

✦ REMEMBER

- ✦ If you don't start the day with a smile, it's not too late to start practicing for tomorrow.
- ✦ A smile is a light in the window of the soul, indicating that heart is home.
- ✦ Happiness is a perfume you cannot pour on others without getting a few drops on yourself.
- ✦ Smiling is contagious, you catch it like the flu, when someone smiled at me today, I started smiling too, I passed around the corner and someone saw my grin – when he smiled I realized I'd passed it on to him.
- ✦ A winning smile makes a winner of us all.
- ✦ Smile it's the second best thing you can do with your lips.
- ✦ A laugh is a smile that bursts.
- ✦ People don't notice whether it's summer or winter when they're happy.
- ✦ The most wasted day is one on which one has not laughed.
- ✦ A smile is a passport that will take you anywhere you want to go.
- ✦ A really happy person is one who enjoys the scenery while on a detour.
- ✦ Laugh and the world laughs with you.
- ✦ A smile happens in a flash, but it's memory can last a lifetime.
- ✦ Mirth is like a flash of lightening that breaks through the gloom of clouds and glitters for a moment : cheerfulness keeps up a kind of daylight in the mind.
- ✦ The little things are most worthwhile :- a quiet word, a look, a smile.
- ✦ Happiness isn't something you experience, it's something you remember.
- ✦ The world always looks brighter from behind a smile.
- ✦ If you feel a smile begin don't leave it undetected – let's start an epidemic quick, and get the world infected.
- ✦ There is no duty so underrated , as the duty of being happy.
- ✦ The best way to cheer yourself is to try and cheer someone else up.
- ✦ Smile it's free therapy.
- ✦ Everything is funny as long as it happens to someone else.
- ✦ Laughter is the best medicine.
- ✦ Don't take life too seriously, you won't get out alive.
- ✦ No matter how sad your feeling, you'll find a smile more or less healing. It grows in wreath , all around the front teeth, thus preventing the face from congealing.
- ✦ The world is like a mirror you see, smile and your friends smile back.
- ✦ Happiness depends, as nature shows, less on exterior things than most suppose.
- ✦ We smile because we are happy, but we also become happy because we smile.
- ✦ It is in the enjoyment and not the possession that makes for happiness.
- ✦ Most smiles are started by other smiles, smile first.
- ✦ A smile shared is a smile doubled.
- ✦ Why not seize the pleasure at once? How often is happiness destroyed by preparation, foolish preparation.
- ✦ It is almost impossible to smile on the outside, without feeling better on the inside.

(PLEASE PUT ON MY WEB PAGE)

- ✦ It takes seventy two muscles to frown, but only thirteen to smile
- ✦ If in doubt smile
- ✦ All we need to make us really happy is something to be enthusiastic about
- ✦ If you would like to spoil the day for a grouch, give them a smile.
- ✦ A smile is a powerful weapon; you can even break ice with it.
- ✦ Happiness is no laughing matter.
- ✦ Laugh and grow strong.
- ✦ If you only have one smile in you, give it to someone you love.
- ✦ Danger and delight grow on the one stalk.
- ✦ Humour is a great thing, the saving thing. The minute it crops up all our irritations and resentments slip away, and a sunny spirit takes their place.
- ✦ I hear a smile.
- ✦ If your going to be able to look back on something and laugh about it, you might as well laugh about it now.
- ✦ The secret to happiness is to admire without desiring.
- ✦ I thought about that smile, then realized it's worth. A single smile, just like mine, could travel around the Earth.
- ✦ Of all the things we wear, a smile and good humour are most important.
- ✦ Life may be short, but a smile takes but a second.
- ✦ Find expression in joy, and you will intensify it's ecstasy.
- ✦ Never frown because you never know who might be falling in love with your smile.
- ✦ The smile that you send out, returns to you
- ✦ A smile costs nothing, but gives much.