



**S.T.R.E.T.C.H.  
Push Yourself!**

## **Episode 044 - Insider Tip Sheet**

Thanks a bunch for listening to the podcast! You are now subscribed to the bi-monthly newsletter. It contains new stories, tips, blogs, podcast recaps and all future tip sheets.

It typically is delivered on the 1<sup>st</sup> and 15<sup>th</sup> of every month.

Below is the worksheet / recap of episode 44. I hope you find one useful tip to implement today to make your comedy career a little bit better.

If you have a few minutes to leave us a review on iTunes or STITCHER we would really appreciate it and give you a shout out on a future episode.

Have great shows!

- Rik Roberts | [www.SchoolOfLaughs.com](http://www.SchoolOfLaughs.com)



## **S.T.R.E.T.C.H. Push Yourself!**

Here are some instant tips and suggestions on pushing yourself a little further and stretching to achieve more success.

S = Say It!

T = Take Chances

R = Request Feedback

E = Expand Current Material

T = Toastmasters

C = Coffee and Conversations

H = Help Yourself

### **S = Say It!**

How many jokes have you written but not got around to performing? Be honest. Is it more than you would like to admit? What are you waiting for?

You can't make something better until you make it first. In other words, the new and improved version will always be on hold until you say the original version of the joke on stage. It isn't stand-up comedy until you say it!

List three NEW jokes you are going to try out the next time onstage.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Note the length of these jokes and how many laughs each received.

- 1) Joke Name: \_\_\_\_\_ Length: \_\_\_\_\_ Laughs: \_\_\_\_\_
- 2) Joke Name: \_\_\_\_\_ Length: \_\_\_\_\_ Laughs: \_\_\_\_\_
- 3) Joke Name: \_\_\_\_\_ Length: \_\_\_\_\_ Laughs: \_\_\_\_\_



## **S.T.R.E.T.C.H. Push Yourself!**

### **T = Take Chances**

Getting comfortable is akin to becoming boring onstage. Here are a few things you can do to amp up the pressure on yourself a little bit to become stronger.

- 1) Volunteer to go up “first” at as many open mics as you can
- 2) Volunteer to go up “anytime some one absolutely kills”
- 3) Try a new opening joke the next time onstage
- 4) Drop your three best jokes out of your set the next time up and replace with newer jokes
- 5) Produce your own comedy show:  
Rent the venue / pay the comics / promote the show
- 6) Take a booking for a show outside of your “comfort zone”
  - a) Outside of your target audience
  - b) Longer than your normal set
  - c) In a new or unproven setting

### **R = Request Feedback**

You can live in your own little comedy cocoon and never come out. Or you can let some one else give you some perspective on your development. Here are a few questions you can ask a fellow comedian to answer for you:

- 1) How would you describe my act?
- 2) How would you rate my development?
- 3) What can I fix in my promo kit?
- 4) Does my “style” suit my show?
- 5) Is my video a good representation of my show?
- 6) Could my headshot be better?



## **S.T.R.E.T.C.H. Push Yourself!**

### **E = Expand Current Material**

There are days when you just don't seem inspired. No sweat! Just look at your current set and try to take your jokes a little further! To get the ball rolling ask yourself,

Is there one more line I can add to this joke?

Have I explored the most illogical place this joke could go? What could make it weird?

Can I write a tag line that connects this joke to the next?

Who would be offended by this joke? (then write a punch line to acknowledge them)

### **T = Toastmasters**

If you are interested in getting insight from fellow aspiring speakers, Toastmasters might be a great fit. If you are currently employed by a medium to large company you should ask your Human Resources department to connect you with your local Toastmaster group.

There is a small fee to be part of the meetings, but it is well worth it. Each year the groups also have a "humorous speech" contest. For more info pull up Google and type Toastmasters + your city into the search bar.

### **C = Coffee & Conversations**

Are you curious about how full time comics left their day jobs and made the leap? Have questions about comedy you would like answered from a pro? The best approach is to ask a comic you know to connect you with someone who is further along than both of you. Invite your comic friend and the seasoned pro out for a quick cup of coffee and pick their brain.

Sure, they may say "no". But if they are gracious enough to say "yes" be respectful of their time. Here is a simple example of how to go about it:



## **S.T.R.E.T.C.H. Push Yourself!**

### **SAMPLE EMAIL:**

“Dear [Headliner’s name], I am an up and coming comic and a fan of your work. I see you will be back at the [name of your local comedy club] next week. Would it be possible for me to buy you a cup of coffee and a snack in exchange for a quick conversation? I have three quick questions about comedy and won’t take up more than twenty minutes of your time.

If you ask this way, one of three things will happen:

- A) They won’t respond or will say no thank you.
- B) They will respond and say YES
- C) They will say no to coffee but offer to go ahead and answer your questions via mail or phone

You have a 66% chance of having your questions answered.

If they do head out to coffee with you, be sure to buy their snack and drink. Also, send them a thank you note and even a \$5 gift card to the coffee shop. If possible, leave it at the club so they can use it while they are still in town.

### **Coffee & Conversations**

You don’t have to come up with all the ideas and premises for your set. The world is full of interesting people, loud mouth idiots and “shared” experiences. Simply go for a walk in a grocery store. The shelves are screaming with claims of “Bigger, better, more tasty, improved flavor, etc.,” Challenge a few of those statements and write a joke.

Eavesdropping and people watching in your daily life can lead to humor. Pay attention to things that appear inconsistent, or blatantly ridiculous. From an overheard conversation in a doctor’s waiting room, to a claim by an annoying commercial – the jokes practically write themselves.



## **S.T.R.E.T.C.H. Push Yourself!**

### **H = Help Yourself**

Most of the above suggestions involved interacting with others. In this final suggestion, you are on your own. No one is ever going to be more interested in your career than you. So, help yourself to these ideas:

- 1) List all your excuses on a sheet of paper. Under the excuse, write the solution. List the steps it will take to resolve the problem and remove the roadblock from your journey.
- 2) Take a class! If you are constantly stuck and can't get over the hump you should ask for guidance. Taking a comedy class is a great way to punch up your material and find out what steps you are missing. You will connect with likeminded people, incur accountability, and speed up your progress.

If the act of selling yourself or promoting your shows is the problem, attend a seminar on selling, a conference on social media strategies, or buy some books on the topics and get a game plan together!

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OKAY – you now officially have no reason to do the same old show, to the same old crowd, the same old way. Use one of these tips TODAY to jumpstart your creativity and become a funnier person!!!

*Thanks again for listening and please leave a review on iTunes or STITCHER to let us know what you think about the podcast. Peace!*