

FUN Journal: S.M.I.L.E.

The FUNOMENAL Goal is to Record a Minimum of Six Positives a Day.
Have more fun. Get more done. Bring out the best in everyone.

Morning Steps

S - Smile and wave. Put your brain in a state of positive with gratitude. (**Energize**)

What do I have to be grateful for that I would miss if I no longer had it? (Find three new things)

M - Make someone's day. (**Engage**)

Who can I praise (commend, compliment, congratulate), wish well, or thank? (Choose one)

Pause and send a text, email, or handwritten note to one person. NOW. Everyone has done something, or has a quality about them, that is praiseworthy -- something coming up that's important to them -- something to be thanked for. Praise someone. Wish someone well. Thank someone.

I - It would be great if - what would be great? (**Preview**)

What would be great? Yes, you can have fun with this. (Record one to three things)

Evening Steps

L - Look for the GOOD. Write it. (**Review**)

Something GOOD about today was ____

E - Enrich each other. Share what you learn. (**Enrich**)

What did I learn today from what went well and not so well? (Record one to three things)