

💖 Think & speak & act positively. 💖

That is what happy people do.

-Holland

My Simple Joys

- ☐ Investing in my kids & husband
- ☐ Deep cleans, planning, & organizing
- ☐ Finding deals
- ☐ Writing something beautiful
- ☐ Uplifting performing arts, esp choirs
- ☐ Exploring & getting lost, esp. with hubs
- ☐ Playing with elementary age kids
- ☐ Decorating
- ☐ Baking
- ☐ Giving meaningful service
- ☐ Throwing parties
- ☐ Deep breathing
- ☐ Stretching
- ☐ Watching a campfire
- ☐ A strong, steady sailing wind
- ☐ Being outside
- ☐ Gardening
- ☐ Layer learning
- ☐ Heart to heart conversation
- ☐ Cardio with friends
- ☐ Bike paths
- ☐ Summer sunset in downtown Sandpoint
- ☐ Road trips
- ☐ Free time alone

Affirmations

- ☐ I am thankful to be here
- ☐ I am centered on the contented peace of my Savior
- ☐ My presence is a blessing to those around me
- ☐ I speak clearly, kindly, and connectedly with others
- ☐ I can and will manage my stewardship
- ☐ I appreciate the ways I invest in my health & happiness
- ☐ I can trust myself to take good care of me, including being a compassionate, honest advocate between my inner perspectives and the outer world
- ☐ I invest in abundant knowledge
- ☐ I spend time appreciating my joyful life
- ☐ I make choices that express the love & appreciation I have for myself.