

## WHAT TO DO WHEN YOU START AT 9AM *SHARP* AND END AT 9PM *DULL*!

- Display pictures of yourself smiling and acting silly.
- Throw yourself a surprise party. Invited guests bring a surprise to the party.
- Start a joy journal. Write down the joyful things that happen each day.
- Buy a "belly laugh" bulletin board. Put funny stuff on it e.g. cartoons, humorous cards
- Hang up posters of comedians around the house.
- Put funny captions on the photos in the family album.
- Nurture your sense of humor by playing with kids.
- Schedule at least 15 minutes of playtime each day.
- Keep fun stuff around your house: games, toys, signs, posters.
- Watch a comedy show on TV each day.
- Browse through the humor section at the bookstore.
- When someone asks for your ID, Show them the mole on your elbow.
- Post comic strips on the refrigerator.
- Go see a funny movie.
- Look in the mirror and get your face out of park!

### **Walt Stasinski, MEd, MPH**

Walt is a member of the National Speakers Association, and he has been a professional speaker for 13 years. He conducts Keynote programs and Workshops in his areas of specialty: Humor, Leadership and Customer CARE  
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***I'd Pick More Daisies***

by  
Nadine Stair  
Age 85

If I had my life to live over,  
I'd try to make more mistakes next time.  
I would relax.  
I would limber up.  
I would be sillier than I have been this trip.  
I would take more chances.  
I would take more trips.  
I would climb more mountains,  
swim more rivers and watch more sunsets.

Oh, I've had my moments and,  
if I had to do it over, I'd have more of them.  
In fact, I'd try to have nothing else.  
Just moments, one after another, instead of living  
so many years ahead each day.

If I had to do it over again,  
I would go places and  
do things and travel lighter than I have.  
If I had my life to live over,  
I would start  
bare-footed earlier in the Spring and  
stay that way later in the Fall.

I would ride on more merry-go-rounds.

***I'd Pick More Daisies***

# Program Evaluation

Walt Stasinski, MEd, MPH

9-9

MALA, April 19, 2010

**Your opinion is very important. Please share it.**

Overall, how highly would you rate this program?

10    9    8    7    6    5    4    3    2    1  
Highly                      Fairly                      Slightly                      Not

May we please have and use a quote from you about Walt's program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you like best about the program? \_\_\_\_\_

\_\_\_\_\_

first? \_\_\_\_\_

Which idea will you use

\_\_\_\_\_

Your Name (Please Print): \_\_\_\_\_ Your Title: \_\_\_\_\_

Your Organization: \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_\_\_ I would like to discuss scheduling one of Walt's programs with my organization. Please follow-up with a

phone call: Area Code (       ) \_\_\_\_\_ Ext. \_\_\_\_\_

***Our major source of business is through referrals. Which Association, Company or Organization do you feel could benefit from Walt's programs. If you don't have all the information, write what you have and we will call you or email you for the rest.***

**Thank you!**

Referral Name \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_ Phone# \_\_\_\_\_

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