

# Pondering Point

Was it something funny you read or overheard? Was it the look on a child's face as they attempt to devour a big ice cream cone? *Can you even answer this question?* **If we stop and think about what happens in an average day, we may forget to count those times we smiled.** *Why don't we pay more attention to this?* If it takes a while to think of something that made you smile, you are not alone. Many of us get busy and fail to realize the importance of finding the momentary joy within our day. Why is it important to smile? What does that do for us?

A smile makes us feel good. Smiling people bring a little bit of happiness with them wherever they go. It is an inexpensive way to change our appearance. It makes us more attractive and approachable. And it's contagious! **Even the simplest interactions with people give us the opportunity to make their day by sending a smile.** It reminds us to be optimistic and gives us a greater chance at getting what we need. *What does a forced smile get us? Do we really walk away feeling better after that?* If we strive to keep it genuine, we spread joy wherever we go.

## What made you SMILE today?

*C'mon... something good must have happened today!*



**Imagine... allowing the warmth of our smile to brighten someone's day!**

### — From Pondering to Practice —

#### **Activity:**

##### **Try This –**

Lead a discussion by telling the group that a discussion on the topic of smiling will begin in five minutes.

- Invite the group to chat with the people sitting closest to them while they wait for you to begin.
- After five minutes, bring the group together and ask them when they found themselves smiling during their chat with their neighbor and why.
- *How did that make them feel?*

#### **Reflection:**

- *What makes you smile?*
- *How does smiling benefit you?*
- *When was the last time a stranger smiled at you?*
- *How do you feel when a stranger smiles at you?*
- *How do you want other people to view you?*
- *Can you smile too much?*
- *What keeps you from smiling?*

***"A smile is a curve that sets everything straight."***

- Phyllis Diller