Longevity in action

laugh to a better life

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“How do I feel after a day of laughter?”

“How can I bring more laughter into my life?”

**Consider how you would complete these statements:**

“I feel \_\_\_\_\_\_\_\_\_\_\_\_ .”

“I want to laugh \_\_\_\_ times a day.”

**Journal Entry**

*“Every time you laugh, remind yourself, ‘I am getting healthier. I’m going to do more of this’.”*

*–* Dr. Roger Landry

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