



Art by Mark S.

“Live a life of **joy**  
and **connection.**”

Royal, 2013

## Reflection

When did you laugh the hardest in your life? Remember who you were with and how you felt in this moment.

Let the feeling fill you with warmth and peace. Give thanks to your ability to laugh, love and feel joy. Breathe in a sense of connection. Breathe out a smile. Share that smile with someone who needs it today.

## Questions

Write about the time you laughed the hardest in your life.

What brings you joy?

How do you feel when you're around the happiest person you know? What have they taught you?