Simple Joys: Remembering them in the hard times

- Falling in love
- Laughing
- A hot shower
- Getting an actual letter in your mailbox
- Taking scenic drive
- Hearing your favorite song on the radio
- Hot towels right out of the dryer
- Chocolate milkshakes
- A bubble bath
- Talking with friends
- The beach
- Finding money in your coat from last winter
- Laughing at yourself
- Receiving a package in the mail
- Running through sprinklers
- Having someone tell you that you’re beautiful
- Your favorite song coming on the radio
- An unexpected compliment
- Waking up and realizing you still have a few hours left to sleep
- A first kiss
- Making new friends or spending time with old ones
- Playing with a puppy
- Swimming at the ocean
- Runner’s high
- Snow days off from school
- Warm cookies right out of the oven
- Road trips
- Sunshine
- The smell of your favorite meal cooking on the stove
- Sleeping in on rainy days
- Enjoying nature
- Holding hands
- Clean sheets on a freshly made bed
- Watching someone's face as they open a present from you
- Watching the sunrise or sunset
- Beautiful views
- Getting a hug
- Being grateful each day for all that we DO have

ADD YOUR OWN . . .