

How a Smile Can Change the Course of Our Lives

We are constantly changing the course of our lives in this extremely competitive world that we live in today. Information overload dulls our senses. We are so rushed that we have no time for pleasantries. Surely there is a way to soothe the soul on a daily basis.

We can read about effective habits to change the course of our lives but what can we do that takes just minutes a day to bring serenity in the sense of calm, sweet soul contentment? We can develop the habit of cheerfulness. Take the time to smile and say kind words to make your world happier. Lead others to look on the sunny side of things.

A smile is the key facial feature that makes people appear attractive. People with a great smile are not only approachable but radiate a warmth that draws others to them instantly. If you enjoy your job, why not show it with a smile? You can change the course of your life in a pleasant way by connecting with others through your smile.

Our emotional health can be changed by smiling. Is your joy the source of your smile or is your smile the source of your joy?

Scientific studies come to the simple conclusion that your mood can be improved with a smile.* Feeling blue and lonely? Stand in front of a mirror and smile at yourself. That person in the mirror should be your best friend. Do you like your reflection?

Take a few minutes every day to change the course of your life by becoming better at smiling. Study those around you that have great smiles. Does their whole face smile or just their lips?

It is hard to smile at work if your supervisors have sour faces. Although they may think they need to be serious to have a productive staff, their mood may actually suppress creative productivity. Take a chance and lead by example. As you grow personally, you will be able to smile more. Give your team or coworkers a reason to smile back during a few minutes every day.

Your success in life can be realized with a genuine smile. Phony smiles undermine trust in the workplace and with personal relationships. Genuine smiles have greater power to change the course of your life from one of sadness to one of gladness.

Take a few minutes every day to increase your ability to discern genuine smiles from fake smiles.

Whether you are looking for ways to make more money or more friends, post the following inspirational poem in a special place so that you can take a few minutes every day to start your day with a smile.

The Value Of A Smile

by Author Unknown

A smile cost nothing, but gives much.

It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it.

A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

Share the above poem with others. We can develop the habit of speaking pleasant words and offering a great smile for a few minutes every day that will change the course of our lives and the lives of those that we encounter.

Works Cited

*Bernstein, D. A., Clarke-Stewart, A., Penner, L. A., Roy, E. J., & Wickens, C. D. (2000). Psychology (5th ed.). Boston, MA: Houghton Mifflin

Company.

Assisting others in achieving their potential.

About the Author

Amelia Johnson, Life Style Mentor and Successful Entrepreneur, is helping many become the next success story.

Source: <http://www.articletrader.com>