

Increasing Laughter in Your Life

30-Day Laughter Plan



Increasing Laughter in Your Life: 30-day Plan

Laughter provides a number of positive benefits to the body. Laughter can boost endorphins, decrease stress, connect people, and even lower blood pressure.

When you are “mentally well,” you are in a place where you are content, positive thoughts are flowing, and you are functioning daily without any debilitating stressors or other factors. You have the ability to move through your days with a positive attitude, positive energy, and a smile on your face.

30-Day Laughter Plan

If you desire to have more pep in your step and combat the sometimes negative effects of stress, embrace this **30-day laughter plan**

Okay, so now it’s time to get busy! This plan will provide you with 30, YES, 30 quick tips on various ways to increase and incorporate LAUGHTER in your life. The awesome thing about this is that you do not have to follow

them in any particular order. Check them off each day as you go!

“Humor is a great way to lighten any atmosphere, and laughing is a surefire way to brighten your outlook”

~ J. Fischer ~

1

MEDITATE

Begin each day with a few moments of silence to prepare yourself for the day ahead

2

COUNT BLESSINGS

Take a moment to give THANKS for the good in your life

3

LAUGH

Laugh! That’s right. Let out a deep, hearty chuckle to start and end your day



Laughter helps with relaxation

Laughter can cause you to steer your thoughts away from anger and other negative emotions and change your thoughts to more positive and happy events and feel more relaxed



Laughter is connecting

Laughter allows connections to be made with people. It is contagious, engaging, and energetic in building positive relationships with others



Laughter offers a new perspective

Laughter allows you a mental boost and a more clear mind. With clear thoughts you are able to have a clearer perspective/outlook on a particular situation

Below are 30 tips to create your 30-day plan for increasing LAUGHTER in your life! To create your 30-day plan, simply go down the list and check off each tip as you complete them. Yep, some of them are silly, some are fun, some are serious, and some are just purely laughter at its best. Let me be the first to congratulate you on completing your 30-day Laughter Plan.

Woo Hoo! CONGRATULATIONS!

1. Laugh with friends.
2. Read funny quotes or jokes.
3. Get a pillow case or towel and throw it on your back. You now have Laughing Superhero powers!
4. Radiate joy and share a smile with someone
5. Get fancy! Find a day to dress up and show up. Whether for work or a night out with friends.
6. Get your boogie on. Turn on some music and dance around your office, your family room, or in your car as you drive on your way.
7. Squash a gremlin. A gremlin is a limiting belief that tells you, “you can’t, you aren’t, or you won’t.” Rise up and knock out the negative beliefs that may affect your progress during your day and laugh while you squash that negative thought. *Ex. “I am good enough - ha ha ha. I am skilled enough - ha ha ha. I can do this - ha ha ha!”*
8. Celebrate! Whether it is a birthday, you got out of bed early, you made it through a long meeting, or you prepared a home cooked meal and had dinner at the table, CELEBRATE! Give a loud, “Woo Hoo!”
9. Squeeze someone. Hugs emit positive energy and release endorphins. Give someone a hug today and receive one in return.
10. Chit Chat. Take time to share a laugh with someone while you wait to checkout at the local grocery, shopping center, or post office.
11. Say “I love you” to someone who you truly love.
12. Make Ice Cream soup. Yep, sounds silly! Get a bowl of ice cream, let it melt and stir it up and make ice cream soup. Now indulge. When was the last time you played like a child with your food?! Don’t eat ice cream? No worries, make spaghetti noodle letters, or laugh after each bite of your favorite veggies.
13. Take a nature walk. If it is too cold where you live, find an indoor museum and take some time to visit. Point at things as if though it is your first time seeing them. “Wow.... Ahhh... Oh my, look!”
14. Apologize. Saying “I’m sorry,” can be liberating for you and the person with whom you are giving the apology. Give a big, warm and genuine smile after the apology.
15. Have a slumber party. Even if you live alone, it is fine. Get pillows, blankets and camp out in a favorite room of your home. Invite family or friends (if you choose) to your slumber party. The more the merrier!
16. Take a warm bath, make a soap mustache and speak in a funny voice.

17. Chanter une chanson! In french that means “Sing a song!” Belt out your best version of Julie Andrews or Barry White. Or just sing Ha Ha Ha, Fa La La, Fa La La. Guaranteed, laughter is not too far away.
18. Give a high five. Find a friend, coworker, child, or neighbor and say, “Hey! Good to see you today!” Offer up a high five and a smile.
19. Indulge in your favorite drink. Hot tea, coffee, fizzy soda with a lime wedge. Savor the moment while you indulge and do it with a smile on your face.
20. Watch a funny movie. Pick your favorite actor/actress, grab some popcorn, and get ready to laugh.
21. Laughter Yoga says, “Laugh for no reason. Whether it is fake laughter or real laughter, your body still benefits.” Just laugh! Come on you can do it. Ha Ha Ha... Ho Ho Ho!
22. Say CHEESE! Smiling more is a great way to bring about laughter. Take some selfies while you have that big grin on your fancy face.
23. Hang out with a child! Children are full of energy, funny thoughts and sayings. Oh, and an energetic child will most definitely have you laughing and ready for more.
24. Play with a pet. Pets are a great way to laugh and have some fun. If you do not have a pet, ask a friend if you can come hang out for a bit and play with their pup or kitten.
25. Game Night! Game night with friends or family is sure to invite lots of smiles and laughter.
26. Take up a new hobby. This will challenge you to do something different. You may make a mistake or two (and that’s okay). What better way to embrace laughter than to laugh at yourself.
27. Engage in silly gestures. Take a moment to roll down a hill, engage in starting a pillow fight, or make a sock puppet show.
28. Remove negativity from your environment. When you have less negativity, you are creating a free space for more positivity and laughter.
29. Play wrestle with a child, spouse, or friend. Announce yourself as the “Big Giggle Box” and laugh uncontrollably.
30. Make a list of five (5) things that have made you laugh within the past week. As you recall these things, you will laugh!

30-DAY LAUGHTER GUARANTEE

Working the 30-day Laughter Plan will benefit you by incorporating more laughter and fun into your life. You should notice a shift in your mood (positive) and even your thoughts. It is a known fact when you make changes for the better, your situation and outlook change. Who wins? You win! If after 30-days of working through this laughter plan, you notice minimal change, I challenge you to go through the list again. Repetition can bring about healthy habits. You can also create your own activities that evoke laughter.

I’d love to hear from you about your *30-day Laughter Plan* success. Connect with me, NaKaisha Tolbert-Banks, on Twitter @1stLadyGiggles and tweet your results! **#30daysoflaughter**

