

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Joyous Week 21: Smile Like You Mean It!



“Let your smile change the world but don’t let the world change your smile.” ~ Connor Franta, American YouTuber



If you think about it, there are 8 billion different SMILES in the world because there are 8 billion people on our planet. What makes you SMILE might be similar as well as incredibly different from those around you. When we are open-minded and receptive to other perspectives, we can understand others better as well as what makes them SMILE. Smiling can be contagious. When someone smiles at you, our natural response is to SMILE back. Helping put a SMILE on someone’s face is one of the greatest gifts we can give. How might SMILING LIKE YOU MEAN IT help someone else GET JOYOUS?



Say Cheese ~ Do you ever come across times when a family member isn't feeling like themselves and could use a SMILE? Create a list together that you can refer to when someone needs a SMILE and JOY in their life. List as many ideas as possible so you will always be ready to give the gift of a smile.