

## S.M.I.L.E. - 5 Steps to Happiness by Helen Macdonald

I have a strong memory of the day that I introduced my grand daughter to the joys of running through autumn leaves. As we walked down the sidewalk, I showed her what a great noise the leaves made if you stepped on them or kicked them. She was delighted!! She tried it for herself and discovered that she could do the same! How exciting!! We spent the rest of the walk to the shops (and back as it turned out!) finding as many piles of leaves as we could. We finally returned to the house, cheeks aglow and giggles continuing.

She didn't need to be reminded to be happy! Take her out to a park and if happiness was a power source, you could run a large town from her output! She becomes fully focused on her activities - concentrating, living in the moment; delighted by little things.

As adults, we get busy and forget how important it is to create happy memories, or we decide that we are now "grown-up" and that these sorts of behaviours are childish, or that this sort of element in our lives is no longer important.

A friend of mine is a classic example. He had always dreamed of owning a Ducati motor bike. Finally, after many years of buying magazines and drooling over the pictures, he took the big step to make the purchase. He had an absolute ball with his new toy. Even the fact that it had a nasty habit of stalling in the wet, many miles from home, so that he often ended up walking it home through driving rain, did not dampen his enthusiasm.

Having to "grow up" did, though. Sensible married men did not risk life and limb driving around on foreign-made, sports-designed motor bikes. Married men drove station wagons and had family picnics. He held out for a while, but it became harder and harder to justify the time to take the machine out for a whirl.

I still remember the look of resignation on his face when he announced that the bike had been sold. I know that he is still happily married, now with two beautiful children, but I wonder whether there are times when a small clear voice inside his head asks him where the Ducati is?

To help us stay focused on looking for happiness and working on creating more of it in our lives, I've developed a five-step reminder system 😊. To make it easier to remember, it makes up the word smile - **S.M.I.L.E.!**

**S is for Smile** - the importance of plastering a smile on your face cannot be over-emphasised!

**M is for Mind** - switching on the power of your thoughts to prepare yourself for happy experiences and to expect that you will have more of them.

**I is for Insides** - It is hard to maintain a happy demeanour, if your body is not functioning in an optimum manner, so we need to work towards good general health and well-being.

**L is for Learning** - which is really an acknowledgement that life is an ongoing journey that requires regular additional input, so that we can create more happiness on a daily basis.

**E is for Enthusiasm** - an attitude of positivity and optimism which links right back to step one.

Put the five together and we have a source of new levels of energy and vigour, leading to a happier approach to the world...and to more smiles!

*Helen Macdonald gets maximum results for her clients through happy, productive employees and satisfied, loyal customers. As a speaker, author and master facilitator, she has worked with companies large and small throughout the Asia Pacific region. This is an extract from her first book, "SM.I.L.E. your way to Success!". Her message is that happiness is a magnet which will help you attract more of what you want - more customers; profit and success - in your business and your life! For more information, call 03 9533 4568 or visit [www.helenmacdonald.com](http://www.helenmacdonald.com).*