



daily GOOD

Joy is what happens when we allow ourselves to recognize how good things are. Joy is not necessarily what happens when things unfold according to our plans. --Marianne Williamson

Spontaneous Smiley Face

When we smile, does the whole world smile back at us? Ruth Kaiser, founder of the Spontaneous Smiley Project, says yes. Kaiser, who grew up when the smiley face was just gaining popularity -- the iconic yellow smiley was invented in the 1960s and paired with "have a happy day" in the 70s -- sees smiley faces in everyday life: macaroni salad, playground equipment, tree branches, and sourdough bread. Kaiser, a Californian artist and preschool director, wanted to share her peculiar knack for spotting smiles in inanimate objects, but wasn't sure how.

Be The Change:

Learn more about the Spontaneous Smiley Project. Practice looking for the joy in everyday moments.