

Thanks for participating in 21 days until 2021



# 21 to 21: DAY 13

Today, laugh – often! If you aren't around people who make you laugh...then watch or listen to something that does. A movie, a tv show or something on YouTube. There are lots of laugh opportunities for you to enjoy 😊

**LAUGH!**

The power of laughter helps you relax, connect with people and make friends. Laughter will help you be healthier. I know it helps me sleep better. I've learned if I watch something that makes me laugh before bed I sleep more soundly and that helps me feel healthier.



**CHECK OUT [successlooksgreatonyou.com](http://successlooksgreatonyou.com)**

**Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16) it's an awesome gift for yourself or others.**

**SEE YOU HERE TOMORROW FOR DAY 14**