

WHAT MAKES YOUR HEART SING?

This 10 minute exercise helps you get in touch with what truly gives you joy in life. It asks you to take a moment and sit with yourself, relaxed and at peace with yourself and the world. It asks you to imagine that you're blissfully happy and feeling true joy, you have a soft smile on your face and a warm smiling feeling inside, spreading to all parts of your body as your worries and cares melt away for this moment of being alone, restful, calm, peaceful, feeling joy.

INSTRUCTIONS:

Give yourself permission to spend 10 minutes or so of quiet time alone to write your answers in the spaces below.

Don't analyse, just write. If your answers seem to be overly simple don't worry, this is a good sign.

In the days and weeks ahead, if anything comes up for you, feel free to capture it here and write it down.

TIPS TO HELP YOU:

Think back to your childhood - what were you doing when you were the most happy?

Consider your 5 senses: sight, touch / feeling, smell, hearing, taste and try to come up with one 'joy' for each sense.

Remember, there are no wrong or right answers. This exercise is totally unique to you and your answers will be totally unique to you. Some examples though to help you: feeling the grass under my feet as I walk bare foot across the garden, hearing the wind rustling in the trees when I'm walking through the woods, smelling Silverkrin hairspray and remembering my grandma, seeing my children laughing together.

Now answer the question: What are My Top 10 Joys in Life? WHAT MAKES MY HEART SING?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Reflect: What do you notice as you look at your list? Is there anything that jumps out at you? Surprises you? What common themes or powerful messages can you see? How easy are these to do? Why do you think you don't do them more often?

Commitment to myself: This is my one specific action I will take to bring joy into my life

I commit to doing this by: -----

