

Enjoy a Smile

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A smile can brighten anyone's day. If you smile it will brighten your day and the others you come in contact with. Also, keep in mind that when you speak in public that one sure way to engage the audience is to smile. A smile will even help improve the sound of your voice when speaking on the telephone.

Here are some thoughts that may help you to enjoy a smile.

1. At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars to see if anyone slows down.
2. If you work in a place that has a public paging function then page yourself over the intercom but don't disguise your voice.
3. Every time someone asks you to do something – anything at all - ask if they want fries with that.
4. Put your garbage can on your desk and label it "In."
5. Put Decaf In The Coffee Maker For 3 Weeks. Once everyone has gotten over their caffeine addictions, switch to Espresso.
6. In the memo field of all your checks, write "For Smuggling Diamonds"
7. Finish all your sentences with "In Accordance With the Prophecy."
8. When you write something don't use any punctuation.
9. As often as possible, skip rather than walk.
10. Order diet water whenever you go out to eat but do so with a serious face – see if anyone does a double take.
11. Specify that your drive-through order is "To Go." Does anyone notice?
12. Sing along at the Opera.
13. Go to a poetry recital and ask why the poems don't rhyme.
14. Put mosquito netting around your work area and play tropical sounds all day.
15. Five Days In Advance, Tell Your Friends You Can't Attend Their Party because you're not in the Mood.
16. Make up an outlandish wrestling name and have your co-workers address you by this name.
17. Whenever you go to an ATM in a very public area and when the money comes out scream "I Won! I Won!"

18. When Leaving the Zoo, Start Running towards the Parking lot, yelling "Run for Your Lives, They're Loose!!"

19. Explain to you children over dinner. "Due To The Economy, We Are Going To Have To Let One Of You Go."

20. The final way to keep a healthy level of insanity...

Send this file to someone to make them smile.
It's called therapy.

At the Toastmasters Clubs of the Upper Valley when delivering a speech we will observe you as you speak. You may receive feedback on whether you smile or not. Remember that when you speak you will want to engage the audience with your appearance and one sure way to do this is to smile.