

How to
SMILE like
you mean
it.



an article by

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How To Smile Like You Mean It

Smiling isn't just for showing happiness or amusement. It is a way to show you care. To brighten people's day. To bring light and love into the matter. Surely, with so many valuable qualities, we would all benefit from smiling a little more. Don't you agree? But before we begin, I must divulge the ultimate secret of smiling to you. Are you ready? Listen up. **The only way to smile like you mean it is to mean it when you smile.** That being said, let's begin.

1. Smile Real

Smiling real means not just smiling out of duty. Everyone knows what smiling out of duty looks like. Sort of a forced, half-hearted grin. And everyone knows what a dutiful smile really means. It means you're either too tired, or too rushed, or in too much of a hurry. The list of excuses goes on for hours. Smiling like you mean it means smiling real.

2. Smile With Your Eyes

Sure, you can smile. You can even smile big. But you haven't mastered the art unless you can smile with your eyes. Eyes are amazing things. Not only do they give sight to the whole body, but they communicate without words. Your eyes can voice your thoughts. This, my friend, is why you have to mean it when you smile. If your thoughts are, "This person looks like they're having a rough day. Maybe I can cheer them up," and you smile big, and really mean it, people can tell. They see someone who cares about how their day is going, and wants them to be happy. This is smiling with your eyes.

3. Smile With Your Body Language

The definition of body language is, "the process of communicating nonverbally through conscious or unconscious gestures and movements." This has a part in smiling like you mean it. When you smile, hold your body in such a way that it is obvious your attention is on the recipient of the smile. Don't fidget, slump, or act bored. If this is mastered, you are well on your way to smiling like you mean it.

4. Smile With Your Words

Communication is a gift from God. It allows you to impart emotion to other people. It lets you share your thoughts, voice your feelings, and give information. Smiling while speaking is a way to make words double in wonderfulness. This is why you should smile when you speak. When you smile, your tone smiles, too. When your tone smiles, people around you can hear it. And see it. And feel it.

Smiling is a superb way to communicate. Remember how you felt when that stranger at the grocery store smiled genuinely? Remember how nice it was when you got a smile from the cashier? Be that person everyone remembers for giving them a smile. And guess what? When you smile, people around you smile back. It starts a chain reaction. Before anyone realizes it, they're smiling, too. The main point is this: Smile. And when you smile, smile all the way. Smile real.

- Ellie

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