These should keep a smile on your face ALL day.

Make sure you read the six truths of life at the end.

“I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That’s why I can’t lose weight!”
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

“I’m going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.”
"If you put a crouton on your sundae instead of a cherry, it counts as a salad."

"The handle on your recliner does not qualify as an exercise machine."
“I was going to wake up early to go jogging, but my toes voted against me 10 to 1.”

“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”
"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"
"I can't remember whether I left the seat up on the toilet last night."

"Wake up. The cat's got your teeth."
MY LIFE BROKEN DOWN INTO SEGMENTS

SLEEPING

WORKING

EATING

LOOKING FOR THINGS I HAD JUST A MINUTE AGO
Be well, stay safe, and SMILE (it makes your face feel good),
and if smiles are good, laughs are even better.
It's been said, "You don't stop laughing when you die,
you die when you stop laughing!!"

Part of me has snapped...
And the rest of me is draggin'!

Send this to the snapdragons you know!
I Only Have A Kitchen Because It Came With The House

I'm Not 40 Something
I'm $34.45 Plus Shipping & Handling

I Don't Have Hot Flashes
I Have Short, Private Vacations In The Tropics
Here is the plan: send this flower to four people that you want to have a good day. I picked you. Please consider passing this to four people you want to have a good day. This is SO positive and there is nothing attached. Let's continue to send this along. Have a bright sunny day!

(I know I picked more than four, and you can, too.)
Six Truths in Life

1. You cannot stick your tongue out and look up at the ceiling at the same time, a physical impossibility.
2. All idiots, after reading #1 will try it.

3. And discover #1 is a lie.

4. You are smiling now because you are an idiot.

5. You soon will forward this to another idiot.

6. There is still a stupid smile on your face.

I sincerely apologize about this but I'm an idiot and I needed company.

You now have 2 options...delete it, or send it along to put a smile on someone's face today.