



3 FUNNY THINGS

CONNECTING HUMOR TO HAPPINESS

Humor is designed to enhance social relationships and bring life pleasure. At the end of each day, reflect on the funniest things you experienced during the day. Write three funny things that happened to you for each day in the week. Then, explain why these funny instances occurred and your feelings in each instance.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#1							
#2							
#3							

To learn more about the strength of humor and how to use it to make positive life changes, visit viacharacter.org/character-strengths/humor.

Reference: Niemiec, R.M. (2018). Character Strengths Interventions: A Field Guide for Practitioners. Boston: Hogrefe.

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