Introduction

Who doesn't want a well-balanced life full of joy and harmony? You deserve nothing less. Sometimes it only requires a few steps back to: take a look at the current circumstances of your life, identify what you want it to be, and learn new techniques to bridge the gap from blah to blast-off. This booklet provides you with realistic tools for everyday use at home, at work, and at play.

Make sure and read the two forms in the appendix. They will help you bring more joy into your life.

About the Author

Joyce Weiss is an internationally recognized Certified Speaking Professional and Facilitator, specializing in employee performance and group dynamics. Weiss has captivated countless listeners on radio talk shows and motivated more than 50,000 people in over 400 businesses. She has authored two books, *Full Speed Ahead* and *Take the Ride of Your Life!*, and has been cited in over 100 publications across North America. Utilizing the same empowering techniques from her programs and books, Joyce helps you achieve the goals and life experience you desire.

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Tune Up Your Funny Bone

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Realize that humor is all around you. You simply need to give yourself permission to find it. Write down something that made you smile or laugh today.

"Humor is a skill. We need to train ourselves to look for and find it."

—Joyce Weiss Employee Performance/ Group Dynamics Specialist