

# S.M.I.L.E. Journal

**FUNOMENAL Goal: Record a Minimum of Six Positives a Day to have more fun, get more done, and bring out the best in everyone.**

## Morning Steps

**S – Smile and wave.** Put your brain in a state of positive with gratitude. **(Energize)**

**What do I have to be grateful for, that I would miss if I no longer had it?** (Find three new things)

**M – Make someone's day.** **(Engage)**

**Who can I praise (commend, compliment, congratulate), wish well, or thank?** (Choose one)

Pause and send a text, email, or handwritten note to one person. Now. Everyone has done something or has a quality about them, that is praiseworthy; Something coming up that's important to them; Something to be thanked for. Praise them. Wish them well. Thank them.

**I – It would be great if ...** **(Preview)** What would you like to be true?

**What would be great?** (Yes, you can have fun with this. Record one to three things.)

## Evening Steps

**L – Look for the GOOD. Write it.** **(Review)**

**What was good about today?** (Record one to three things).

**E – Enrich each other. Share what you learn.** **(Enrich)**

**What did I learn today from what went well and not so well?** (Record one to three things)