

Always Smile

Everyone wants to be happy. However, most of us miss our smile most of the time.

After all¹, it is a busy life. We are all busy running after² achievements. We have priority³ tasks one after the other. Do you think it is difficult to smile? Let us test. What is your favorite place to visit? When do you feel that you are the happiest person on this earth?

Close your eyes and think about that beautiful place or moment for a while. I can see that you are smiling.

Like every other task⁴ in our daily life, we need to schedule⁵ time for smile as well⁶. No matter what, there should be a smile on your face for most of the time. It is the sign⁷ that you are living your life happily. A person with a smile on his face attracts⁸ more happiness towards him.

Most of us think that they would be happy when they achieve something. Do you remember when the last time you had such an achievement? Did your happiness last forever after that? No. It lasts only for a few days and you start running after the other thing to be happier.

In fact⁹, it is around you. Do you notice nature along¹⁰ with your journey¹¹ to the office? Look at the flowers and trees. They have amazing vibrations¹² to make us happy if we realize. Look at the sky. It is so wonderful. Look at the people around you. They are all waiting for a smile from the stranger¹³. Give them yours.

Use your smile to change the situations¹⁴, but do not let situations change your smile. You know many problems turn their way if they see the person smiling, so keep smiling. You know you look beautiful when smile.

- 1 after all 毕竟
- 2 run after 追赶
- 3 priority n.优先或紧急的事情
- 4 task n.任务
- 5 schedule v.计划, 安排
- 6 as well 也
- 7 sign n.符号, 标记, 象征
- 8 attract v.吸引
- 9 in fact 事实上
- 10 along adv.顺着, 沿着, 向前
- 11 journey n.旅行
- 12 vibration n.振动, 颤动
- 13 stranger n.陌生人
- 14 situation n.情况, 状况