



Shape YOUR WORLD

Total Makeover challenge
GROW.EVOLVE.EMPOWER

SHAPING YOUR WORLD...

6th Edition—February 9th, 2017

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200st Langley Dentist
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Photoart by Simpson
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Me Seminar

Congratulations to Abbotsford and Langley for staying on track despite the snow!



This week, Langley's meeting was canceled due to the weather and many of the Abbotsford ladies couldn't make it either, but that didn't stop them!!!

QUOTE OF THE WEEK

Believe in yourself and you will be **unstoppable**.



200st
LANGLEY
DENTIST

Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!



Believe it or not smiling at other people has the power to change their focus and uplift their spirits in an instant of time. Smiling creates an immediate connection between you and others, and sends a powerful message of good will. It's a small gesture that can reach clear across a room and touch the heart of a complete stranger. That's pretty powerful!

Think about it!

How do you react when you are just going about your day, and someone you don't even know smiles at you for no apparent reason? You probably smile back, right? It's a natural reaction. How does exchanging smiles with someone make you feel? You do feel better, don't you? Smiling is a simple way to make everybody [feel better](#) immediately. That's a pretty wonderful ability to have at your disposal, don't you think?



In an independent study conducted by the AACD, American Association of Cosmetic Dentistry, they discovered that:

Virtually all people interviewed (99.7%) believed that a smile is an important social asset.

96% of adults believe an attractive smile makes a person more appealing to members of the opposite sex.. Three-quarters (74%) of adults feels an unattractive smile can hurt a person's chances for career success.

What is the first thing you notice in a person's smile?

The most common responses were:

1. Straightness: If you are teeth conscious you can tell when people have crooked teeth. Their mouth or lip will appear uneven. They often smile with a hand over their mouth. They have a sense of embarrassment about their smile and they have learned to adapt their behaviour.

2. Whiteness & Color of Teeth: If you use a dental color chart to compare the color of your natural teeth it is easy to see that your teeth are more yellow. Natural teeth is slightly on the yellow or the gray tones. As you get older that becomes more evident due to enamel aging, drying, staining. . The trend towards whiter, brighter teeth has been over a decade.

3. Cleanliness of teeth goes to the sincerity of a smile

4. Any Missing Teeth?

5. Sparkle of a smile goes hand in hand with a twinkle in the eyes

Everyone always strives for perfection, what is perfect we ask? Perfect hair, perfect shape, perfect eyes, perfect smile, etc. are all a misconception conceived by fashion. Beauty can be found in everyone: tall, short, round, thin; there is so much more to it than that.

What makes you feel beautiful? What is it that others find beautiful about you? It's cliché but it may still surprise you that beauty isn't just skin deep. Beauty is in the special moments; the laughter and the tears you share with one another.

What is it that truly makes someone's heart race with emotion, excitement, or anticipation?

It is amazing how much beauty can be captured in a photograph that truly expresses who you are and looks deep into your soul.

Please watch the following video, and let us know how it makes you feel.

<https://www.youtube.com/watch?v=wBwkjSRfHtw>



A Strong Woman in her Essence is a Gift to the World.....

UPCOMING EVENTS

The Amazing Race—February 25, 2017 at the Phoenix Lounge in Abbotsford. Ctrl Click on photo for link.



The Amazing Race—February 25, 2017 at Douglas Park in Langley. Ctrl Click on photo for link.



The Real Me—Challengers will go on an in-depth journey to discover their mission statement and so much more! (Feb 15,17,18)



Happiness & Smart Snacking - A great lesson on snacking from Gina at Herbalife and our happy moments! (Press Ctrl and click on the image for link)



If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website www.totalmakeoverchallenge.com or send an email to info@shapeyourworldsociety.com.



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