

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

(To Put Your Brain in a State of Positive!)

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

S – SMILE and Wave.

- Gratitude: Name three things you have that you would miss if you no longer had them and why. Say, “Thank You” after each one.
- Think of something that made you smile or laugh out loud.
- Think of something you are looking forward to. Calendar it if applicable.

M – Make Their Day.

- Ask, “Who can I help, praise, congratulate, wish well, or thank?” Notice what name comes to mind.
- Pay them a visit, give them a call, text them, email them, or send them a handwritten note.

I – It Would Be Great If ... What?

- What would be GREAT? (Yes, you can have FUN with this!)
- Name three outcomes you want today. (Example: I got started. I kept going. It all worked out.)
- Envision what you want as already true. Then, say, “Thank You” for what is already yours in the future.

L – Look for the Good. Share it.

- If you are with someone, ask yourself, “What’s good about her or him?” Share the good you see in them.
- What is good in your life right now?
- What was GOOD about today?

E – Easy Does It. Be Here. NOW. Paying Attention.

- There is only ONE thing to do. The next ONE thing.
- Where am I? (Here)
- What am I doing? (This)
- Describe it: “I am”

“What you consciously do, you do better. The wandering mind is an unhappy mind. No matter where you go, there you are. So, be Here. Now.”