

#SmileProjectAmbassador

THE SMILE PROJECT AMBASSADOR PROGRAM



THE-SMILE-PROJECT.COM/AMBASSADOR

WHAT IS THE SMILE PROJECT AMBASSADOR PROGRAM?

The Smile Project Ambassador Program is your opportunity to be part of a collective movement for joy. We believe that simple changes make a big difference and we know that when we are at our best, we have more to give to our loved ones and our communities. By joining the Ambassador Program, you are embracing the challenge to look for the good each day and to encourage others to do the same.



Kristen Parry

PROGRAM MANAGER

'Happiness is' has fundamentally and irrevocably changed my outlook on life. I wake up excited to experience each day and record a moment of joy that I'll get to reflect on with a smile for years to come. Happiness comes in all shapes and sizes, and it's a privilege to look for it in everything I do.

(recording since March 28, 2019)

WHEN YOU JOIN THE SMILE PROJECT AMBASSADOR PROGRAM, YOU RECEIVE:

- Monthly emails filled with inspirational content
- Access to The Smile Project Ambassador Program private Facebook group
- A framework for your personal growth and development
- Connection to a community of people who believe in joy and kindness



Ready to get started?

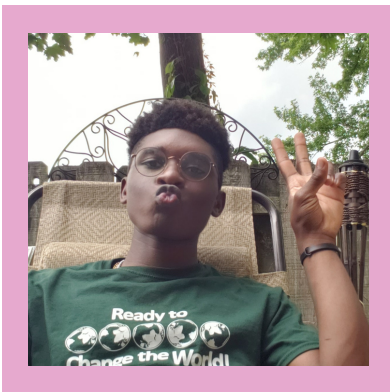
[SIGN-UP HERE](#)

HEAR FROM OUR FOUNDING AMBASSADORS



“Writing daily happiness has helped me understand that there is happiness every day, whether in little amounts or large moments in life! It has helped me become more positive about everything going on and influences others around me even more than myself sometimes!”

- Alli Dingman (recording since December 19, 2019)



“Keeping note of daily Happiness is like a daily competition. I know I have to post something at the end of the day, so I'm always looking for the best no matter what happens. This optimism has grown far beyond my social media, I've really come to see every situation for it's potential good. ”

- Matt Gibson (recording since June 21, 2018)



“Taking those two minutes a day to reflect on the thing that made you happiest that day brings a whole new perspective to life. The more you do it, the more you will notice how many opportunities for happiness we have in a day. Starting to document my “Happiness is” each day truly changed my entire outlook. This is something I will do for the rest of my life!”

- Ariana Scott (recording since June 16, 2017)



"Cultivating a daily practice of recording my joy has by far been the simplest and most important thing I have done in my life. It isn't always easy. But to me, 'Happiness is' is a promise. It's about hope and trusting the journey. If I could give any gift to someone I love, it would be the life-changing magic of a consistent gratitude practice."

-Liz Buechele (recording since November 9, 2011)

THE AMBASSADOR NETWORK

By signing up to become a Smile Project Ambassador, you're joining a community where joy is prioritized and kindness is the norm. We encourage you to share your "Happiness is" posts with the hashtag #SmileProjectAmbassador to connect with others in the Ambassador network.

Once you've been recording joy for 100 days (#Happiness100), you'll be recognized as a formal Ambassador on The Smile Project website. You can tell how long an Ambassador has been recording joy based on the color of their frame.

*100
days*

1+ year

3+ years

5+ years

ABOUT THE SMILE PROJECT

The Smile Project is a nonprofit organization dedicated to spreading Happiness through youth empowerment, intentional acts of kindness, and daily gratitude practices.

Founded in 2011 by then 17-year-old Liz Buechele, The Smile Project began with the recording of a single thought: “Day 1: Happiness is.. those perfect car rides where the radio just plays all the right songs.” [Every single day since, Liz has posted a “Happiness is” on her social media accounts.](#) This simple practice of recording daily joy transformed her own life, and now she wants to help others experience the life-changing impact of “Happiness is.” Since then, The Smile Project has grown to include [SPARK kindness clubs](#) in high schools & colleges, specific kindness projects like [Joy Day](#) and the internationally celebrated [Birthday Givebacks](#), and a 28 state [#SmileProjectRoadTrip](#).

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*Want to start your
own Happiness
journey? [Sign up here.](#)*