Here's a diversion if you attend a lot of meetings: BULLCRUD BINGO

Do you keep falling asleep in meetings and seminars? What about those long and boring conference calls? Here's a way to change all of that.

1. Before (or during) your next meeting, seminar, or conference call, prepare your "Bullcrud Bingo" card by drawing a square -- I find that 5" x 5" is a good size. Divide the card into columns – five across and five down. That will give you 25, 1" blocks.

2. Write one of the following words/phrases in each block:
   - synergy
   - strategic fit
   - core competencies
   - best practice
   - bottom line
   - revisit
   - take that off-line
   - 24/7
   - out of the loop
   - benchmark
   - value-added
   - proactive
   - win-win
   - think outside the box
   - fast track
   - result-driven
   - empower (or empowerment)
   - knowledge base
   - at the end of the day
   - touch base
   - mindset
   - client focused
   - ballpark
   - game plan
   - leverage

3. Check off the appropriate block when you hear one of those words/phrases.

4. When you get five blocks horizontally, vertically, or diagonally, stand up and shout "BULLCRUD!"

Here are some testimonials from satisfied "Bullcrud Bingo" players:

"I had been in the meeting for only five minutes when I won." --Jack W., Boston

"My attention span at meetings has improved dramatically." --Brian O., Philadelphia

"What a gas! Meetings will never be the same for me after my first win." --Bill R., New York City

"The atmosphere was tense in the last process meeting as 14 of us waited for the fifth box." --Ben G., Denver

"The speaker was stunned as eight of us screamed "BULLCRUD!" for the third time in two hours." --Kathleen L., Houston