

## Today Cards

Cultivate Joy through increasing awareness.  
These cards are based on the practice of living life as a  
healing journey developed by  
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Choosing Peace

A Wholecare® Product 2005

### Today

*I choose to see this moment  
as a new beginning.*

*I allow myself to laugh  
from my center.*

### Today

*Laughter shakes up my energy.  
My energy flows freely.  
Any tension, worry or stress simply releases.*

### Today

*Laughter lowers blood pressure, boosts my  
immune system, decreases stress hormones,  
protects my heart, relaxes and tones  
muscles, dissolves anger, unites families,  
balances the brain and makes us feel good!*

### Today

*I gently teach myself to feel  
how I desire to feel.*

*I practice laughing as I pay the bills.*

## Today

*The body is the sacred clown reflecting  
for us the choices  
we are making in our lives.*

### Today

*I listen to the messages from my body.  
I practice laughing  
simply because I can.*

### Today

*I practice a smiling, mirthful walk,  
occasionally, even giggling.*

#### Directions:

*Creatively place the cards in your home and work  
environments.  
Allow the cards to be re-Minders of choosing to  
cultivate joy in your life and in your relationships  
with others.*



*Laughter Today Cards*