

# Ordinary Joys You May Be Overlooking

..... Ordinary & *Happy* .....♥.....

Morning or evening routines you do without thinking that bring you comfort.

Daily sounds that make you happy (e.g. birds singing).

Something that made you happy recently that you didn't pause to appreciate.

Someone who brings you small moments of joy just by being themselves.

Someone you're completely comfortable doing ordinary things with.

Someone you could talk to more who always has a fun story to tell.

A building in your town or city you walk past that has interesting architecture.

A nearby outdoor space you could walk to even for a few minutes.

Nearby places in your town or city you could watch the sunset at.

An everyday thing you do well but rarely give yourself credit for.

An ordinary task that becomes enjoyable with music, candles, or a different setting.

Meet-ups or events in your local area you don't go to or maybe you're unaware of.

Ways you've made your home special and comfortable for you.

What you really enjoy talking about and who you could talk about it more with.

Something you can appreciate right now, in this very moment.