

# "Just face it with the SMILE"

☞ We are what we repeatedly do

- Be good, do good- instead of hurting others feelings and later on repenting and creating a negative picture about self
- Be patient & a good listener- develop a listening skill, many a times we fall in trouble, by not listening to what the other is communicating to us, we have a tendency to interrupt
- Have a beautiful smile on your face- it increases your face value, lot of issues can be solved by your smile



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For more guidance & tips email to - [smile@wellnessway4u.com](mailto:smile@wellnessway4u.com)