

Simple Things *that* Can Bring You Joy

.....♥.....♥..... Ordinary & Happy♥.....♥.....

RELAXING

- Singing to your favorite music. ☐
- Appreciating seasonal changes. ☐
- Relaxing in a secluded spot. ☐
- Window shopping. ☐
- Having time to do nothing. ☐
- The quiet of night. ☐
- Making a gratitude list. ☐
- Lighting a scented candle. ☐
- Taking a deep breath of fresh air. ☐

PEACEFUL

- Sitting in a park and observing nature. ☐
- Warm embraces with loved ones. ☐
- Listening to the sound of birds. ☐
- Finding money you forgot about. ☐
- Snuggling under a blanket. ☐
- Creating something with your hands. ☐
- Seeing a rainbow. ☐
- Trying a new recipe. ☐
- Having a picnic. ☐

GREAT

- Trying a new dish at a restaurant. ☐
- Making an unexpected connection. ☐
- Connecting with nature. ☐
- Wearing your favorite outfit. ☐
- A fun evening with friends. ☐
- Watching a live performance. ☐
- Telling stories. ☐
- Embracing moments of inner peace. ☐

SIMPLE

- Walking in nature. ☐
- Planting flowers. ☐
- Watching the sunset. ☐
- Reading a good book. ☐
- Quality time with friends. ☐
- Spending time with your pet. ☐
- Morning tea or coffee routines. ☐
- Cooking your favorite meal. ☐
- Having a bubble bath. ☐

REFLECTIVE

- Taking photos of special moments. ☐
- Exploring a new place. ☐
- Finding a new favorite song. ☐
- A scenic drive. ☐
- Meditating in a quiet place. ☐
- Building something step-by-step. ☐
- Listening to the rain. ☐
- Learning something new. ☐

BEAUTIFUL

- Watching your favorite movie ☐
- Time to reflect on your progress. ☐
- Having a heartfelt conversation. ☐
- Have a family game night. ☐
- Giving someone a compliment. ☐
- Supporting a loved one. ☐
- Dancing. ☐
- Observing the night sky. ☐