



Daily Laughter Challenge

"Laugh a Little, Live a Lot!"

Hello,

WELCOME!

I'm so glad that you've chosen to actively increase your laughter in this one week challenge. I promise, it's going to be easy, quick and transformational.

*I'm Carolyn Cleveland, founder of C&C Empathy Training Ltd, an NHS approved training under the National Framework, and love being a little unconventional,, thought provoking and just a little bit chaotic, **all at the same time**. I work with 100's of people on empathy, civility, emotional awareness, psychological safety, happiness and well-being.*

I've created this free and quick challenge for anyone who's ready to increase their laughter and levels of well-being. For so many of us, life can feel overwhelming and challenging, and we get caught in a cycle of absorbing negative information. I know I have! So, let's turn it on its head a little and focus on laughter.

If that resonates, then hello friend! You're not alone and this challenge is going to help you start to break out of this pattern and help you to step into the more light hearted version of yourself.



Are you ready?


LET'S BEGIN!

Carolyn

THE LAUGHTER CHALLENGE

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‘Laughter is like a windshield wiper, it doesn’t stop the rain but allows us to keep going.’

ANONYMOUS

Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's great that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This challenge is all about helping you make meaningful changes, but the whole point is to have some fun along the way. So, dive in, and to enjoy !

Ready to get started? Good, let's do it...

Let's laugh more

Your Daily Dose of Laughing More

In order to increase your happiness, you need to create new habits and that starts by taking little steps every day. So here are some things you can try doing to help you increase your daily dose of laughter.

1 • MORNING LAUGHTER HABIT

Start your day with a smile! Each morning, spend 5 minutes watching a funny video or simply smiling. Laughter and smiling releases endorphins, reduces stress, and sets a positive tone for the day ahead. This simple habit can transform your mood and increase your overall well-being.



2 - PASS IT ON

Laughter is contagious! Each day, share a funny joke, meme, or story with a friend or colleague. Not only will this brighten their day, but it will also strengthen your social connections and create a positive, supportive environment. Remember, shared laughter brings people closer.



3 • LIGHT HEARTED SELF TALK

Engage in a bit of light hearted chat with yourself! When the day gets tough, say something light-hearted or comical to yourself. Whether it's a funny phrase or a quirky comment, this can brighten your mood, negate often negative self talk and help you keep things in perspective



4 • TAKE A LAUGH BREAK



Pause for a Giggle!! Set a reminder to take a 2-minute break in the middle of your day to watch a funny video or read a joke. These brief bursts of laughter can instantly lift your spirits, break up the monotony, and give you a quick boost of energy and positivity.




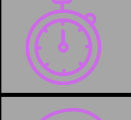

5 FUNNY MOMENTS RECAP

End your day on a light note! Each evening, take a moment to recap any funny or amusing moments you experienced. Whether it was a witty comment from a colleague or a humorous incident, reflecting on these moments before bed can help you unwind and go to sleep with a smile.



Increasing our laughter

Your Laughter Week Record

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1. MORNING LAUGHTER HABIT							
2. PASSING IT ON							
3. LIGHT HEARTED SELF TALK							
4. TAKE A LAUGH BREAK							
5. FUNNY MOMENTS RECAP							

Spend just ONE minute on ticking each laughter action completed each day for SEVEN days.

The more weeks you do this – the more it will become hardwired in your brain – it becomes a healthy, happy, habit.

Share – The more the people around you do this – the more laughter and happiness will surround you and support you to balance out the challenges.

You've made it!



I really hope this simple challenge has helped you see and feel the benefits of laughter and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's empowering to think about.

Don't forget to share this with your team at work, colleagues, friends or family. The more they laugh, the more you will!! This challenge is just the tip of the iceberg, there are so many more ways I can help and work with you or your team.

If you're not already signed up for the Stay Connected Community, sign up below.

[SIGN UP TO MY MAILING LIST](#)



Or use the handy QR Code

FIND ME AT:

- [Website: www.empathytrainingltd.co.uk](http://www.empathytrainingltd.co.uk)
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