

Smile When You Poop



The **10-Second Gratitude Practice**
That Sticks Even When Life Stinks.

The Bumper Sticker That Started a Movement

**HONK IF YOU
HAVE TO POOP.**

Pure genius

Whatever you ate, made it through your
digestive loop...

Did you enjoy what you ate?
Was it an ice cream scoop?

Was it something regular?
Or was it something top shelf?

Were you excited to eat it?
Did your excitement match the taste?

When you finally tasted it,
Did it bring a smile to your face?

...I hope it's flowing through you now
like a nothing-but-net basketball
that never touched the hoop.

Shakespeare could never 🤔👋

Why the joke is actually dead serious.

For over a decade, the author's son faced severe gastrointestinal issues, requiring surgical center visits three to four times a year to monitor his digestive tract.

“Seeing kids who couldn’t use the bathroom unassisted made me realize: being able to poop independently is a blessing we usually overlook.”

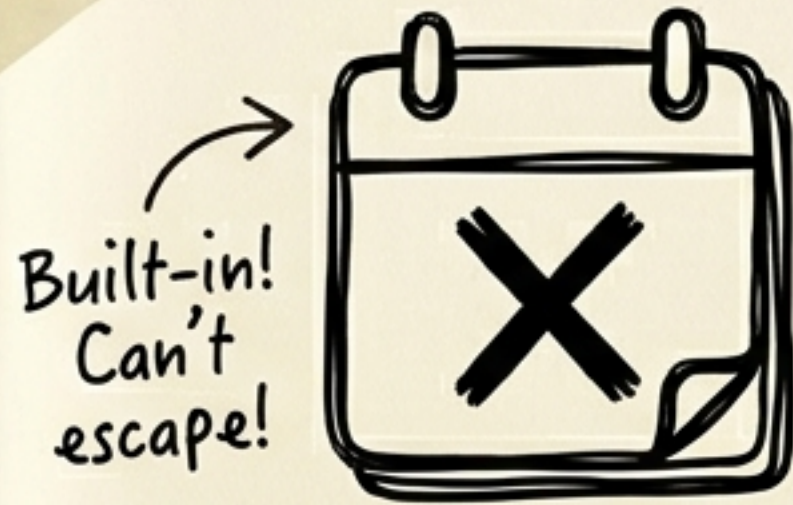




The Genius Trigger

Chapter 1: The "Genius Trigger"

Most gratitude habits fail because you forget to do them. Biology solves that.



Guaranteed Compliance

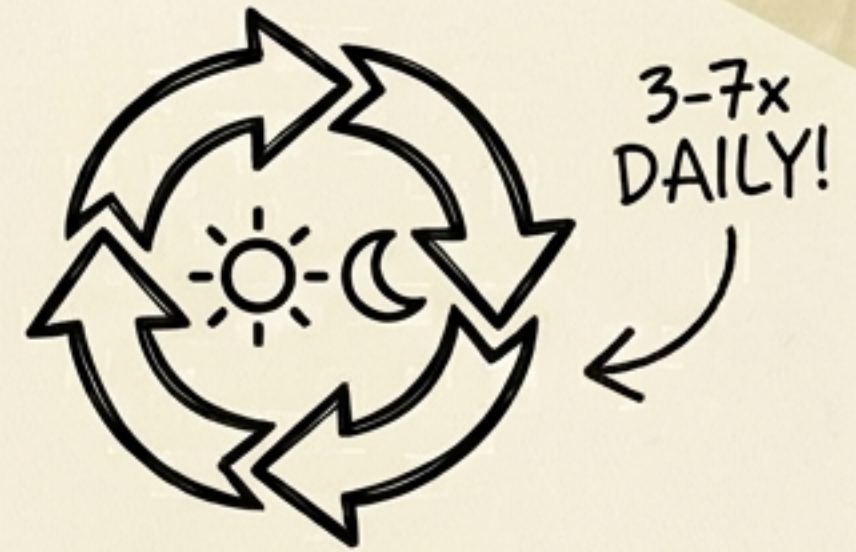
You can skip a workout or a journal entry. You cannot skip your biology.



Shhh...
just for
you!

Entirely Private

Nobody is grading your gratitude. It is a built-in pause button.



Highly Repeatable

You don't do this once a day. You do it 3 to 7 times a day.

The 10-Second Quick-Start Guide



GO.

To the bathroom.
Pick exactly **ONE**
thing to appreciate.

Works EVERY time!



4



1

SAY THANK YOU.

In your head or out loud.
(e.g., "Thank you for
indoor plumbing.")

Seriously,
think about it.



3

SMILE.

Even a fake one works.
Your brain doesn't
brain doesn't always
know the difference.

Science!



MARINATE.

Hold the smile for
exactly 10 seconds.
(4 seconds breathing in,
6 seconds breathing out).

Don't
rush
this!

Chapter 2: The Critical Distinction

⚠️ Grateful FOR ⚠️

- Thankful that a hardship happened. (Toxic Positivity Warning)
- Often feels like ~~toxic~~ positivity.
- Forces fake emotions and hollow optimism during genuine pain.

🌿 Grateful IN ⚓

- Noticing things to appreciate while experiencing difficulty. ✓
↳ (True Stability Anchor)
- Embraces the complete **truth**: "This situation is hard **AND** I have tools to handle it." ✓
- Anchors the mind while navigating chaos. ✓



Actual yard work nightmare.
Grateful IN, not FOR.

Chapter 3: The Invisible Army of Helpers

Things we actively ignore until they break.



Toilet Paper

Toilet Paper

Manufactured, packaged, shipped, and affordable for billions. You only notice it when the roll is empty.

The true hero of civilization!

The true hero of civilization!



Doorknobs

Doorknobs

Humanity's greatest invention for avoiding awkward encounters.

Social anxiety's best friend.



The Plumber

The Plumber

The unseen stranger maintaining the massive pipe infrastructure beneath your feet.

Actual wizardry. Don't question it.

Chapter 4: The Miraculous Machine You Live In

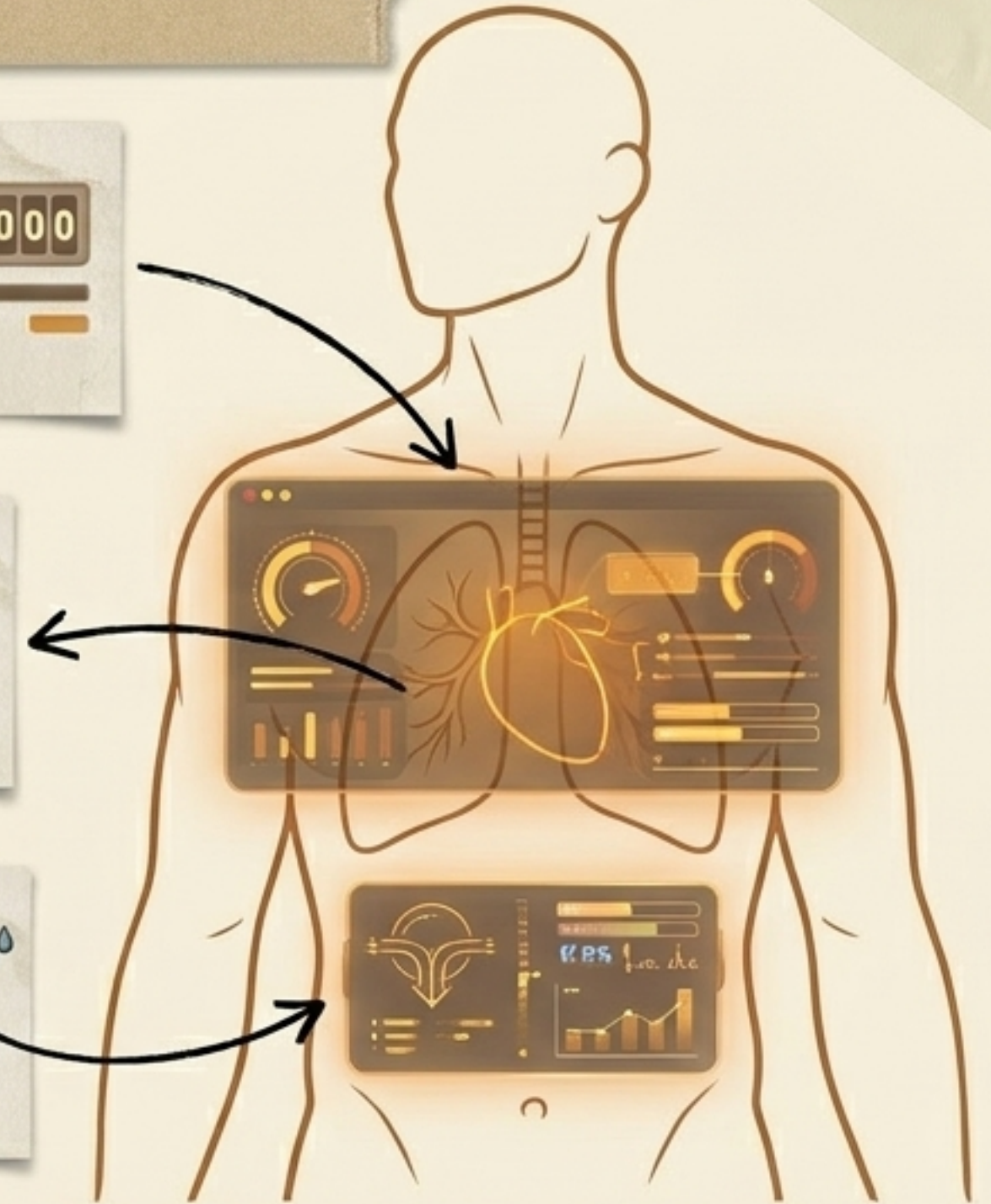
The relentless backstage engineers running 24/7.

The relentless
backstage
engineers running
24/7 without
a single line of
code from you.

The Heart: 100,000
beats perfectly
executed today.

The Lungs:
20,000 breaths
exchanged automatically.

The Kidneys:
180 liters of blood filtered
and balanced daily.



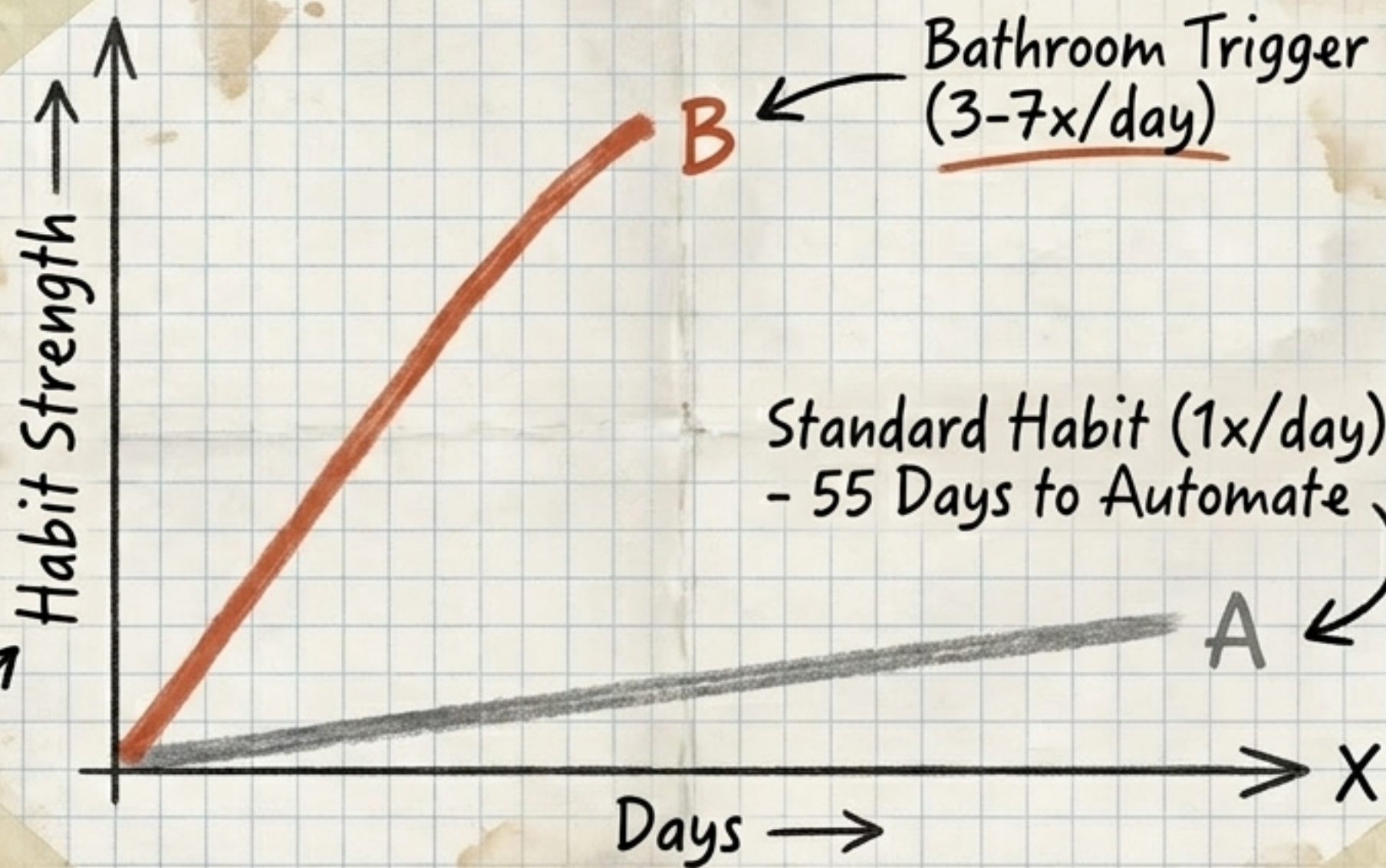
Appreciate function over form. What your body DOES > How your body looks.

Chapter 5: Hacking the 55-Day Habit Curve

Speed-running your brain's automation process.

Science says it takes an average of 55 days to build a new habit.

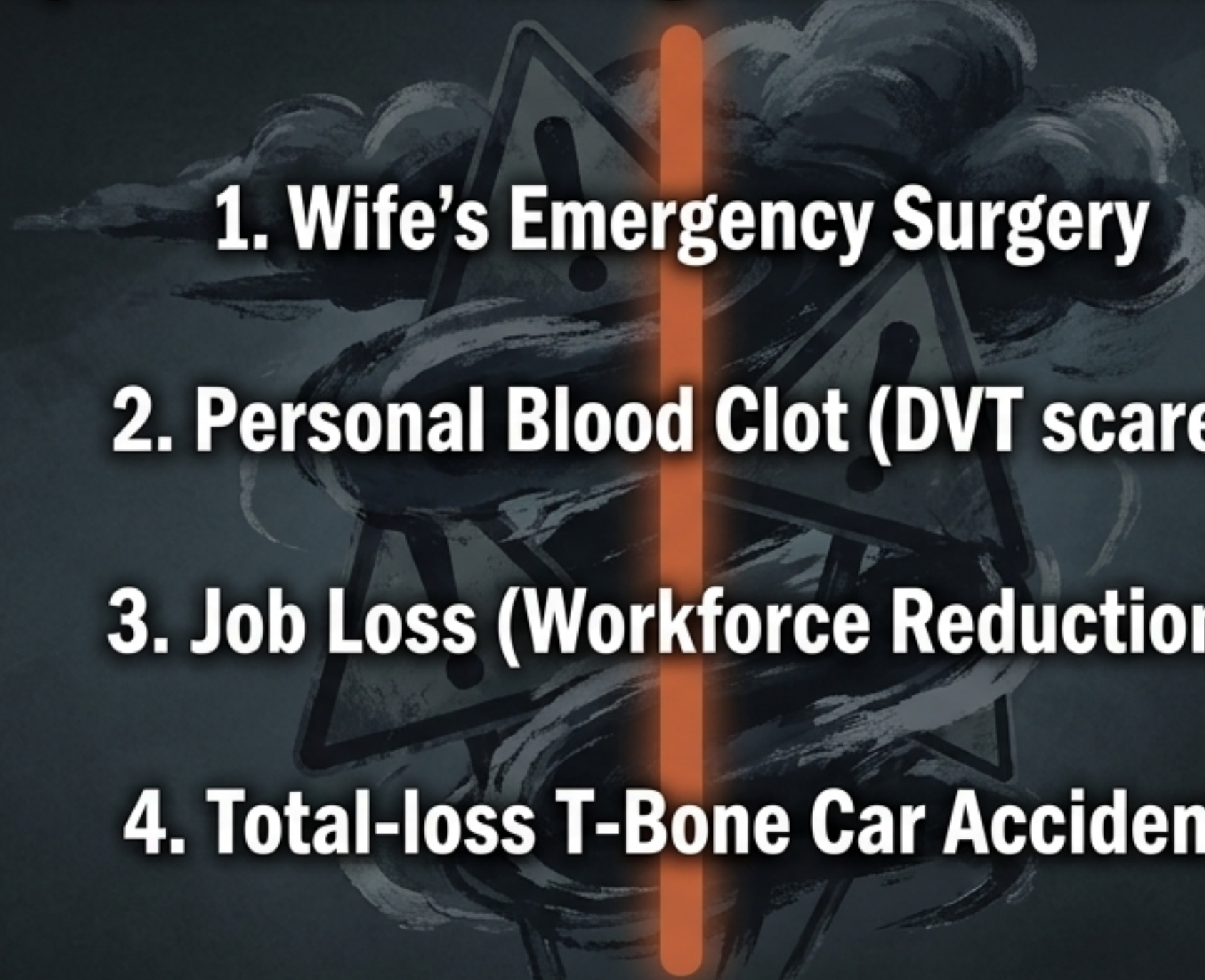
But if you use the bathroom 3 to 7 times a day, you get a month's worth of practice in a single week.



Result: Your brain carves deep neural pathways, shifting the gratitude from awkward, to conscious, to entirely automatic.

The 'Season of Chaosity'

The practice isn't just for when life is good. It's for when the bottom falls out.

- 
1. Wife's Emergency Surgery
 2. Personal Blood Clot (DVT scare)
 3. Job Loss (Workforce Reduction)
 4. Total-loss T-Bone Car Accident

I wasn't forcing gratitude. The neural pathways had already been built. I found solid ground while everything felt unstable.

21 Oct 2023

Philippians 4: 4-9
Staying Connected Amidst Chaos

> Then The God of Peace Will Be With You

Chapter 6: The Ridiculous Revolutionary Ripple

Your private practice changes your public presence—**without you ever saying a word about poop.** (We promise!)

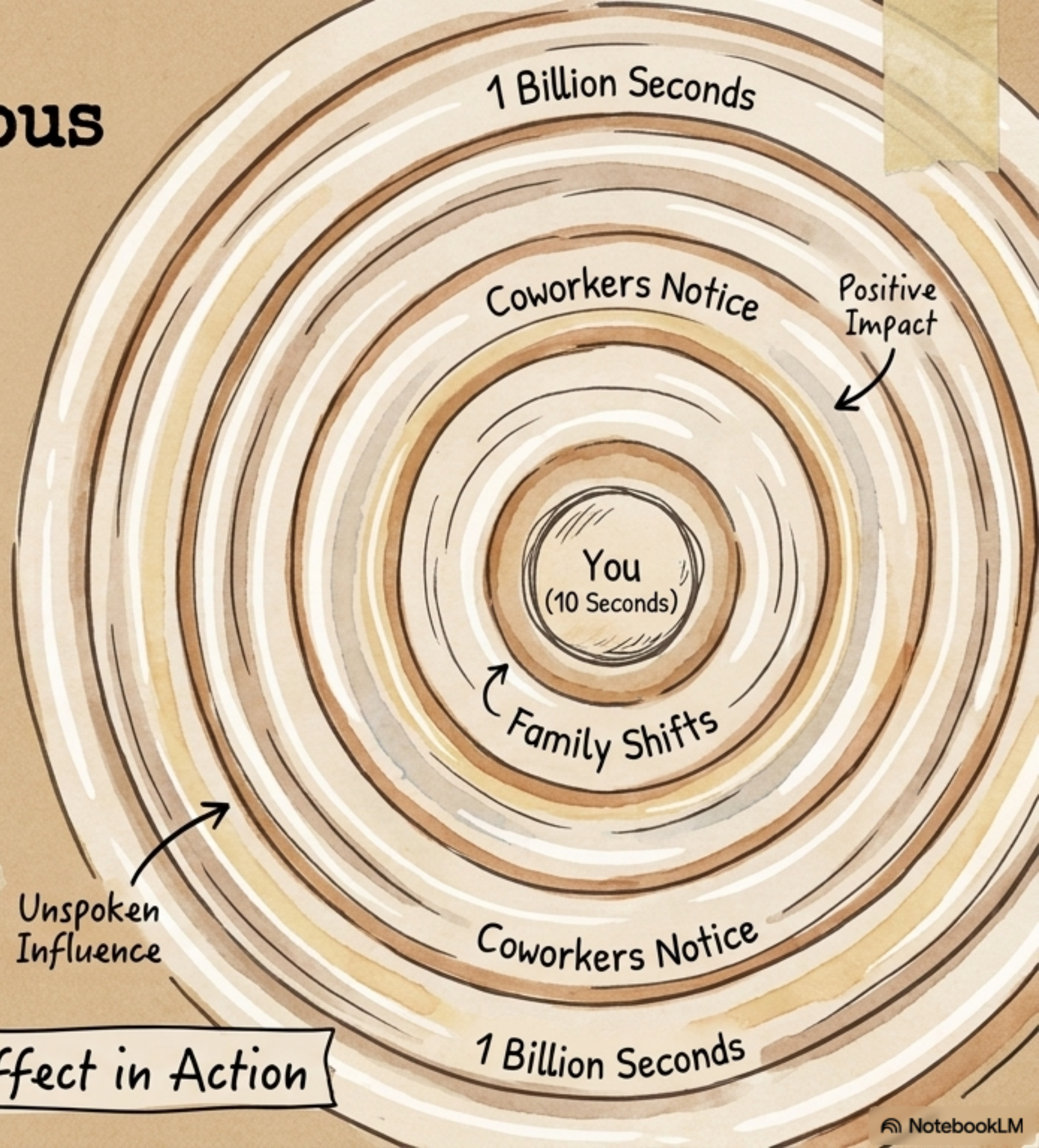
1 Million People
x 1,000 Seconds/Day
(~16 mins)

The Math of
the Mission!

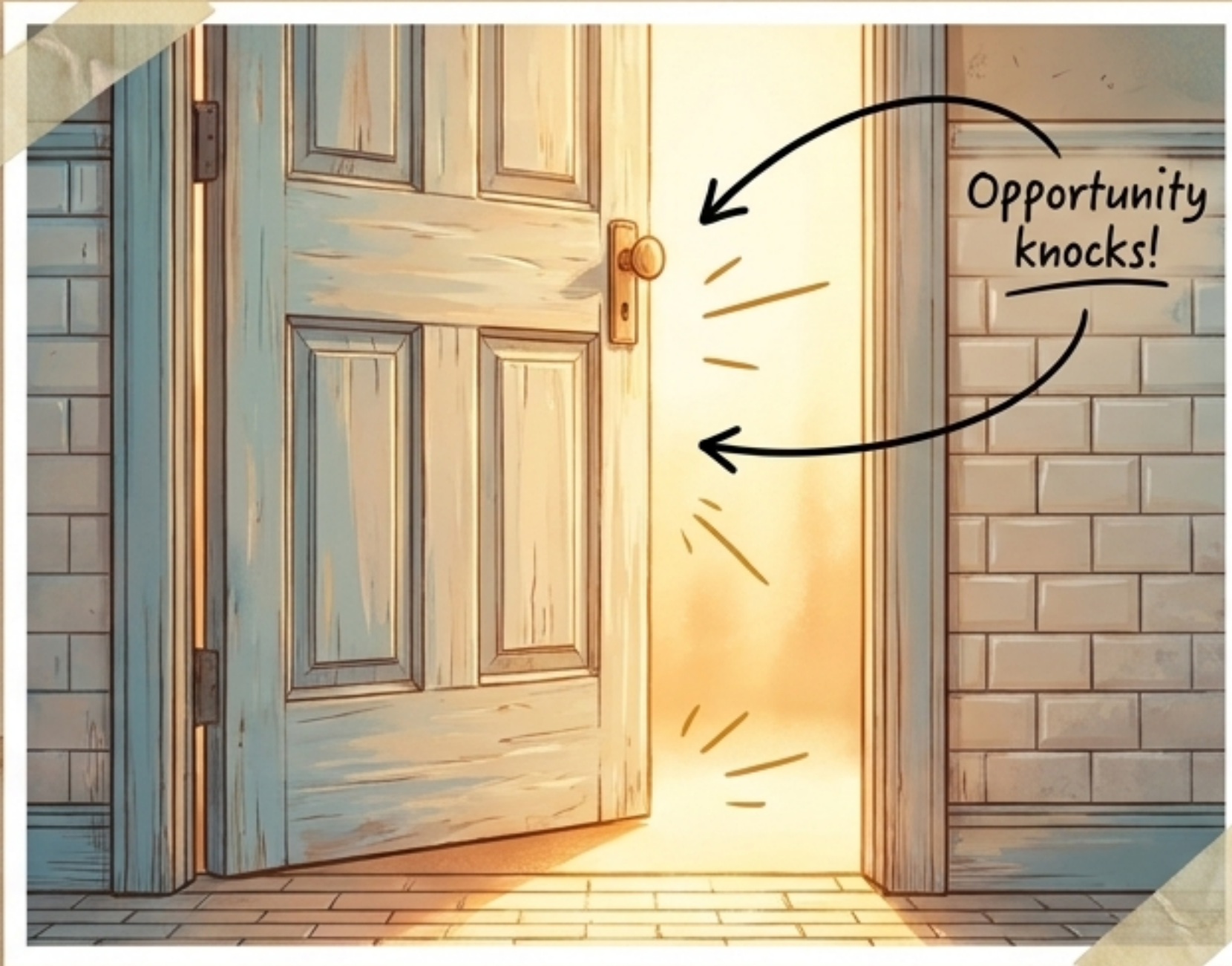
= 1 Billion Seconds
of Gratitude Daily.

Think Big,
Start Small

The Ripple Effect in Action



Your Next Bathroom Break is Your Next Chance.



- ☐ Don't pull out your phone.
- ☐ Notice ONE thing that is working.
- ☐ Say Thank You.
- ☐ Smile.

“Life’s too short not to find joy in ridiculous places.” – A. Conrad Deas II.
(Read more at SmileWhenYouPoop.com)