**The Secrets Behind A Smile**

**1. HOW DO YOU CURRENTLY CONNECT WITH THE BEST PIECES OF YOURSELF?**

**- HOW MANY HOURS OF SLEEP DO YOU REGULARLY GET?**

**- DO YOU PROVIDE YOURSELF WITH QUALITY SELF-LOVE TASKS ON A DAILY BASIS?**

**- “YOU ARE WHAT YOU EAT.” HOW MUCH PROCESSED, SYNTHETIC, ARTIFICIAL, INFLAMMATORY, TOXIC, FAST-FOOD DO YOU REGULARLY CONSUME ON A DAILY BASIS? IS 90% OF YOUR DAILY DIET FRESH AND NUTRIENT RICH WITH 10% TREAT BASED OR 90% TREAT BASED WITH 10% NUTRIENT RICH? DO YOU FEEL HEALTHY AND NOURISHED OR UNHEALTHY AND DEPLETED?**

**- HOW MANY TIMES PER DAY DO YOU MAKE TIME TO RELAX AND FOCUS ON QUALITY BREATHING AND OXYGEN RETENTION?**

**- HOW MANY TIMES PER DAY DO YOU THANK YOURSELF FOR BEING A WONDERFUL HUMAN BEING?**

**2. DO YOU REGULARLY FEEL SATISFIED AND HAPPY MORE THAN DISSATISFIED AND OR DISAPPOINTED?**

**- HOW DO YOU KEEP YOURSELF OPTIMISTIC THROUGH THICK AND THIN?**

**- IS YOUR HAPPINESS OR DISSATISFACTION NORMALLY YOUR OWN DOING OR INFLUENCED BY OTHERS?**

**- WHEN YOU FEEL UNHAPPY WHAT EXACTLY ARE YOU THINKING ABOUT? DO YOU FREQUENTLY REPLAY CERTAIN STORIES IN YOUR HEAD REPEATEDLY?**

**3. WHAT REGULAR THOUGHTS RUN THROUGH YOUR MIND THAT DO NOT SERVE YOUR HIGHEST GOOD?**

**- WHAT STORIES DO YOU HOLD ONTO FROM THE PAST THAT TRIGGER YOUR EMOTIONS AND BEHAVIOR?**

**- WHAT DO YOU REGULARLY FEED WITHIN YOUR OWN MIND? HAPPINESS? ANGER? SORROW? STRESS? FRUSTRATION? DEPRESSION?**

**4. ARE YOU HAPPY WITH THE WAY YOU CURRENTLY FEEL?**

**- HOW DO YOU REGULARLY MAINTAIN YOUR BEST SELF?**

**- HOW DO YOU DISCONNECT FROM YOUR SELF-SABOTAGING SELF?**

**5. WHAT ARE YOU ACTIVELY DOING TO SHIFT NEGATIVE EXPERIENCES INTO POSITIVE EXPERIENCES?**

**- WHAT PRACTICES DO YOU ACTIVELY NURTURE TO IMPROVE THOSE THINGS CAUSING POOR THOUGHT PATTERNS?**

**- DO YOU SET PERSONAL BOUNDARIES? HOW?**

**6. ARE YOU REGULARLY CONNECTED TO NATURE AND OR UNIVERSAL ENERGY?**

**-HOW MUCH TIME DO YOU SPEND SURROUNDING YOURSELF WITH ORGANIC INFLUENCES (NATURE) AS OPPOSED TO SUPERFICIAL INFLUENCES (THINGS)?**

**- HOW MUCH TIME DO YOU INVEST IN GIVING COMPARED TO SOLELY RECEIVING?**

**TAKE TIME TO THINK ABOUT THESE QUESTIONS AND ANSWER THEM HONESTLY**  
  
**"WHEN WE ARE ABLE TO LOVE, TO APPRECIATE OURSELVES, WE ENABLE OURSELVES WITH THE ABILITY TO LOVE AND TO APPRECIATE OTHERS IN MORE AUTHENTIC WAYS SIMULTANEOUSLY."**

**THE-MIND-MECHANIC 2023**