

# **5 STAND-UP SECRETS FOR EVERYDAY MAGIC**

**Kimberly Blanchard**  
**Holy Shift**



# Hi

**I'm Kimberly Blanchard, Comedian,  
Coach and Founder of Holy Shift**

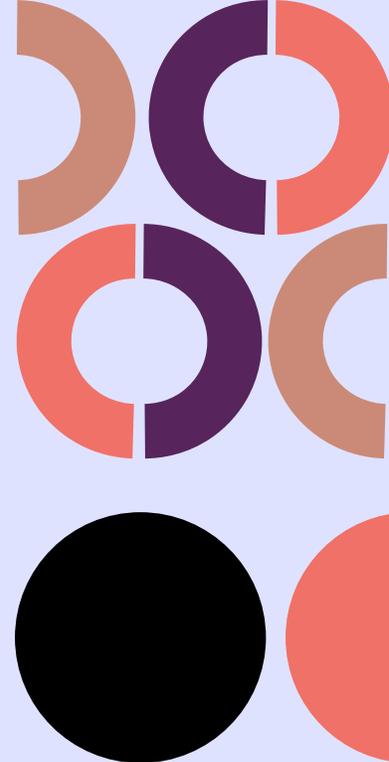
**Life can feel like an open mic – unpredictable, scary, and full of surprises.** But comedians have tools that can help you face challenges with humor, confidence, and heart. Here are 5 secrets I learned from stand-up you can use right now to bring more magic, presence, and fun into your everyday life.

*Humor is one of the most serious tools we have for dealing with impossible situations.*

- Erica Jong, Author

# SECRET #1:

## Don't read the room. The room reads you!



Know your audience? Yes! However, this stand-up comedy secret is about the audience knowing YOU and your energy. This secret is the most important one I've learned. When I asked my comedy coach in NYC about what to do when a comedian "bombs" and I'm hosting the show he replied, "You bring the weather!"

Want those around you to feel joyful? At peace? Grounded? Bring it with you – wherever you go. Yes, especially in traffic or on the daily commute. Start letting your presence and energy do the talking.

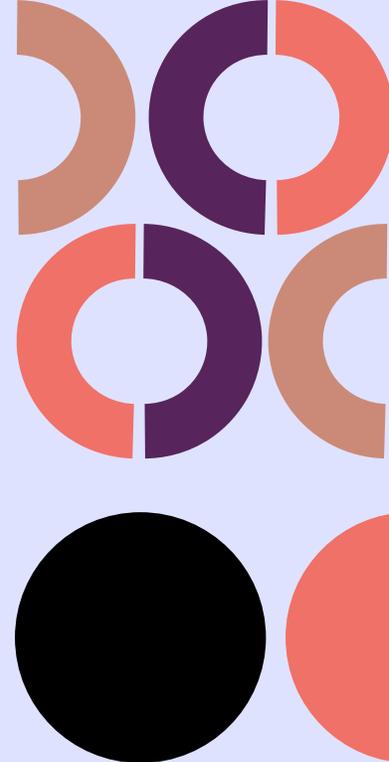
When you show up joyful, grounded, and authentic, the space around shifts with you. Your energy is more powerful than you know.

👉 **Shift:** Instead of taking on the energy of the outside world, create the weather patterns around you.

🌟 **Quick Practice:** Before you enter a space or room (virtual or irl), take a deep breath and set an intention. "I'm bringing lightness and fun with me!"

## SECRET #2:

# Practice makes confident



Comedians and anyone skilled in their craft hone their skills over time. In stand-up we say, “The number of years you’ve been doing stand-up is your stand up age.” If you’ve been writing and performing for two years, then you’re two years old. Humbling, I know! Look up any comedian, actor, baker, or long-jumper you admire and check out how long they’ve been doing what they do.

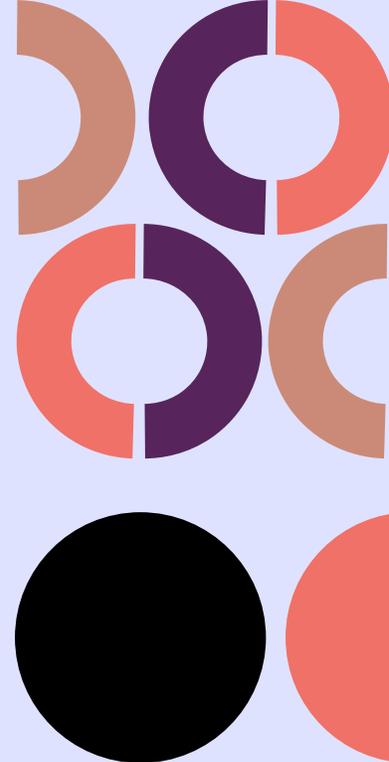
Magic and transformation in comedy and in life come from trying things, improving, learning, messing up, and trying again. We comedians record all of our sets and listen back to them. We learn from what works, what doesn’t, and keep trying. In most areas in life where you’re seeking growth confidence isn’t innate; it’s built over time.

👉 **Shift:** Confidence in any area of your life you want to grow in comes from repetition.

✨ **Quick Practice:** Try something small and new each week in an area of your life you’d like to transform. Want more levity? Tell a goofy joke, wear something bold. Practice builds confidence.

## SECRET #3:

# Claim your space



Space isn't just about the area we take up with our bodies. It's our energetic space. Experienced stand-ups often have a high number of "laughs per minute" but it doesn't mean they're flying through material. In fact, it's telling how long a comedian has been performing based on their comfort with space – not just the space they use on stage but also with pauses and deliberate pacing of delivery. This gives the audience time to breath, catch up, and laugh!

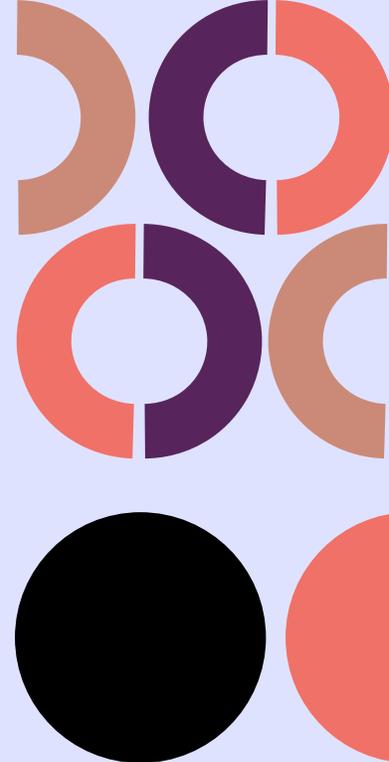
Do you find yourself rushing or cowering in "spaces" where you're less comfortable? You're as big, bright, and bold as you allow yourself to be.

👉 **Shift:** Claim your square footage.

🌟 **Quick Practice:** Next time you're in a challenging situation, slow down, take a pause or a long breath.

## SECRET #4:

# Expand your range



On stage I feel like I'm ME, but a more e x p a n d e d me. I can be dead pan, upset, goofy, dry, or emotive – all things I am in my day-to-day life. But in stand-up I give myself permission to be more expanded and more expansive.

As we age our personal, relational, and work identities can grow more and more fixed – the loud one, the quiet one, the caretaker, the adventurer. Part of being human is being fully expressed. I love watching comedians who are expansive – silly, serious, light, bleak, heartfelt, and goofy. It keeps me on the edge of my seat wondering what they'll do next.

👉 **Shift:** Express more, not less.

✨ **Quick Practice:** Reflect on your range of expression. What are you most comfortable expressing especially in the public sphere? I double dare you to step into an expression that's equally authentic that you don't lean into often. Are you often serious at the dentist? Bring your silliness to the chair and see what shifts.

## SECRET #5:

Comedy =  
tragedy + time



Comedians take the hardest parts of life and turn them into laughter. You don't need a stage to do that. Humor is a way of metabolizing and healing heartache and pain.

Most of the topics I talk about on stage are things I struggle with: raising kids as a single mom and dating after divorce. Even if the audience doesn't struggle with the same things, they can relate to similar struggles or feelings in their life.

In relationships one of the most healing ways I've found to work through conflict is to bring humor and levity into the conversation, especially when things feel heavy. It's not bypassing the hard stuff, it's holy! Take a breath. Have a laugh. What seems impossible today may be great comic fodder for tomorrow.

☞ **Shift:** What feels heavy and impossible today can be the magic and lightness of tomorrow.

✨ **Quick Practice:** What's a past "disaster story" that now makes you laugh? Write down or share the funny version with a friend. Let it remind you of the healing power of time and a sense of humor.

# Your Next Holy Shift?



**These 5 Stand-Up Secrets are just the beginning.**

Everyday magic is about learning to meet life with humor, presence, authenticity, and play.

If you'd like to practice these tools live (and laugh while doing it), join me for the next Holy Shift event.

📷 Instagram: @hellokimberlyblanchard

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✉ Newsletter: [newyorkminutes.org/contact/](https://newyorkminutes.org/contact/)