

Learn How Smile Can Change Your Life

Nothing you can ever wear is more important than your smile. A smile is something which symbols your individuality. Everywhere I've been in my life journey, I always saw how hard its for people to smile. How it's hard for them and myself to share that peace of empathy.

On the other hand, life is hard and full of difficulties and smiling is not something that we always feel like we want to do. Once I read a quote says our body is smarter than us. I always felt in my experience how powerful, sharp and accurate it is. A smile is something which symbols your individuality

As a result of this, I decided to write about the importance of the smile and how can we leverage the smile as a weapon for attracting happiness, love, and abundance.

For the purpose of getting real value from your smile, I wrote few tips about improving your smiling abilities. We should all make an attempt to practice them. The potential of what it can give us is endless.

These smiling tips have made a big difference in my life

Tip 1: Teeth hygiene for good smile.

It is very important to take care of your teeth. Brush your teeth 2-3 times a day. Make sure you go to a dental hygienist for a cleanup 1-2 a year. For the purpose of taking care of the health of your teeth, it's recommended to go to a dentist once every year for a checkup. Your teeth and gum condition is important for feeling confident to get a big smile.

Tip 2: Smile in a genuine way.

The smile is the symbol of positivity and optimism. Make sure that you physically smiling and reflect positive thoughts and vibrations in your mind. When you smile always make sure you smile with your eyes too. Having those smiley wrinkles is really attracting.

Tip 3: Daily smile exercise.

While you read this article I want you to make the biggest smile you can. Can you feel how much tension you have on your face? studies revealed that we have [43 muscles on our face](#).

Under those circumstances, there is a way of getting rid that tension. Every day you wake up in the morning and smile as hard as you can for 5-10 minutes. Stretch your face when smiling as strong as you can. Also, You can do 5-10 minutes before you go to sleep but, more importantly, to do it in the morning time.

As a result of this, you will feel how physically it is much easier for you to smile to anyone, everywhere you go smile is going to be your default.

Tip 4: Smile in the mirror.

Smile in the mirror is something powerful. The concept is to have this couple of minutes of seeing how beautiful and attractive you are when smiling. in consequence, you feel empowered, connected and confident. Build a new relationship between your mirror smiley reflection.

Given these points, you can see that following these tips will give you the opportunity to live a healthy life. If you will look back at the most joyful times of your life I bet you had a big smile on your face. Smile to the world and the world will smile to you. Use the smile as your secret weapon for your lovers and haters.

