

Day 18 Laugh

Quote

I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person. Audrey Hepburn

Bible Verse

She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. Proverbs 31:25-26

He will yet fill your mouth with laughter and your lips with shouts of joy. Job 8:21

Inspiration

My blackberry's not working

<http://www.youtube.com/watch?v=kAG39jKi0II>

Four Candles

http://www.youtube.com/watch?v=0_t5ppJQspM

Gratitude link

10 benefits

<http://www.drchristinahibbert.com/10-benefits-of-practicing-gratitude/>

Journaling

What things make you laugh?

When has laughter defused a situation?

Technique

Paper Napkins

<http://www.youtube.com/watch?v=BpiJn6diC38>

Action

Write a note to your church leader or your boss thanking them for the work they do.