

# Glimpse in Motivational Monday – LAUGHTER- week 15

Hello all, on this cloudy Motivational Monday! I spent time yesterday with some of my favourite people in the world, and it really showed me how laughter is the best medicine. It is incredible how much better you feel in a moment of laughter. Subsequently, this week's motivational quote is going to be:

**“Against the assault of laughter nothing can stand.” -Mark Twain**



Be positive in the face of your troubles this week if you have any, and find a way to smile despite them (or in spite of them!). As hard as it is, look for something that keeps you going, and concentrate on the happiness it brings you. Be thankful, be happy to be alive, and laugh hard.

*“In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things, the*

*heart finds its morning and is refreshed.” -Khalil Gibran*