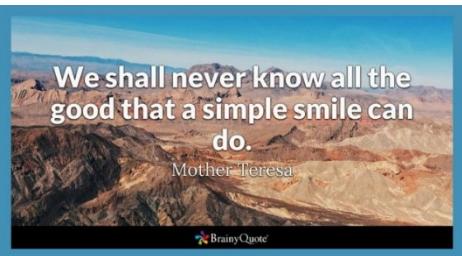


## The Power of a Smile



Does your writing smile? Do you smile as you write? Is it a pleasure rather than a chore? How you express yourself can tell more about you than the mere words you use. This is primarily important to those of you who may convert your writing to audio, video, or visual meeting to communicate your message when the inflection of your voice smiles.

One of your most powerful personal tools is your smile. Your smile must be

genuine. Engage your brain in a positive activity. If you have negative thoughts, they will sneak into your writing.

Your smile is the most positive emotional message you convey to your audience. Smiling is a learned process.

When we see or experience a pleasant event, signals are sent from our brain to the smiling muscles in our face. Then a positive feedback loop is initiated that returns to the brain and reinforces our feeling of pleasure.

Two potential muscles are activated when we smile. One is the sincere muscle. The other is the social muscle. Our brain can easily differentiate between what's sincere and what's fake.

Why is it important to know what does and what doesn't trigger us to understand smiling? Here are some thoughts.

Smiling can impact our well-being, degree of success, attractiveness, and happiness. When we smile, our brain keeps a record of our smiles. Smiling can reduce the feeling of stress on our body and help create increasingly positive emotions. A contagious, genuine smile draws us to people and can alter our disposition. I bet you can tell when a customer service representative genuinely cares. It is reflected in their voice and choice of words.

Here are three actions you can take to create a smile that will help you generate a more powerful writing style.

- Visualize a pleasant experience. You can do this just before you start to write or whenever your mood moves you.
- Look in a mirror and practice your smile. When you feel happy and relaxed, your smile will be authentic, and it will be reflected in your writing.
- Feel comfortable with your smile. The more comfortable you become, the more your smile will show up in your writing naturally.

So release the endorphins in your body and lower your blood pressure. Stay positive and smile your way to successful writing.

If you decide you want to begin improving your writing, try smiling as you write. You may be surprised at the boost you get.

*You'll never know all the good that a smile can do.*

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