

CIRCLE WHAT IS ALREADY YOURS

50 TINY JOYS

Ordinary things that still count.

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| ☐ Coffee before anyone needs you | ☐ Coffee with a friend |
| ☐ Clean sheets | ☐ Freshly painted nails |
| ☐ The song you forgot you loved | ☐ Wearing something that makes you feel good |
| ☐ Sun through the window | ☐ A nap |
| ☐ A really good sandwich | ☐ Ordering what you actually want |
| ☐ Your dog losing its mind when you come home | ☐ A really cold drink |
| ☐ Fresh flowers from the grocery store | ☐ The first nice day after terrible weather |
| ☐ Driving with the windows down | ☐ A funny group-chat spiral |
| ☐ Finding money in a coat pocket | ☐ Going to bed ridiculously early |
| ☐ A kid saying something completely ridiculous | ☐ Dessert on a weeknight |
| ☐ Fries stolen from somebody else's plate | ☐ A bookstore |
| ☐ Ten quiet minutes | ☐ Five minutes of stretching |
| ☐ A hot shower | ☐ An unexpected compliment |
| ☐ Your favorite sweatshirt | ☐ An empty house |
| ☐ Cancelled plans you secretly wanted cancelled | ☐ A full house when you actually want one |
| ☐ A friend sending exactly the right meme | ☐ Finding a new walking route |
| ☐ Walking somewhere with no purpose | ☐ A tiny impulsive purchase that delights you |
| ☐ A book you can't put down | ☐ Watching your kids genuinely love something |
| ☐ Laughing until your stomach hurts | ☐ A long hug |
| ☐ A perfect avocado | ☐ Eating outside |
| ☐ Sitting outside after dinner | ☐ Doing something badly just because it's fun |
| ☐ An old photo you forgot existed | ☐ A good hair day for no identifiable reason |
| ☐ Putting your phone in another room | ☐ Finishing something you've been avoiding |
| ☐ A candle for absolutely no reason | ☐ Something on the calendar you're excited about |
| ☐ Hearing a song from college | ☐ Realizing today was actually pretty good |

Pick five you already have. Pick one you want more of this week.