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Believe in What We DO: Keep Smiling

Dear Penfabricans,

In the midst of our daily challenging chores at work, compounded by time constraints and obligations at home, we may often feel a bit lost in life. Boggled down with so many responsibilities to juggle, we may think we could advance no more. Sometimes, we are akin to dogs chasing after our own tails. There is no beginning and no end in sight. What a pathetic kind of life! What a busy way to achieve nothing! What a dog's life! Is this the way we wish to spend our lives? We seem to forget how to live!

Time to take a good look at ourselves in the mirror and SMILE! A smile conveys feelings of happiness, hope and positivity. We will be reminded that there is still life after we discharge our duties and shoulder the burdens of the day. That there are still plenty of things out there to make us crack a smile and start living again. If we do not wish to permit our daily challenges to become so unbearable until we forego to smile, look into the mirror and forcefully crack a smile, even a pretentious one. The strain and the anxiety on our faces as reflected in the mirror tell about the heartaches and the headaches that we shoulder. Take a minute to relieve such burdens by smiling at ourselves. We may then even laugh at our own stupidity of taking things too seriously.

Are we lacking sufficient mindfulness and focus in tackling our jobs? Are we being overwhelmed by our daily routines? Perhaps if we could just relax a little and crack some smiles that bring positive vibes to our brains and emotions, we may conjure up some clever ideas to arrive at better performances and results. Smile by activating our mouth corners. Smile with our eyes. Then smile with our hearts. Before long, our smiles will change the world as we change the way things are perceived. All problems are solvable and are not burdensome anymore.

Dear Penfabricans, a smile will change our outlook because we will immediately feel happy and relaxed. Always think positive. Wearing a worried face or a blank expression with bloodshot eyes does not help solve any problems. Rather, we make people think we are inept at our jobs. That we are incapable of taking care of ourselves. Eventually, we let our jobs ruin our lives. On the other hand, if there is always a smile on our faces expressed through cheerful, sparkling eyes, we will melt hearts, resolve problems and overcome troubles in no time. We emit confidence and ooze friendliness. Therefore, always face problems with an open mind and a smiling face. A smiling face does not mean we do not have any worries or problems at hand, it means we are mature and capable of handling them without us showing the stress. Kudos to a smiling face!

Have a lovely weekend. Keep smiling and the world will smile with us. People will be more ready and willing to engage with us and half the battle is won. After all, Helen of Troy was said to have launched a thousand ships through the power of her smile.

Just Keep Smiling!

Thank you.

With kind regards,

HSTeh.