

S.M.I.L.E. NOW Journal

The **S.M.I.L.E. NOW** Goal is to Record a Minimum of Six Positives a Day

TonyBrigmon.com

Morning Steps

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

Throughout the day, ask: ***What reason do I have to feel grateful right NOW, right HERE?*** Your brain will come up with an answer. Say **Thank you**.

End of day, ask: ***What do I have that I would I miss if I no longer had it?*** Add three new things to your 21-day Gratitude list. Say **Thank You**.

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 ... (What would I like to be true?) (The Preview)
What would be great? Yes, you can have fun with this! (1 to 3)

Evening Steps

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

What was good about today? (Record 1 to 3 things)

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

What did I learn today from what went well and not so well? (Record 1 to 3 things.)

NOW: Access the WOW in NOW to be the best YOU. Studies show a wandering mind is an unhappy mind. Match your thoughts to what you're DOING NOW for peace of mind and contentment. Plus, what you consciously do, you do better. WOW. **(The View)**

What am I doing right now? I am ____.