

HA!

“you dont stop playing because you get old...”

WE ALL HAVE SUPER POWERS!

Serious=stupid

Lets Be GOOD COMPANY To ourselves... & those around us.

BUT Take your SELF Lightly
Take your Job seriously



@WORK

Seriousness ≠ CAPABILITY

THE EPIDEMIC OF OVER-SERIOUSNESS

“you GET OLD BECAUSE you STOP PLAYING!”

Zaras nana said this!

YOUR sense of humour is your ULTIMATE RESOURCE!! ITS CARBON NEUTRAL & INFINATELY RENEWABLE



WHAT IS YOUR UNTAPPED SUPERPOWER?



a big rock hurtling thru space

PRESIDENT OF THE MULTI-VERSE

ZARA SWINDELLS - GROSE
TedX Melbourne

BY 2020 Depression will be our No.1 HEALTH ISSUE

Theres Power in Humour



@ Home

our 2 MAIN FEARS

not BEING enough
not HAVING enough



A PRINCESS

AS A CHILD WHAT DID YOU WANT TO BE when you grew up?

I just wanna get through the week!!

ASK AN ADULT

When were little, were not afraid. to think BIG

IF YOU CAN JOKE you can cope...



He He He

Humour & Intimately related!

HUMANITY We rate "GSOH" highly!

We need a sense of humour NOW more than EVER!

statistically were no happier than we were in the 1950s* in fact... now we are 10x more likely to be depressed... *average age of depression used to be 29 now 14!!

“Worry is misery without a result”

Im Blue



We need to LIGHTEN UP & give ourselves permission to let go of fear and our debilitating self beliefs.

HAHA

AHA!