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Rani Louise Don

www.laughterunlimited.co.uk

“He who has achieved success
has worked well, laughed often
and loved much”

~Elbert Hubbard



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“At the height of laughter,
the universe is flung into a
kaleidoscope of new
possibilities.”

~Jean Houston



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“Laughter is an
instant vacation.”

~Milton Berle



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3 Top Happiness Tips

1. For the next 3 mornings, for just 15 seconds, look at yourself in the mirror and give yourself a big, warm, heartfelt smile!
2. For the next 3 days, at the end of your day, write down (or share with a friend) 3 wonderful things that have happened to you that day!
3. For the next 3 days, shortly after waking up, write down (or share with a friend) 3 wonderful things that you would like to happen to you that day!



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