

11. Three funny things



THINK & FEEL



DURATION

10 minutes

FREQUENCY

1x/day

DIFFICULTY

Easy

EVIDENCE QUALITY

★★★★☆



+ WELLBEING

+ MOOD



Life is better when you're laughing

What it is?

- Life can be hard at times, three funny things encourages you to think about the things in life that are good. It has a particular focus on pleasant and funny experiences.
- Three funny things allows you to think about the past and relive it in the present with a positive and humorous lens.

What can I use it for?

- As the ancient saying goes: "laughter is the best medicine".
- Three funny things can help you reduce negative mood and boost happiness.
- It can also help to lighten your mood after a long day at work or university.

How to do it?

1. Think and write about three funny things you experienced today. They don't have to be laugh out loud kind of stories. Anything quirky that made you have a little smile counts.
2. Reflect on how these experiences made you feel.
3. Write about why these experiences were funny.

Anything to consider before I start?

- Leave behind life's worries and be happy in this moment.
- Don't worry if you just have one thing. When you start looking for funny moments, you will see it becomes easier over time.

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List down three funny or quirky things you experienced today:

1.
2.
3.

How did these experiences make you feel?

1.
2.
3.

Why were these experiences funny?

1.
2.
3.



MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?

