

101 Things to do that will make you smile



At the end visit the 'notes' section referencing the things ending with * for additional insight and information 😊

Singing out loud, working out to P90X*,
Dancing, counting your blessings,
laughing, blowing bubbles,
smiling at someone, volunteer work,
reading, random acts of kindness,
snuggling, walking in the rain,

finding someone interesting to follow on Twitter*, doing yoga, giving someone a hug, playing in the sun, bake some goodies for someone, jumping rope, eating chocolate*, playing with animals, hiking, cooking, holding the door for someone, watching re-runs on tv, telling someone you love them, meditating, making cupcakes*, playing hopscotch, finding a great bargain at the store, praying, drinking a smoothie*, listening to music, picking fruit, expressing gratitude, taking a bike ride, getting excited about something, being grateful, watching the moon,

going out with friends, getting your blood pumping to Hip Hop Abs*, wishing on stars, sharing stories, taking a power nap, trusting in God, sliding down a steep slide, donating to a good cause, planning a party, getting something for free*, watching the sunset, acting silly, making new friends, eating dessert, swinging on swings, playing with children, skipping, drinking SHAKEOLOGY*, praying, exercising*, helping someone, watching the sunrise, forgiving someone, building a sand castle, meeting new friends on Facebook*, watching a movie, going shopping, saving money using coupons, planning a vacation, getting a massage, calling a friend, journaling, taking a bubble bath, sending a card to someone, working in your yard,

starting a new hobby, reading a good book*, relaxing, trying a new recipe, entering contests*, hula hooping, walking on beach barefoot, lighting candles, giving thanks, writing, starting a new hobby, doing Body Gospel*, painting, re-connecting with old friend, winning a contest, eating healthy, recycling, surviving an Insanity workout*, saying hi to someone as your paths cross, trying new foods, visiting new places locally, running a 5K, giving God all the glory, starting a new business*, coloring with a child, making a vision (inspiration) board*, looking at old photos, sharing this list with someone else 😊

Notes:

P90X* is an intense invigorating workout from Team Beachbody you can see more about it at

<http://www.beachbodycoach.com/taraburner>

Twitter* you can find the author of this report at

<http://www.twitter.com/taraburner>

Chocolate* you can enjoy delicious Dove Chocolate goodies from <http://www.inspiredchocolate.com>

Cupcakes* you can get the free article on how to make cupcake cakes at

http://www.associatedcontent.com/article/6182802/how_to_make_cupcake_cakes.html?cat=24

Smoothies* you can find out why they're good for you and get some free yummy nutritious recipes at

http://www.associatedcontent.com/article/29908/smoothies_why_theyre_good_for_you_and.html?cat=5

Hip Hop Abs* is an energetic fun workout by Shaun T that works your abs without doing crunches and can be purchased at <http://budurl.com/hiphopabs>

Free* you can get two "Be Joy Filled" reports for free at the bottom of the page at

<http://www.lulu.com/spotlight/taraburner>

Shakeology* is a nutrient filled meal replacement shake from Team Beachbody-comes in two great flavors

<http://www.shakeology.com/taraburner>

Exercising* if you're looking for new workout programs visit

<http://www.beachbodycoach.com/taraburner>

Facebook* the author of this report can be found at
<http://www.facebook.com/taraburner>

Reading a new book* Check out
<http://www.deargodareyouthere.com> newly published book,
sure to inspire and make you smile

Entering contests* you can enter daily to win cash or prizes
working out at <http://budurl.com/beachbodycontest>

Body Gospel* inspiring faith based workout from Team
Beachbody <http://budurl.com/bodygospelworkout>

Insanity workout* is a 60 day total body conditioning
program with 10 workouts and 4 free gifts!
<http://budurl.com/insanitybytbb>

Starting a new business* if interested-check out
<http://www.moneyinchocolate.com> and
<http://www.startyourfitnessbusiness.com>

Making an inspiration (vision) board* you can learn how with
this ebook with bonus 35 pages of graphics, images you can
use to make yours with
<http://www.howtomakeaninspirationboard.com>