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Test Your

HQ

(Humour Quotient)



When life throws you a curve ball, what do YOU do?

Thomas Wright, a professor of organizational behaviour at the University of Nevada, thinks it helps to laugh. He did extensive surveys showing that people who keep their sense of humour do better on the job when unwanted change happens.

They also get along better with clients and associates, find more creative solutions to problems, and are more productive than their more serious counterparts.

Humour and enjoyment can only grow with the right attitudinal soil. To see how you do, circle the answer in each question that most closely resembles you.

1. When I make a mistake:
 - a. I laugh and see what I can learn from the experience;
 - b. I beat myself up;
 - c. I blame the government.
2. When my schedule is extremely busy:
 - a. I keep my nose to the grindstone;
 - b. I occasionally take a break to relax and have Fun;
 - c. I hire an actor who looks like me to appear at family dinners.
3. When I tell a joke, people:
 - a. laugh;
 - b. groan;
 - c. report me to the harassment board.
4. I forget to laugh;
 - a. when I'm really busy;
 - b. when I'm at a comedy club;
 - c. when my toast lands on the floor—butter side down.
5. I plan to reward myself with Fun and relaxation:
 - a. each day;
 - b. only on weekends and holidays;
 - c. when cloning becomes affordable.
6. People view me:
 - a. as a serious person;
 - b. as a light-hearted person on occasion;
 - c. as so Funny, I should be banned from visiting the hospital hernia unit.
7. The key people in my life;
 - a. are Fun-loving;
 - b. are happy only during happy hour;
 - c. all now have unlisted phone numbers.
8. If something bad happens—like the computer goes down when I'm trying to email:
 - a. I make a joke about it and start finding a solution;
 - b. I tell the IT guy: "I own a gun and I'm not afraid to use it";
 - c. I try that olden-days method of walking down the hall and talking to the person.
9. When I successfully complete a challenging work project, I:
 - a. think of all the things I should have done differently;
 - b. throw my hands in the air and do the Successful Gig Jig;

- c. send out a photo of myself with the subject line “The Can-Do Miracle One Strikes Again!”
10. Making people laugh:
 - a. comes easily to me;
 - b. comes easily to me only if I steal other people’s jokes;
 - c. comes easily to me, but unfortunately not on purpose.
 11. When I was growing up, my family:
 - a. valued Fun, laughter, humour, and play;
 - b. were often afflicted with AADS (Acquired Amusement Deficiency Syndrome);
 - c. made Spock look like a one-man carnival.
 12. I study the art of comedy:
 - a. regularly, via books, tapes, workshops, mentors, coaching, etc.;
 - b. occasionally, for example, when I watch a great speaker;
 - c. never, because comedy is for silly people who don’t realize that life is serious . . . very, very serious.

Scoring

1	a. 3	b. 2	c. 1
2	a. 2	b. 3	c. 1
3	a. 3	b. 2	c. 1
4	a. 2	b. 1	c. 3
5	a. 3	b. 2	c. 1
6	a. 1	b. 2	c. 3
7	a. 3	b. 2	c. 1
8	a. 3	b. 1	c. 2
9	a. 1	b. 2	c. 3
10	a. 3	b. 2	c. 1
11	a. 3	b. 2	c. 1
12	a. 3	b. 2	c. 1

Your Total Score = _____

Results

If your score was 30 or more, put the whoopee cushion down! You live so much on the Funny side of your brain, we might need to occasionally stimulate your “tax return” brain.

If your score was 25 to 29, you are grooving. You have a well-developed Funny brain and a good balance of Fun versus work ethic. It is normal to have some

negativity—and it’s actually necessary for a card-carrying human.

If your score was 20 to 24, get thee to a Funnery! Your overly grave behaviour will lead you—yes, you guessed it—to an early grave. Install the latest version of *Mirth Manager 4.1* right away and delete *Wet Blanket 3.2* immediately. Start by creating an area of your office just for Fun stuff—a humour bulletin board, comedy CDs, games, etc.

If your score was under 19, you might want to get a T-shirt that says “I am the Beacon of Doom” and look in the mirror. You need serious help in the Fun department! ▲

Carla Rieger, expert on the Artistry of Change, speaks at conventions, sales rallies, and appreciation events on how to turn negativity into creativity and unlock your genius for outstanding performance.

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