

## Sense of Humor

This is a list of traits of people who have a great sense of humor. Which of these attributes would you like to develop? What traits would you add to the list?

Believes they have a good life because they seek out the good in life.

Knows that feeling good is an inside job.

Understands that happiness is a result of ones virtues.

Surrounds themselves with fun friends.

Are warm and friendly.

Has a wide variety of ways they like to play.

Delights in surprises and sees life as an adventure.

Loves being alive and make the most of each moment.

Believes they deserve to be happy. Chooses to look at life with a positive attitude.

Enjoys a well developed self-esteem.

Assumes responsibility for their happiness.

Takes good care of themselves.

Abounds with energy and enthusiasm. Remain young at heart.

Gives being happy a top priority.

Acts spontaneously, does the unexpected.

Are sensitive to others' feelings.

Laughs at themselves. #1

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