

## **Day 9 Smile**

### **Quote**

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. Leo Buscaglia

Smile, for everyone lacks self-confidence and more than any other one thing a smile reassures them. Andre Maurois

### **Bible Verse**

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!  
Psalm 107:1

### **Inspiration**

Lady waving

<http://www.godvine.com/Elderly-Woman-Waves-at-Students-Every-Day-Then-She-Got-a-HUGE-Surprise--4761.html>

### **Gratitude link**

How to practice gratitude

[http://www.gratefulness.org/readings/practice\\_gratitude.htm](http://www.gratefulness.org/readings/practice_gratitude.htm)

### **To think about or journal**

What do you do when total strangers smile at you?

What small act of caring has been shown to you?

### **Action**

Smile at strangers as you pass them. Don't worry if they don't smile back.