

Personal Reflection Exercises...

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I know that ***laughter is good for both my body and mind***, so I make a point of cultivating humor in my life.

Sometimes humor comes to me in flashy neon pink, billboard-style, and can't be missed. But much of the time the laughter in my life springs from everyday things: a child first learning to kick a ball or a cat chasing her shadow.

I slow down and pay attention to what is going on around me so that I do not miss out on these moments.

If my daughter paints her face with my lipstick, I can wail about the waste or moan about the necessary clean up. Or I can laugh at her youthful silliness and grab my camera, choosing to relish this special moment.

I can choose to laugh at myself, too. By seeing the humor in my occasional mishaps, I avoid taking myself too seriously and keep minor annoyances in perspective.

Such obvious enjoyment of life makes me more approachable to others and leads to better and more productive relationships.

I let go of the idea that life must always be serious. I create opportunities to seek out people who also see the humorous side of life. I indulge in comedy often, knowing that ***heartly laughter makes me healthier*** in my body, mind, and spirit.

Self-Reflection Questions:

1. Do I respond with humor to my own mistakes?
2. Do I slow down enough to see the humor in everyday events?
3. What activity can I plan that will bring some extra laughter to my life?