

## Laughter Quotient Form - Find Your Laughter Quotient

The following questionnaire has been formulated according to the concept and philosophy of Laughter Yoga and it will help to determine your ability to laugh for no reason, your ability to express emotions, your communication skills and if you incorporate the 4 elements of joy like singing, dancing, playing and laughing in your life and other such parameters necessary to make life more joyful and happy.

*Rate each question/statement on a scale of 1 to 5: 1 = Not at all true 2 = Slightly True 3 = Moderately True 4 = Mostly True 5 = Absolutely True*

1. I laugh a lot everyday 1 2 3 4 5
2. My source of laughter is driven from my internal desire to laugh and have fun 1 2 3 4 5
3. I use humor daily to perceive and experience a given situation in a humorous way 1 2 3 4 5
4. I add physical playfulness and a playful mental attitude while interacting with others 1 2 3 4 5
5. I sing for no reason everyday 1 2 3 4 5
6. I dance for no reason everyday 1 2 3 4 5
7. Every day, I express freely my positive and negative emotions 1 2 3 4 5
8. Every day, I have a high percentage of positive thoughts 1 2 3 4 5
9. I am peaceful and calm often 1 2 3 4 5
10. Frequently I feel excited and passionate about life 1 2 3 4 5
11. I express myself as an extrovert often 1 2 3 4 5
12. I am satisfied and happy with life 1 2 3 4 5
13. My physical, mental & emotional well-being is relaxed often 1 2 3 4 5
14. I am able to communicate and interact with strangers easily 1 2 3 4 5
15. I often feel refreshed and energetic 1 2 3 4 5
16. I stay positive during challenging times 1 2 3 4 5
17. I am connected to a lot of friends 1 2 3 4 5
18. It is easy for me to laugh for no reason 1 2 3 4 5
19. I often perform random acts of kindness 1 2 3 4 5
20. I have the ability to be silly in the presence of others 1 2 3 4 5

**Scoring section:**

*If your score is 80 - 100: You are a great laugher. Keep it up!!*

*If your score is 60 - 79: You are good at laughing, but can be better*

*If your score is 40 - 59: You laugh very little and need to laugh more*

*If your score is under 40: You have consequential drawback and would benefit to do something to bring more laughter in your life – ha ha, ho ho, yay!*