

26. THE POWER OF HUMOR



Sometimes, when you look back at a situation that seemed to be quite challenging and uncomfortable when it was happening,

it simply makes you want to SMILE, and wonder why it felt like such a big deal when it happened months or years before!

Wouldn't it be wonderful if we had that same capacity to reframe any situation DURING those difficult times instead of much later?

HUMOR is as healing as it is underrated! So, if you can find anything positive at all or laugh-worthy about whatever you are or have been going through, please take a moment to see the humorous aspects of it if there are any.

It is an amazing and a quick way to change the meaning of any story you find yourself in, which will result in you shifting your mindset and gaining your power back instead of letting something (or someone) deeply affect you in a negative way.



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