

Laughter Intelligence™ Self-Assessment

Laughter Intelligence™ is the ability to understand, create, and intentionally use the positive energy of laughter to increase your well-being, create new possibilities, and build better relationships with yourself and others.

This assessment helps you discover your own Laughter Intelligence™, using the **S.M.I.L.E** framework. It is not a diagnostic test – it's a tool for learning and reflection.

Instructions

- For each statement, give yourself a score from **1 (Not true)** to **5 (Very true)**.
- Review your scores for each section to see your strength and areas for growth.
- Your total score shows where you currently are on the Laughter Intelligence™ scale.

Ready to S.M.I.L.E? Let's go!

S - Study

How well do I understand laughter? Learning about why we laugh and how it works gives you the foundation for Laughter Intelligence™. It helps you understand why laughter matters and why you should use it more intentionally.

Statement	1 (Not true)	2	3	4	5 (Very true)
I know why the act of laughing developed in humans.					
I understand what's happening in my body when I laugh (and why it feels so great).					
I know how laughter helps my body, mind, and connection with others.					
I can spot different types of laughs, like real, fake, nervous, or mean.					
I can pick apart a funny moment and explain why it makes people laugh (or doesn't).					

M- Map

How does laughter show up in my life? Understanding your current experience with laughter gives you a starting point. From there, you can grow your ability to laugh and share laughter with others more often.

Statement	1 (Not true)	2	3	4	5 (Very true)
I know what cracks me up – for example, types of jokes, movies, people, or situations.					
If I had to, I could estimate how much I laugh in a typical day (like rarely, sometimes, often, or nonstop).					
I can describe how the energy of laughter feels in my body when I laugh.					
I know how I typically make other people laugh.					
I recognize where, when, and with whom I can freely laugh and make others laugh.					

I - Identify

What blocks or limits my use of laughter? Noticing any barriers—like doubts, habits, or fears—makes it easier to move past them to be able to use laughter as a tool for connection and well-being.

Statement	1 (Not true)	2	3	4	5 (Very true)
I notice what I think about people who laugh a lot or try to make others laugh.					
I recognize the people or places where I don't feel comfortable/it feels inappropriate to laugh and joke around.					
I get how my background shapes my experience and the role of laughter in my life.					
I believe that laughter plays an important role in my health and well-being.					
I feel confident in my ability to make other people laugh.					

L- Leverage

How do I use laughter on purpose? Choosing to shift laughter in your life from a ‘by chance’ experience to ‘with intent’ lets you better take advantage of its benefits to transform your health, perspective, and relationships.

Statement	1 (Not true)	2	3	4	5 (Very true)
I try to find things every day that make me laugh.					
I look to find ‘the funny’ everywhere - even in unpleasant and challenging situations.					
I know lots of ways to get myself and others laughing.					
I can create the feeling of laughter in my body, even if nothing’s funny.					
I use laughter strategically, for example, when I need to boost my mood, shift my perspective, connect with others, or deal with challenging situations.					

E - Expand

How do I spread the benefits of laughter? Using laughter in more parts of your life inspires others to do the same. As you spread laughter, you create a ripple effect that builds connection, positivity, and well-being in the people around you.

Statement	1 (Not true)	2	3	4	5 (Very true)
Laughter and positivity are part of who I am.					
I encourage others to laugh and be playful.					
I share what I know about the benefits of laughter with others through what I say and do.					
I consistently practice using laughter on purpose, to build my skills so I can use it more in parts of my life (e.g., work, relationships, personal development, etc.).					
I intentionally share and spread the energy of laughter because I believe in its power to transform lives.					

Scoring

Pillar	Your score	Max score
S - Study the nature of laughter		/25
M - Map your laughter signature		/25
I - Identify blocks to using laughter		/25
L - Leverage laughter intentionally		/25
E - Expand the scope of laughter		/25
My combined score		/125

Interpretation

Combined Score	Laughter Intelligence™ Level	What does it mean
0 - 54	You're a Spark	As a Spark , laughter mostly just happens to you - it's a natural reaction, not something you use on purpose. You enjoy laughing and know it feels good, but you might not yet see all the ways it can support your health and relationships.
55 - 104	You're a Kindler	You've moved beyond random giggles and are starting to fan the flame of laughter's positive energy. As a Kindler , you understand that laughter can boost your health, change perspectives, and bring people together. And you're discovering how to use it more intentionally to positively influence your own life and the people around you.
105 -125	You're a Flame-thrower	Laughter is a core part of your life and who you are. As a Flame-thrower , you're a catalyst - someone who intentionally channels joy and playfulness. You don't just use laughter for your own benefit; you spread its energy to uplift others, strengthen connections, and help people see how laughter can make a real difference in their lives and communities.

Reflection to action

1. Which part of the S.M.I.L.E. framework was the most interesting to you, and why? Did you find a hidden strength you didn't know you had, or is there something you want to learn more about?
2. What is the one simple thing you can do today to make yourself laugh on purpose? (for example, watch a funny video, make a silly noise, or have a quick call with a funny friend.)
4. Think of one person - a friend, family member, or a workmate - who doesn't seem to have a lot of laughter in their life? What is one small thing you could share with them this week to intentionally fan that positive spark?
5. Name a specific place or situation in your life right now where things feel too serious or stressful. What is one thing you could try to bring more laughter and lightness to that area?
6. Pick a challenge you've faced recently. What is a silly thought or a lighthearted joke about the problem that you could use to help change your perspective and feel less stressed?

Next steps

Congratulations! You've taken the first step in unlocking the power of **Laughter Intelligence™**. You now understand that laughter isn't just something that happens – it can be a powerful, intentional tool you can use to positively shape your experiences and your life.

But it doesn't stop here! If you're ready to harness laughter to truly **change perspectives, relationships, and well-being**, let's talk about your next steps!