THE 8 TOOLS OF IMPROV COMEDY THAT WE CAN APPLY TO EVERY DAY LIFE

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SKILL #1

STAY PRESENT

Being mindfully present allows us to connect with others more fully, to be aware of the creative possibilities right in front of us, to let go of habitual reactions, and to let go of fear based on past experiences. Being present is really the only way to live fully. Improv makes it easy to bring us immediately into the present moment.

"YES, AND"

We don't want to always negate ideas from others, or block creativity. Say "Yes, and" rather than "No, but" as a way of being open to life and allow for innovation and collaboration to bloom.

SKILL #2

SKILL #3

BE FLEXIBLE

Things are not going to go as you expect them to. That's just a fact of life. Being flexible, and perhaps even cultivating enthusiasm for the unknown to pop into our experience will open you up to more joy and creativity than you knew you could have. Being flexible allows you to enjoy all of it, even when it's not what you were expecting.

GIVE UP THE GOAL

We are constantly reinventing ourselves and our path. We are changing and growing and we are living in a world where we can make big changes, and often. And if we want to live an authentic, happy life, we have to learn to get comfortable giving up our preconceived ideas of where we are headed.

SKILL #4

SKILL #5

SPONTANEITY: THINKING ON YOUR FEET

There is a great couple of lines in The Matrix where Trinity says: "No one's ever done anything like this before." And Neo responds: "That's why it's going to work."

Being spontaneous will allow you to take creative risks that bring exciting rewards. Spontaneity leads to stronger innovation because it trains that part of your brain to bypass the censor, allowing creative ideas to burst through.

GAG YOUR INNER CRITIC

Your Inner Critic can rule your life. It was meant to be helpful and protective, but for most of us, it has become a tyrant. What we need to do is retrain it to help us, not hinder us.

SKILL #6

SKILL #7

THE ART OF GETTING LOST...

Getting LOST allows you to find the new parts of your evolving authentic self. We are not stagnant beings. So you have to allow yourself to let go of preconceived notions of who you are so that you can grow.

TRY THIS: WAYS TO PRACTICE BEING LOST

Go to a bookstore without an agenda. Just meander. See what grabs you. Call someone without a reason. Literally WANDER:

- In the woods,
- Another country,
- In a chocolatier,
- In a pet store,
- Your neighborhood,
- On the Internet,
- Through a menu,
- On a meditation cushion.

Why is it so important to be comfortable being lost? Because you absolutely cannot grow into the next version of YOU unless you allow yourself to be lost. You just end up back where you started, uncomfortable in your old skin. This is crucial! Practice being lost so that it becomes a friend. A fun place to be. It's not a BAD thing. It's exciting!

SKILL #8

HOW TO BE AUTHENTIC

Practicing all of these skills leads to living an authentic life. But you must practice them. Pick one that grabs you as the most fun and focus on that one for a full week before moving on to the next. Remember: only you know who your authentic self is. This isn't about what others think you should be or if they approve. This is between you and you. When your authentic self jumps out, you will feel energized, alive, excited, playful and confident. Have fun with it!

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