

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!

Psalms 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

Journaling

What do you do when total strangers smile at you?

What small act of caring has been shown to you?

Technique

Ranger Glue Stick Resist

http://www.youtube.com/watch?v=TeQ_Ym81X6A

Action

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