



Sample Joy List

- ♥ Swimming with dolphins
- ♥ Taking a hot bath
- ♥ Reading a good book
- ♥ Going to the movies
- ♥ Going to a concert
- ♥ Spa day
- ♥ Yoga
- ♥ Hiking or Walking in nature
- ♥ Dinner with friends
- ♥ Petting my cat
- ♥ Going to Disneyland
- ♥ Weekend get-aways
- ♥ Playing board games
- ♥ Getting a massage
- ♥ Going to a Museum
- ♥ Gardening
- ♥ Walking on the beach
- ♥ Making soup on a rainy day
- ♥ Tai Chi
- ♥ Sailing
- ♥ Art projects
- ♥ Taking a class or workshop
- ♥ Take a nap on Sunday afternoon while watching an old movie
- ♥ Laying on the grass and cloud gazing on a balmy day
- ♥ Traveling and exploring—anywhere!
- ♥ Deep conversations with thoughtful people
- ♥ Photography
- ♥ Making a great find at a flea market or antique shop
- ♥ Watching old Star Trek or Twilight Zone reruns
- ♥ Friendly poker games
- ♥ Swimming in the ocean
- ♥ Trying a new recipe
- ♥ Scrapbooking
- ♥ Walking barefoot in sand
- ♥ Fresh-cut flowers
- ♥ Trying a new restaurant
- ♥ Lighting a fire in the fireplace on a chilly day
- ♥ Bird, butterfly and bee watching in the backyard
- ♥ Picnics at the park