



The SEVEN Daily Humor Rules

1

Have a good laugh everyday!

Learn to laugh at situations or silly mistakes every day or at least once every day. Say AHA! when you discover something funny or absurd.

2

Smile in the face of every crisis!

Stop, look, and smile first before acting. Put on the brakes to your negative emotions. *Say “interesting” before you blow IT!*

3

Express gratitude everyday!

Notice and remember 3 people who have done something nice, and acknowledge them. *Make their day!*

4

Only spread good gossip!

Imagine good things happening in the future and spread the word.

5

Put humor in your heart and send it!

Help others laugh and lighted up when life presents a struggle.

6

Get others to agree to a “no blame life game!”

Lead others to solve a problem without harming or blaming others.

7

Cheer yourself first!

Remain convinced you’re a good person by *being a good person “on purpose” with a purpose.*