Everything is a Process

Everything in life and work is a process. Every process involves a series of steps. Every step has the potential for being improved. Every step has the potential for being more fun.

Once we make the processes in our life and work better and more fun, success becomes a reality.

It’s All in Your Head...Sort Of

Stress is not inherently stressful. Instead, stress is created by our interpretation of the “stressor”—an event or an experience in our lives. If stress were inherently stressful, then the same things would cause stress for everyone, which is not the case. A simple equation for stress looks like this:

\[
\text{Stressor} + \text{Interpretation} = \text{Effects of Stress}
\]

If you change your interpretation, you change the stress. So you see, stress is in your head...sort of.

One effective way to change your perspective is to see the humor that’s right there in front of you.
Say What?

Communication would be much more effective if we first pay attention to two things: Empathy and Clarity. By understanding the other person and then being clear with our communication, we avoid the pitfalls of miscommunication.

Add a touch of humor when anticipating a particularly difficult message and your communication will be even more effective.

All Work and No Play Is, Well, Work

The core work-related benefit of Do It Well, Make It Fun is that by combining excellence and fun, we will design a work environment that is both productive and enjoyable.

1. Evaluate your work environment to make sure it is congruent with the mission and vision of your organization.
2. Break down processes and look for areas of improvement.
3. Look for ways to have more fun with the routine, mundane processes in your organization.

Keep The End in Mind

A good result comes from a clear focus on the goal and attention to the process to get there. The best thing we can do to enrich our life is to embrace the concept that it will one day end. By keeping our eye on our goals and managing the processes along the way, we create a path to a rich and fulfilling life. So, imagine how you want to be remembered—and then make it happen.

A Few Well-Fun Tips

1. Examine your interpretation of stress and see if you can change it.
2. Look everywhere for humor as a way to balance the effects of stress.
3. To communicate with clarity, pay attention to:
   a) What you intend to say.
   b) What and how you say it.
   c) What was heard.
4. Be willing to laugh at your mistakes. Self-directed humor is a powerful communication tool.
5. To be excellent in your work, determine what skills you need and continually seek to improve them.
6. Ask yourself every day, “How am I going to have fun in my work today?”
7. Never take your life for granted. Appreciate what you have.
8. Live each day as if it were your last. One day, you’ll be right!

Excellence + Fun = A Valued and A Valuable Existence
Recommended Reading


Your Speaker

Ron Culberson, MSW, CSP, CPAE is a former hospice social worker, middle manager, and senior manager whose mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association and in 2014 was inducted into the CPAE Speaker Hall of Fame®.

Ron’s book titles:

- *Do it Well. Make it Fun. The Key to Success in Life, Death and Almost Everything in Between* (2012)

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