



Simple Joys

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Birthday Shooters

This past weekend I had the opportunity to get together with **old friends and new friends**. I met a friend of mine for lunch who I hadnâ€™t seen in seven years. We used to work together and called ourselves the Ugly Step Sisters because as event planners we felt slighted at times compared to the sales team. We did a lot of catching up on our lunch and vowed not to wait another seven years to get together. Even though we mainly communicate through Christmas cards once a year, it brought me joy to reconnect with an old friend and reminded me of all of the reasons I enjoy her friendship. Sheâ€™s a very thoughtful person and brought me banana bread on a cute plate. Thatâ€™s not the only reason

why I like her though.

I also had **a lot of laughs** at a ladies slumber party to celebrate a friend's birthday. If you've never had a **slumber party** with girlfriends as an adult, I highly recommend it. I got to know some new friends a little better and of course eat a lot of really good food. The **Birthday Shooters** are one part RumChata, one part Pinnacle Whipped Vodka, whipped cream and sprinkles.



Jalapeno Greek Yogurt Dip

I started the Shred Diet this week so I've been eating a lot of vegetables. Dieting isn't joyful to me, but it will bring me joy if I lose a few winter pounds. I also feel better when I eat foods that are good for me. I enjoy raw vegetables with a little bit of dip which isn't part of the Shred, but I'm approving it. I like to make my own rules sometimes. I purchased **Skotidakis Jalapeño Greek Yogurt Dip** at Costco and it's very tasty with a little a kick and also good for you.

I mentioned in last Friday's simple joys that I started a new class Blog Boss taught by Holly Becker of [decor8](#), I came across another new blogger Stacey who shares the same interests and purpose for her blog as I do. Her blog is called [Likes to Smile](#). She shared the above video and I can't think of

a simpler joy than bringing a smile to someone's face who is suffering. Have a great weekend and go out and share your smile!

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