



MAKE 10 PEOPLE SMILE Today!

**10 SMILES. 24 HOURS.
ARE YOU READY TO
TAKE THE CHALLENGE?**

Ever wanted to be a superhero? Read on! While we may not be able to teach you how to fly or to shoot lasers from your eyes, we *can* give you a mission that could help lots and lots of people. The Savior taught, “Ye are the light of the world” (Matthew 5:14), and you can be a light to everyone you meet by reaching out and uplifting them.

The *New Era* asked youth to be their own variety of superhero by trying to make 10 people smile each day; their experiences were incredible. Are *you* ready to take the challenge? Here’s how it worked out for them.

“I found that making someone smile is not as hard as it seems. Sometimes all it takes is a joke or a friendly comment or a smile. Throughout my school day I saw countless people; some I knew, some I didn’t know, but that didn’t stop me. I tried to see people the way Christ would see them. Everything I said, I truly meant. I felt a connection between that person and me. But even more, I felt a stronger connection with my Heavenly Father. I know that as we strive to be more like Him through seeing and acknowledging our brothers and sisters—and looking for their Christlike qualities—we can see ourselves in the way Christ sees us and come closer to Him.”

Blaire A., Utah, USA

“When I was making people smile, I felt very pleased and happy when I helped someone have a better day. One person I made smile was someone who did not have very many friends. When I said hello with a smile, it put a big smile on his face. I also told my chorus teacher she was a great piano player. I love making people smile, because it is doing what Heavenly Father and the Savior want us to do.”

Matthew P., Colorado, USA

“I’d like to consider myself a professional in the smiling business. I know what it takes to make people smile. It didn’t take much to make my basketball teammate smile when I yelled, ‘You got it, Marty!’ from across the gym. It took a bit more to make one of the customers I was working with at my grocery store smile after they told me they were having a bad day. But talking with them a bit and joking about the cold weather quickly set those eyes sparkling. I think most people are searching for a reason to smile. Sometimes, though, in this tricky world, it’s a bit difficult to find a reason for a moment of happiness. Isn’t it wonderful that we get an opportunity to be the reason to smile? I think it is. Even if I’m not an artist or a child prodigy; even if I’m not written about in history books; and even if no one else remembers me but the little girl who was so excited because I liked the color of her shirt, I still have my smile. And I’m more than happy to pass it on. Why don’t you do the same?”

Allie V., Nebraska, USA

A FEW IDEAS TO GET YOU STARTED

- Write a thank-you card.
- Invite someone new to sit with you at lunch.
- Tell your siblings something you like about them.
- Do a secret act of service for your parents.
- Offer to help someone with homework.
- Listen intently when a friend needs to talk.
- Play a game with your younger siblings (even for just 10 minutes) and let them win.
- Pay someone a compliment.
- Tell a funny joke to a friend.
- Say “hi” to someone you don’t know as you pass on the street.
- Text or call a friend you haven’t seen in a while.
- Bake something for a neighbor and deliver it anonymously.
- Offer to babysit for a neighbor couple so they can go to the temple or on a date.
- Text your mom.
- Wave to the kid in the car next to you.



BEGIN NOW

“May we begin now, this very day, to express love to all of God’s children, whether they be our family members, our friends, mere acquaintances, or total strangers.”

President Thomas S. Monson, “Love—the Essence of the Gospel,” *Ensign*, May 2014, 94.