

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 . . .