

HAPPINESS RECIPECARDS

Improv to Improve

One of the key lessons they teach you in Improv School is called **"Yes, and..."**

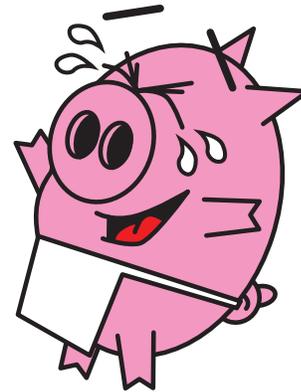
The idea of "Yes, and..." is to agree with (**YES**) whatever your partner on stage says, then heighten (**AND**), expand, and build upon. You are taught to never disagree, instead go with the flow, follow their lead, and let hilarity ensue.

Imagine if we all acted like that in real life?

Imagine if instead of saying "NO" to your partner, you agreed with them and then added your own opinion to expand upon their's and create something new that included both of your thoughts.

Imagine if your partner went along with your ideas and made them better too.

Where **"NO"** is the wall, **"Yes, and..."** is the door to improving your relationships and increasing Happiness!



Secret Ingredient:

Tomorrow, make a conscious effort to say "Yes, and..." at least three times to three different people.

You will see attitudes change, opinions sway, and alternative ideas emerge.

If hilarity ensues, that's a plus too!

www.MasterHappiness.com

Clip and Save for Yourself

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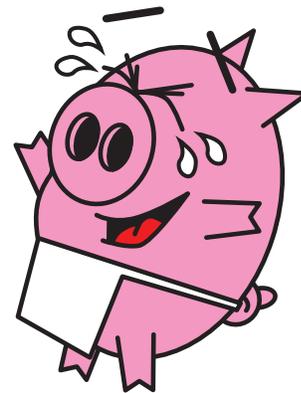
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Clip and Give to Someone Else