



4. Three Funny Things

Life is better when you're laughing

🕒 Duration: 10 minutes 📅 Frequency: 1x/day 🎮 Difficulty: Easy

★ ★ ★ ☆ Evidence Quality

What is it?

- Life can be hard at times, 3 funny things encourages you to think about the things in life that are good. It has a particular focus on pleasant and funny experiences.
- 3 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".
- 3 funny things can help you reduce negative mood and boost happiness.
- It can also help to lighten the mood after a long day at work or university.

How to do it?

1. Think and write about 3 funny things you experienced today. They don't have to be laugh out loud kind of laughter. 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



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



4. Three Funny Things

List down 3 funny or quirky things you experienced today:

- 1.
- 2.
- 3.

How did these experiences made you feel:

- 1.
- 2.
- 3.

Why were these experiences funny?

- 1.
- 2.
- 3.

TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: