

S.M.I.L.E. Positivity Best Practices

(Put Your Brain in a State of Positive with **S.M.I.L.E.** Questions)

FUNomenal™ Goal: Record a Minimum of Six Positives a Day

S - SMILE AND WAVE

What reason do I have to feel grateful right NOW?

What do I have to be thankful for that I would miss if I no longer had it? (Name three things)

M - MAKE THEIR DAY

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

Do it now. Visit. Call. Text. Email. Send a handwritten note.

I - IT WOULD BE GREAT IF...

What would be GREAT? (Yes, you can have FUN with this! Record one to three things.)

L - LOOK FOR THE GOOD - SHARE IT

What's GOOD about this person/situation? What was GOOD about today? (Share the GOOD you see with others. Name three things that were GOOD about today).

E - EASY DOES IT. ONE THING TO DO. THIS ONE. BE HERE. NOW.

*Where am I? (Here) What am I doing? (This)
I AM _____. (Mentally describe what you're doing)*

Every baby-step deserves a DONE and the last step,
TA-DA DONE!

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