

It's not too late for your 2014 red nose resolutions!

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Still thinking about how to make 2014 a year to improve your clowning?

Well, it's not too late – in fact, it's NEVER too late – to make some resolutions for the evolution, revolution, and reconstitution of your clown (and whatever other kind of funny character resides within your soul) in 2014.

But before you resolve to save the art of clowning, start small. Make a simple, realistic commitment to do one small thing every day (maybe even just once a week, if that's all that fits into your life and schedule) that improves your life, your clown, your character, your art, or your sense of humor. Have a good reason and not a whim, because when things get tough or you want to rationalize yourself out of it, "it sounded good" or "it'll make me look good" won't do.

And, if you're starting a new habit, make sure you enjoy it, or it won't last longer than a ripe avocado.

So, ready to get started on the 2014 stage of your own personal 'clown-in-progress' journey? Consider one or two of these ideas:

1. Exercise your clown.

Exercise your clown mind, body, and soul through regular study, practice, and/or rehearsal sessions. Rehearse more than you think you need to.

2. Learn something new.

Learn at least one new clown skill this year (e.g. take a workshop in something new, make your own props, learn to play a musical instrument, sing funny songs if you're a facepainter).

3. Laugh out loud.

Do something every day that makes you laugh out loud (like reading the comics or an e-mailed joke or watching classic YouTube clips, every day . . . LOL!).

4. Have a new experience.

Give your clown at least one new experience that expands and stretches your character, your skills, your comfort level, and your clown perspective (maybe get yourself a coach?).

5. Make mistakes.

Let yourself make more mistakes, and expect them, and accept them, and learn and improve from them.

6. Eat healthy.

Find at least one new, healthy food that you actually enjoy – and eat it regularly.

7. Be thankful.

Be thankful for *everything*. And send “thank you” notes while you’re still thankful.

8. Say “yes.” And say “no.”

Agree to do something simply because someone asks you. And, do *not* agree to do something simply because someone asks you.

9. Relieve stress with exercise.

Take a walk, ride a bike, go outside and play, shoot hoops, or get some other exercise whenever you feel stressed. Or maybe a nice pot of green tea.

10. Sleep.

Get as much sleep as you need to be happy, healthy, sharp, quick-witted, and fun to be around.

11. Read.

Always have a book in-progress, and make continuous, daily progress. Or maybe have your own book or journal in-progress and write something in it every day.

12. Listen and observe.

Listen and observe more (and judge less), think about it, apply it to your clowning (and/or life), and do things differently (and better) next time.

13. Take care of your support system.

Take care of your family, mate, partner(s), coach(es), and close friends (so they can take care of and support you and your clowning).

14. Know what matters. Really.

Ask yourself when in a tough spot, “Will this really matter in 5 years? Will it matter in 1 year? Next week?” Then, act on it with that perspective, make the best of it, do all you can do, and get on with it. Pray. Laugh. Heck, imagine you’re in a situation comedy. Now think of a good plot twist.

Those are a few ideas of things you can do or habits you can develop to improve your clowning in 2014. Remember to start small – be realistic – and stay committed to whatever you pursue. And have fun with it!

Ukulele, anyone?