

# MONDAY



# MOMENTS

NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: **Get Happy** Week 1: **Laugh Out Loud**



“Laughter is the best medicine in the world.”  
~ Milton Berle, American Actor



How does pursuing happiness and doing things that make us **LAUGH OUT LOUD** show ourselves how much we matter?



Performer and comedian, Victor Borge, said that “A smile is the shortest distance between two people.” As a family, make a list of meaningful actions that each of you can do to bring smiles and laughter to others. Then challenge each other to do one of those meaningful actions every day for 7 days. At the end of the week, spend a few minutes sharing what you did and what it was like helping others **GET HAPPY** and **LAUGH OUT LOUD!**



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