

Lighten Up Class 01: Quotes for laughing at yourself.

The quotes here are some of my favorites involving laughing at yourself. Use one or more in a layout, or just use them to think about subject matter for a page. The important thing is to think about YOU and why YOU are funny.

Quotes: Laugh at Yourself

Never be afraid to laugh at yourself, after all, you could be missing out on the joke of the century.
-Dame Edna

Laugh at yourself first, before anyone else can.
-Elsa Maxwell

Laugh at yourself, but don't ever aim your doubt at yourself. Be bold. -Alan Alda

If you can't laugh at yourself, then how can you laugh at anybody else? I think people see the human side of you when you do that. -Payne Stewart

You grow up the day you have your first real laugh, at yourself. -Ethel Barrymore

I thought my life would seem more interesting with a musical score and a laugh track. -Calvin & Hobbes

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Lighten Up Class 01: Photos that make you laugh at yourself.

1. Go to your stash of photos -- on the computer or prints, recent or old--and select a random folder or packet of photos or album page.
2. Look through these randomly selected photos, and pick out the ones that make you laugh. Now find some of yourself that are amusing, or ones that you took because they cracked you up.
3. Why did they make you laugh? Write it down. Keep going until you have 4-5 photos that make you laugh at yourself.
4. Think about this: Is there a common theme? What is it?
5. Use these photos, or the stories behind them, as a starting point for a scrapbook page.

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