

A Genius Little Smile Calculator for Positive Effect

Hello Genius!

Looking people in the eyes is one of the most simple ways to acknowledge one another. If we add a smile, it's even better! A simple acknowledgement of another human being creates a sensation between both people that they have been known to exist. That for a split second at least, someone honoured that they matter, and someone honoured that you matter. This is a beautiful thing, yet it's such an easy one to let fall through the cracks. So let's patch up the cracks!

Did you know that it takes less muscles in the face to smile than it does to frown?

If it feels uncomfortable at first because maybe you're not used to it, ask yourself where that discomfort comes from. Yes, it could be a cultural thing, but remember that kindness is universal and everyone feels better being smiled at than being scowled at or ignored. Do this every day for at least a week and keep a log of it.

Let's get tracking the smiles and greetings you receive in return for the next week:

| How many people greeted and/or smiled back at you? | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| | | | | | | | |

What other reactions did you notice?

A TOUCH OF GENIUS

by Karin Pinter



What does this show you about yourself and other people?

Do you notice if things feel easier or lighter at work by doing this? If so, what?

Did it strike up any interesting conversations? Write down some anecdotes...

A TOUCH OF GENIUS

by Karin Pinter

Does it make you feel like your presence matters? If so, how do you sense this?

Write down any other feelings, thoughts and observations...

A little bit goes a long way to helping yourself and the people around you feel like you matter. Whenever you plant a seed of kindness, know that it will grow somehow and it will definitely come back to you with interest - just don't keep tabs on it. This is a free flowing act of generosity.

What did you discover about yourself? I'd love to know! [Email me.](#)