



Be of Good Cheer and Smile

Be of good cheer and wear a smile
As you start your day
You can bring happiness to someone
Who may be feeling sad and fray

A positive smile is all you need
To bring a seed of cheer
It's something you can easily plant
And will change the atmosphere

The act of smiling
Brings health and happiness too
It relaxes your body
And even lowers your heart rate, honest it's true!

So go ahead, be of good cheer
Someone is waiting for you
To brighten up their dreary day
And who knows, you may well receive a smile back too

**May the God who gives endurance
and encouragement give you the same attitude
of mind toward each other that Christ Jesus had
Romans 15:5**

**Be encouraged to journal or write down
your daily reflections of how you
made someone smile today.**

**Sonia Dougall on behalf of RWS
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