"Laughter is good medicine for the soul. Our world is desperately in need of much such medicine."

-The Gift of Laughter

As Red Stevens explains in The Ultimate Gift, "I hope you have learned that there things in life to be serious about and to treasure, but life without laughter is not worth living." Happy people generally have a positive, joyful outlook on life. They tend to look for and think about the positive aspects of people, things, situations, and events. Use this Joy Chart to help your family enjoy The Gift Of Laughter. Anyone who can think of three or more good things that happened to them that day earns a happy face on the chart. Whoever has the most happy faces by their name wins the best prize of all: a life full of joy and all the good things that come to someone who looks for them!