



Simple Joys

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I've never been a huge fan of yogurt unless it's the frozen variety you buy at TCBY or Orange Leaf, but I have grown to love **Chobani's Greek Yogurt**. Greek yogurt has more protein than regular yogurt and I could always use a little more protein in my diet. The pineapple is my favorite flavor so far. I don't even have to add anything to it. Occasionally I'll throw in a few granola clusters to give it some crunch.



This was a splurge, but last winter I bought myself one of these **Pottery Barn blankets** in ivory. I had been coveting them every time I walked into the store. They are thick and warm. I love the cable knit on the outside and the fuzzy texture on the inside. I just love nice warm blankets in general this time of year. They donâ€™t have to be expensive though to bring me joy. I have others that I love that were a fraction of the cost. It feels good to splurge every once in awhile though.



Lucy Get Up & Go Top

Do you remember when velour sweatsuits were a big trend? I do, my mother had one in every color. I used to joke with her about wearing them all the time. Well, what comes around goes around. My son likes to call me JOCO (short for Johnson County) Mom because I often wear my workout pants and a long sleeve top. I guess heâ€™s noticed that a lot of Momâ€™s in Johnson County like to run around town in **gym clothing**. Itâ€™s comfortable and if Iâ€™m going to be home most of the day why not be comfortable. I bought a few new tops that I love at Athleta and Lucy before the holidays. I love them because they wash and wear well. They are a little fitted, but still comfortable. They make me feel a little more stylish even though Iâ€™m wearing workout clothes. They arenâ€™t inexpensive, but totally worth the price to me.

I came across this video on another blog. I wasnâ€™t aware of the magazine **Seeing the Everyday**. You can learn about it more [here](#). It has such a great message about how what we do every day is important in even in the most seemingly mundane tasks. As a stay at home mom it can sometimes feel like you arenâ€™t really making a difference and letâ€™s face it our children arenâ€™t always as well behaved as this beautiful little baby, but when they are the time is precious.

Your **comments** each week are a simple thing that brings me joy. It doesnâ€™t have to be anything long and elaborate, but it letâ€™s me know youâ€™re out there reading. Even though some of you may not leave a comment on a post I appreciate the feedback youâ€™ve given me in person, by phone, text or email. My hope is that by sharing my simple joys each week it inspires you to look

around your own home and notice the things and people you love. Iâ€™d love to know what youâ€™re enjoying this week.

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