
Do it Well. Make it Fun.®

Presented by Ron Culberson

The Goal in Life is Not Seriousness

We are hardwired to be negative and when we add other sources of negativity to the mix through social media, news, and those whiney friends and family, it's hard not to be negative in our approach to life and work.

The key to a fulfilling existence is to recognize this tendency and work towards a more positive approach. Instead of ending up in the "Whine Cellar," we can choose to pursue a more fruitful existence.



Life is a Journey

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.

The Do it Well, Make it Fun 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, the journey and the destination become both fulfilling and enjoyable.

Managing Ourselves

Stress is not inherently stress-full. 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 the one below. Thus, if we change the interpretation, we can change the effects of stress.

$$\text{Stressor} + \text{Interpretation} = \text{Effects of Stress.}$$

Managing Our Work

The core work-related benefit of Do It Well, Make It Fun is that by combining excellence and fun, we will design a process towards our tasks that is both productive and enjoyable. Try breaking down boring, mundane, or stressful processes into individual steps. Then, look for ways to either improve the steps or to make them more fun.

A few Do it Well, Make it 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. Be present in the moment as a way to enhance your awareness.
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 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!

I never did a day of work in my life. It was all fun.
—Thomas Edison

Recommended Reading

Achor, Shawn (2018). *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life*.

Burchell, Michael & Robin, Jennifer. (2011) *The Great Workplace*.

Colvin, Geoff (2010). *Talent is Overrated: What Really Separates World-Class Performers from Everybody Else*.

Covey, Stephen (2020). *The 7 Habits of Highly Effective People, 30th Anniversary Edition*.

Gladwell, Malcolm (2008). *Outliers: The Story of Success*.

Gostick, Adrian & Christopher, Scott (2008). *The Levity Effect: Why it Pays to Lighten Up*.

Klein, Allen (1989). *The Healing Power of Humor*.

Freiberg, Kevin & Freiberg, Jackie (1996) *Nuts! Southwest Airlines' Crazy Recipe for Business and Personal Success*.

Peck, M. Scott (1978). *The Road Less Traveled*.

Rinpoche, Sogyal (2020). *The Tibetan Book of Living and Dying*.

Robertson, Jeanne (2015). *Don't Let The Funny Stuff Get Away*.

Tolle, Eckhart (2004). *The Power of Now: A Guide to Spiritual Enlightenment*.

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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:

- *If Not Now, When? Making the Most of Your Life, Your Relationships, and Your Work* (2017)
- *Do it Well. Make it Fun. The Key to Success in Life, Death and Almost Everything in Between* (2012)
- *My Kneecap Seems Too Loose: 365 Random Thought to Inspire Deeply Shallow Thinking* (2010)
- *Is Your Glass Laugh Full? Some Thoughts on Finding Humor in Life* (2004)