMETHING THAT HAD HAPPENED RECENTLY.**

**F**

**FIX YOUR ENVIRONMENT--AS MUCH AS YOU CAN**

**ASK: WHAT COULD I LISTEN TO BEFORE /ON MY WAY TO WORK THAT WOULDN'T STRESS ME OUT?**

**T**

**TOYS ARE AWESOME**

**ASK: WHAT ACTIVITIES DID I REALLY ENJOY WHEN I WAS A KID? HOW COULD THESE ACTIVITIES BE INCORPORATED INTO MY LIFE NOW?**

**O**

**OFFICIAL-**

**ASK: HOW CAN MOMENTS OF HUMOR BE ADDED TO THE SPECIFIC WORKPLACE ACTIVITIES, MOST OFTEN MEETINGS.**

**P**

**PLAYFULNESS WINS THE DAY**

**ASK: IS THERE A WAY I COULD LEAD WITH HUMOR, ESPECIALLY GENTLE SELF-DEPRECATING HUMOR?**

**MORE AT [KELLIDUNHAM.COM](http://KELLIDUNHAM.COM)**

# HUMOR STRATEGY BINGO

## BECAUSE IT'S OKAY TO LAUGH AT THE FUNNY PARTS



**CELEBRATE  
THE SMALLEST  
VICTORY**

**CALL THE ROOM**

**CALL BACK**

**MAKE A PUN**

**YES AND**

**FOUND  
HUMOR**

**LAUGH AT  
YOURSELF**

**MAKE A  
SNIGLET**

**TWO TRUTHS AND A  
LIE AND/OR WOULD  
YOU RATHER AS AN  
ICEBREAKER**

**FOR MORE INFO, IDEAS REACH OUT TO [KELLI@KELLIDUNHAM.COM!](mailto:kelli@kellidunham.com)**

**TEXT KELLI AT 215.964.1963 AND SHE'LL SEND YOU BACK A FUNNY STORY THAT HAPPENED JUST THAT DAY!**

# FIRST LAST BEST WORST HUMOROUS STORY BRAINSTORMING GUIDE

HOW TO DO IT: JOT DOWN ANY MEMORIES YOU HAVE THAT FIT IN ANY OF THE CATEGORIES. YOU MIGHT BE SURPRISED THE THINGS YOU HAVE FORGOTTEN UNTIL THESE PROMPTS UM, PROMPT YOUR MEMORY! ONE OF THESE MIGHT LEAD TO A STORY YOU CAN SHARE AS PART OF THE INTENTIONAL HUMOR INITIATIVE

SEE [KELLIDUNHAM.COM](http://KELLIDUNHAM.COM) FOR MORE IDEAS

<b>PROMPTS</b>	<b>FIRST</b>	<b>LAST</b>	<b>BEST</b>	<b>WORST</b>
<b>JOB</b>				
<b>MOMENT AT A NEW JOB</b>				
<b>EXPERIENCE LEARNING A NEW SKILL</b>				
<b>BOSS</b>				
<b>PAPER WORK SNAFU</b>				

# FIRST LAST BEST WORST HUMOROUS STORYBRAINSTORMING GUIDE (PAGE 2)

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<b>PROMPTS</b>	<b>FIRST</b>	<b>LAST</b>	<b>BEST</b>	<b>WORST</b>
<b>MISTAKE AT WORK</b>				
<b>SURPRISING RESPONSE FROM PATIENT/CLIENT</b>				
<b>OBJECT OUT OF PLACE</b>				
<b>MOMENT OF JOY</b>				
<b>BODY FLUID WILD CARE</b>				