

Personal Reflection Exercises...

I celebrate the small joys in life.



I celebrate the small joys in life.

Life is a series of moments and each moment holds a joy of its own. It might be a moment just bursting with great joy, such as when I hold my newborn baby for the first time, but ***most moments carry the small joys that provide me with a fulfilling life – day after day.***

As Forrest Gump's mother said: *"Life is like a box of chocolates. You never know what you're going to get."* And just as every chocolate in that box is delicious in its own unique way, so, too, are the moments of my life.

The joys of the day start as soon as I wake up. I see my partner by my side and feel their love. I think about how lucky I am to be able to cherish the love of this good person.

I look out the window and see the beauty of the dawn, hear the birds harmonizing in glorious melody and, yes, even appreciate the sound of the cats meowing for their breakfast. I laugh as the puppy comes bounding onto the bed, happy for the new day, too.

I relish the warmth of the hot water in my morning shower. I love the smile of my baby as he wakes and enjoys his breakfast. I take pleasure in the sweet aroma of the coffee.

Moments like these continue throughout my day.

It is these moments that make me realize how blessed I am. And so I celebrate these small joys of life that bring so much happiness.

Today, I choose to be fully conscious of the individual moments of my day and receive with joy the blessings that each moment brings.

Self-Reflection Questions:

1. Do I start my day with joy?
2. Do I notice and appreciate the small joys?
3. How can I attract more of these joys into my life?