

Personal Reflection Exercises...

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Life is too short to miss out on the fun, so every day I am sure to enjoy some humor. Laughter is one of nature's best stress relievers and so I take advantage of its benefits whenever I can.

I allow myself to be easily amused and take pleasure in the simple things of life. When I see a puppy wagging its tail, it reminds me of how totally exuberant puppies are, and I take time to laugh and enjoy its further antics.

A funny movie quote can liven up even the dullest of conversations! It also steers the discussion toward things I love.

"Remember when..." can bring back funny memories over and over again. Whenever I am with my family or an old friend, we enjoy the same funny stories for years.

They are part of a common heritage of fun that we share and cherish.

Every time someone new joins the group, I laugh again as they get to hear the stories for the first time.

I also make time to watch funny movies and play funny games with my friends and family. Nothing beats the good feelings from an evening of laughter!

When tension is great, sometimes I even say or do something silly. It brings an immediate release of the tension so we can all then focus more clearly on the matter at hand.

Today, I choose to see the humor in my everyday situations and make time to do something just for the fun of it!

Self-Reflection Questions:

1. Am I too serious to enjoy laughter each and every day?
2. When was the last time I did something funny and outrageous?
3. How can I add more humor into my life?