

5 Ways To Find Your Smile



1. Find a ritual.

Having a ritual, any ritual helps give me a sense of grounding and stability.

2. Start somewhere.

We put off our plans because we think we are not there yet, not ready to start. We are too judgemental of ourselves and as a consequence are afraid of showing our imperfections to the world.



3. You're only human.

One trait that contributes massively to our well-being, fulfilment, and happiness is forgiveness.

4. Break the pattern.

When we feel angry with somebody, it is because we associate something negative with them.



5. Be aware of triggers.

Our health has a significant effect on our mood and vice versa. Maybe it is time to start paying attention.

To find your smile and have renewed happiness, you need to invest in yourself. Be kind to yourself and take time to understand yourself. Spend time doing the things you love and remember to afford yourself time to heal, no matter how painful it is right now.

