

## Take Pleasure in the Small Joys of Life

The small joys of life are what renew us, give us peace, and keep us feeling strong. They also sustain us during times of crisis and challenge. Consider putting a symbol of your small joys on your desk, bureau, or kitchen table as a constant reminder.

Circle 2 small joys from the list below that you're going to schedule time for tomorrow or write down small joys that aren't on the list and schedule time for those. Make time for small joys such as:

Taking a walk in the park or on the beach

Reading a bedtime story to your child

Watching a movie with a family member

Listening to the birds in the morning

Going fishing

Reading until you fall asleep

Having a day without an 'agenda'

Playing tag with your grandchild

Talking with friends and co-workers

Taking your child to the playground

Visiting a relative or friend

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Watching a pretty sunset

Laughing out loud

Doing a quilting project

Working in the garden

Eating ice cream

Cooking

Spending time with your child

Baking

Getting a massage

Having lunch with a co-worker

Having coffee with a friend

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