100 Smiles Program

There is a theory that goes like this: When a person has identified the 100 things which really make him/her smile, automatically, life finally becomes one's own.

The **100 Smiles™ Program** is the place to create and write down those things that really make a life for you. What type of things?

- Recreational activities
- Favorite Pastimes
- Personal Pleasures
- Exciting Projects and Endeavors

The objective of this program is to have you re-orient your life to spend your time doing only these 100 things. And yes, you may have to upgrade or change your job or moneymaking work. One of the points here is to replace all the stuff that you don't like, with the stuff you love. And this process helps you create this wonderful life.

Instructions

There are four steps to completing the **100 Smiles™ Program**.

Step 1: Write down 25 smile activities in each of the four sections.

Step 2: Fill in the squares. Give yourself credit when you have completed it or do this activity regularly. Add up the number of checked boxes and keep a current tally at the bottom of each of the four sections.

Step 3:Color in the Progress Chart on the front page. If you have nine squares filled in for the Self section, color in the bottom nine boxes, and so on. Always start from the bottom up. The goal is to have the entire chart be filled in. In the meantime, you have a current picture of how you are doing in each of the four areas.

Step 4: Keep playing until all boxes are filled in. You can do it! This process may take a year or two but you can achieve a Full Smile! Use your coach or a friend to assist you. And check back once a year to upgrade and track your progress

© 2003. CoachInc.com All rights reserved.

Why This Works

Just coming up with such a long list helps the person define what they want and who they are.

Learning how to select things that make one smile automatically helps the person tell the difference between wants/joys/fun and shoulds/have to's/oughtas.

How To Create Your Smiles

Not Fully Articulated	**Fully Articulated**
Eating ice cream.	Sharing a hot fudge sundae on a warm summer evening, sitting on my deck after spending the day with Martha.

See the difference?

Here's the "checklist" for full articulation:

- Specific activity, using as many adjectives as possible
- With whom?
- Time of day/year
- Location
- Before or after what?

There are more you can include, but you get the picture. By fully articulating the event, situation or activity, you are making it much more real and exciting. As a result, you are much more likely to go do more of it because it resonates. It is amazing.

Examples

What do you most enjoy doing alone? Reading, napping, writing, watching TV, painting, bubble baths, cleaning, cooking, videos, listening to music, singing, grooming, playing with the dog, journaling, crafts, shopping, walking, exercising?

Exercise

Start by making a list of five things that make you smile.

Now, expand on one of the five things. Make it so perfect and appealing that you want to go out right now and go do it.

Now, can you imagine what your life would be like if you spend every waking hour only doing things on that list? Not possible, you say? Wrong. You can do it. So, who would you have to be to simply be and do your 100 list? What commitments would you need to make? What changes would be necessary and appropriate?

Finally

It takes about one year to re-organize your life to be like this list. It is worth it, if you're in the right space for it.

© 2003. CoachInc.com All rights reserved.

PROGRESS CHART

Date	Points (+/-)	Score

100 Smiles Program 100-Point Checklist

Sections				
#	**A**	**B**	**C**	**D**
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

© 2003. CoachInc.com All rights reserved.

Give yourself credit as you get points from the 100-point program. Fill in columns from the bottom up.

A. With Myself

What do you most enjoy doing with yourself?

© 2003. CoachInc.com All rights reserved.

B. With 1 Other

What do you most enjoy doing with one other person??

© 2003. CoachInc.com All rights reserved.

C. With A Group

What do you most enjoy doing with a group of friends or associates?

© 2003. CoachInc.com All rights reserved.

D. Joys And Big Adventures With A Group

What really turns you on?

© 2003. CoachInc.com All rights reserved.