

What Makes You Happy?

Fill in the information.

A. Indoors Self	B. Indoors Others	C. Out Self
D. Out Others	E. Work Self	F. Work Others
Other		

Why This Works

Just coming up with such a long list helps us define what we want and who we are.

Learning how to select things that make us smile automatically helps us tell the difference between wants/joys/fun and shoulds/have-tos/oughtas.

How to Create Your Smiles

Not Fully Articulated

Eating ice cream.

Fully Articulated

Sharing a hot fudge sundae on a warm summer evening, sitting on my deck after spending the day with Martha.

See the difference?

Here's the checklist for full articulation:

- Specific activity, using as many adjectives as possible
- With whom?
- Time of day or year
- Location
- Before or after what?

There are more you can include, but you get the picture. By fully articulating the event, situation, or activity, you are making it much more real and exciting. As a result, you are much more likely to go do more of it because it resonates. It is amazing.

Examples

What do you most enjoy doing alone? Reading, napping, writing, watching TV, painting, taking bubble baths, cleaning, cooking, watching videos, listening to music, singing, grooming, playing with the dog, journaling, making crafts, shopping, walking, exercising?

Exercise

Start by making a list of five things that make you smile.

Now, expand on one of the five things. Make it so perfect and appealing that you want to go out *right now* and go do it.

Now, can you imagine what your life would be like if you spent every waking hour *only doing things on that list*? Not possible, you say? *Wrong*. You can do it. So who would you have to be to simply be and do your 100 Smiles list? What commitments would you need to make? What changes would be necessary and appropriate?

Finally

It takes about one year to reorganize your life to be like this list. It is worth it, if you're in the right space for it.

Progress Chart

Date	Points (+/-)	Score

100 Smiles Program 100-Point Checklist

Sections				
#	A	B	C	D
25				
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Give yourself credit as you get points on the 100-point program. Fill in columns from the bottom up.

A. With Myself

What do you most enjoy doing with yourself?

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C. With a Group

What do you most enjoy doing with a group of friends or associates?

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D. Joys and Big Adventures with a Group

What really turns you on?
