

HABIT OF MIND

FINDING HUMOUR

Having a sense of humour and laughing increases your oxygen intake and lowers your pulse rate; this is good for you. Being able to laugh at yourself rather than zeroing in on the wrong places such as others' weaknesses and differences.

Being able to appreciate others' humour helps you to be more creative and think at a higher level.

Ask yourself the following questions:

- when have I really enjoyed my learning and why?
- what things can I do to make my learning more fun and enjoyable?
- who has impressed me with his/her enjoyment in his/her learning and having fun in a positive way?

