

10 tips engaging your imagination and get you laughing today:

1. Actively choose to be playful today, curious about the day—take a new route to work, listen to a different radio station, say 'hello' to strangers.
2. Go ahead and belly laugh out loud; yes, now. It's good for you—endorphins get going!
3. Find and share your favorite jokes—via email or otherwise.
4. Play a new game—Wii Anything, or Guitar Hero
5. Meet friends at a favorite watering hole & swap stories—always gets people laughing.
6. Play funny videos; share with your friends or check out local comedy club acts; don't go alone.
7. Host a theme party—Hawaiian night, casino night and invite all your friends & neighbors.
8. Do something you've never done before just to explore what can happen, what you can learn. Go skiing or snowboarding. Take a salsa dancing class. Bake bread.
9. Engage in playing "Just pretend" and notice what happens in your body, your thinking, your mood state.
10. Be willing to be like a kid for a day—ask lots of questions, experiment, make mistakes, giggle.
11. Eat toast in bed. (oops, one of my favorites).