1. **Grab Attention:**
 - Start with a funny anecdote or a joke related to the topic. For example, "I once heard that dogs are man's best friend, which is why my cat is currently writing me out of her will."
2. **Play with Situations:**
 - Use exaggeration to highlight the humor. "If procrastination were an Olympic sport, I'd have a gold medal--if I ever got around to collecting it."
3. **Use Relatable Humor:**
 - Include situations everyone can understand. "You know you've been on Zoom too long when you start trying to mute your family conversations."
4. **Add a Twist:**
 - Surprise your audience with an unexpected punchline. "My New Year's resolution was to lose 10 pounds. So far, I have only 15 to go."
5. **Incorporate Body Language:**
 - Use expressive gestures and facial expressions to enhance the humor.
6. **Conclude with a Punch:**
 - End with a memorable line or callback to your opening. "So remember, always laugh at your problems--everyone else is."
By using these steps, you can deliver a humorous speech that entertains your audience.