



Unlock Your Inner Smile

5 Things a Happy Person Always Masters Daily!

1. “I have Gratitude”

You have the choice to see things in a positive way. When you awake in the morning, grab a journal and read what you have wrote the night before. If this is the first time you opened your journal, write what you are grateful from the day before. Look at all the people, look at your life and find all things positive Wake up knowing you are going to have a great day, go to bed knowing you had a great day. Everything in between is to be grateful for. Before you go to sleep, write down everything amazing that happened that day. This is what you will read in the mornings.

2. “I have a choice.”

You always have a choice. You are choosing every day, every hour, every minute, of exactly what you think, how you feel, how you react to get the results you want. By saying you don't have a choice in something, you are giving away a part of your inner smile. If you don't like something about your life, make a different decision. That is exactly why I created my business. I have been in situations that left me feeling helpless, confused and silent because I didn't know what to do next. When I said to myself over and over “I have a choice.” Everything started to change. I could see things differently than before. A way even. Give it a try!

3. “I can!”

Yes, YOU CAN! Even if you are in bad situation now – You may feel discouraged. You may feel too old. You may feel too young. You may feel upset. You may be sick. You may be divorced. You may be unemployed. You may be single. You may be in a bad relationship. If you think you can or can't, you are right. Realize that you can do anything! Say it, “I CAN!” say it again! The mind is the most powerful thing in the universe. My Dad lifted a 2-ton tractor off my grandpa that ran him over. Take that same tractor and get him to lift the tractor just because. The mind would tell him no way. The mind would give all these excuses. There was no block when my grandpa was under the wheel. It just had to happen. Well, your belief of finding your inner smile, just needs to happen. Say it.



4 “Lend Your Smile.”

Lending your smile to someone is very powerful. Not only does it make you feel amazing, it always brightens someone else’s day! A smile is contagious. Smile when speaking on the phone, it changes the ton in which you project your voice. Find things throughout the day that are worth smiling about. Someone will see your smile and pass it on. You will also have collected gratitude stories to write about in your journal for the evening. The more things you find to smile about throughout the day, the more your inner self becomes aware of that inner smile and will want more and more and more. This is a good thing.

5. “Every day learn something new.”

Your mind, body and soul is wanting to be filled with new tools that will make you a better person. It can be as simple as hearing something, not knowing what it means, hoping onto your phone and googling. It might mean you find you like the sound of water from your afternoon walk where you never heard the steam beside the path before. Go out and explore who you are, what you want, and you will find the first steps to Unlock Your Inner Smile.

Looking for a deeper understanding... email kryssie@smileinsideout.com

Make it a
great Day!

Smiling,

Kryssie Thomson

Leadership

Performance

Coach

Smile Inside Out Consulting

www.smileinsideout.com