10 Ways To Keep Your Sense of Humor

By David Towne

“Don’t ever lose your sense of humor.”
That is a quote spoken many times during my life by my Dad who has consistently modeled a sense of humor through the peaks and valleys of his private and public life. Humor has been ingrained in my own life by both my parents and those that have influenced me over the years. It has been a topic of my speeches and workshops, and is now backed by neurologists who study the power of humor in a person’s life.

The following are 10 ways to keep your sense of humor during times when those around you are losing theirs! May it be helpful as you navigate the challenges and trials that life brings us all.

10. Balance
9. Intentionality
8. Friends
7. Jokes
6. Comedians
5. Stories
4. Perspective
3. Reality
2. Laugh
1. Love

Live, Laugh, Love, Lead, Leisure, Lifestyle, Light, Listen, Look, Legacy