We do, we listen, we care.
Getting and…..

KEEPING
THE
HOME CARE
SPARKLE

Wisconsin Association of Home Health Care
Chula Vista, Wisconsin Dells, WI
November 5, 2015

Kinza Christenson
Kinza Presentations & Consulting
The Performance Pro & Humorologist
262-567-6317 * www.kinza.net
Getting your sparkle on:  

**MASTERING YOUR INTANGIBLES**

1. W______ A_______ R_______  

= _____________

2. P_________  

E___________

“A NEW DAY”

This is the beginning of a new day. I have been given this day to use as I will. I can waste it – or use it for good, but what I do today is important because I am exchanging a day of life for it. I want it to be gain, not loss, good and not evil; success, and not failure; In order that I shall not regret the price that I have paid for it.

H. Wilson

“Sparkle is like jam, reap it, enjoy it, and spread it everywhere you can.”

Only 10% of life is what you are dealt; 90% is how you respond.”

3. S___________ EX___________

Kinza Christenson, The Performance Pro/ Humorologist: Healthcare/ Conferences/ Workplace / Meetings/ Special Events  
Kinza Presentations & Consulting Group * 262-567-6317 * kinza@kinza.net - www.kinza.net
My Personal Mission Statement

The purpose of my life is:

You don’t get to choose how you are going to live or die,
You can only decide how you are going to live.

Joan Baez
30 Personally Wacky & Wonderful Ways
To Motivate Sparkle & Productivity

“Be so driven to lifting up that it becomes impossible for others to pull you down.”

1. Pick a theme song for yourself.
2. Turn drudgery into fun: Typing, put a rhythm to it; read emails with your favorite accent; think of getting up from your chair as a great “POP UP” exercise job perk.
3. Walk in the door at home singing Zip-a-dee-Do-Dah, wearing a funny nose.
4. Start a humor kit for at home and for your car.
5. Be silly. Things don’t always have to make sense. Think nonsensical. Think “What if..”
6. Make up your personal motto to help you through rough times. i.e. “It is what it is.”
7. Fill your day with positives – favorite tunes, good thoughts, goal for the day.
8. Know that to err is human. It takes a computer to really foul things up.
9. Make a “already done” list. It will feel so-o-o good.
11. Look for humor in signs, on trucks, on billboards, on buildings. Share with others.
12. Collect play things to use (silly hats, wacky glasses, toys, bubbles)
13. Use shock value. Do something out of character. (What if the hokey pokey is what its all about?)
14. On a crowded elevator, start singing “It’s a small world after all.”
15. Make someone’s day. Do a random act of kindness.
16. Craft an answer to “How are you?” i.e. I feel happy. I feel terrific, or try If I was any better there would be two of me. Let the creative juices flow!
17. If you don’t have everything you want, be grateful that you don’t have the things you don’t want.
18. Make a “already done” list. It will feel so-o-o good!
19. When you greet people, use their name. The synergy created bounces back to you.
20. Give the gift of the book “Burnt Toast & Jam” (Available at www.kinza.net)
21. Call someone who needs to hear from you today.
22. Tally your funny bone – how many times have you used humor today?
23. Ask some riddles (great for “kids” of any age): i.e. What did one wall say to the other wall? Meet you at the corner!
24. Ladies, look in the mirror and sing “There she is ‘Miss America”
25. Open yourself to possibilities. What if......... give it a crazy humor twist.
26. Whistle a happy tune, sing in the shower.
27. Embed positive descriptive word in dialogue when advising others to achieve.
28. Tuck a note of appreciation under each of your family members’ pillows.
29. Sing a song to your sweetie (‘You are my Sunshine’ is a great start)

“Motivation is an inside job”

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