

# *finally* **BECOME** **POSITIVE** **IN 2021**

## *Day 5 Worksheet*

The best things in life are always better when they are shared. This truth applies to POSITIVITY as well. The secret is your POSITIVITY needs to be shared with yourself AND with others.

**Successful people are always looking  
for opportunities to help others.  
Unsuccessful people are always  
asking, 'What's in it for me?'**

*-- Brian Tracy --*

Some days are just awful. They start awful. They stay awful. Everything about them is just plain awful. Often we want to just sit and stay and wallow in this space. How can you shake off an intangible feeling? If you buy something, eat something, drink something, watch something, or do anything else in the physical world it usually makes you feel worse. What can you do when things are just awful?

When I was in high school, my dad came home and taught us a game he learned at a professional training. It was called "The Ha-Ha Game". You simply would lay down on your back on the ground, but the back of your head had to lie on top of someone's stomach. Then one person would say, "HA!". The next person would say, "HA! HA!" The next person would say, "HA! HA! HA!" So on and so on. The point was when someone would say "HA!" their stomach would move up and down. The person who had their head on their stomach would have their head go up and down. You had to continue to add a "HA!" each time. By the time someone was saying "HA!" 10 times everyone was laughing, it couldn't be helped. We instantly all fell in love with the game.

The lesson from "The Ha-Ha Game" was that laughter cured a lot. The day my father came home was an awful day for me at school. I carried my awful day into the door and projected it all over my mother and brothers. After we played the game and lost ourselves in laughter for 20 minutes, I couldn't even remember what had gotten me into such a funk.

# POSITIVE *MOODS* ONLY!

## PART I

Laughter is truly a gift that carries so many of us over so many moments. Even in some of the darkest or saddest times we will often end up in bouts of laughter. The human brain is made to protect the precious human it serves. We were meant to drift in and out of these extreme moments when we need to experience relief, and laughter is often the tool that navigates.

For the last Challenge, you will need to find a place that is safe for you to laugh. This can be your car, a closet, a park, your shower, a trail, anywhere you feel safe to be free. Choose a place you can go when you need to SHARE POSITIVITY with yourself. When you have an awful day or when you need some relief from real life you can go here and LAUGH! Deep-belly-loud-laughs. What happens to you physically after a big and true laugh is nothing short of a miracle.

**When I need to go and safely and loudly LAUGH, I will go here:**

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After you secure a safe laughing space, make sure to visit there as often as you can. Give yourself a solid 5 minutes at least to get the laughter rolling. You don't even have to think or listen to anything funny. Just go there. Set a timer. Start laughing. Even if you just say the words "Ha-Ha". However you get yourself laughing, just make sure you do it OUT LOUD!

## PART II

Sharing our gifts, talents and treasure is something we are told to do at a young age. How often have you thought about sharing more than that? What about something you have emotionally to share? It is one thing to share yourself with your family and friends and church/school communities, but what about the rest of the world? Do you not have amazing things to share with people who you don't regularly encounter?

Take some time to think outside of the box where you could serve someone else. Stretch. Don't pick the "low hanging fruit". Research and find organizations or communities that are outside your known reality. Contact them and ask how you can be of service.

### How can you find them?

- Google
- Ask in a Facebook post
- Call a Church not in your area
- Call a Church not in your denomination
- Contact a school not in your neighborhood or zone
- Research the volunteer organizations listed in your county
- Check different hospital websites
- Contact The Junior League (or another known service organization) and ask who they service
- Mention your interest to friends and get their feedback
- Ask your favorite social media personalities who they work with

### Places I can contact to serve others:

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When you branch out and begin to share your personal resources, you will be overwhelmed with just how much you receive in return. Try and give your true and authentic POSITIVITY to those you encounter. If you are running low that day give yourself a good 5 minutes in the car...just laughing...you will have plenty of POSITIVITY to share after that.