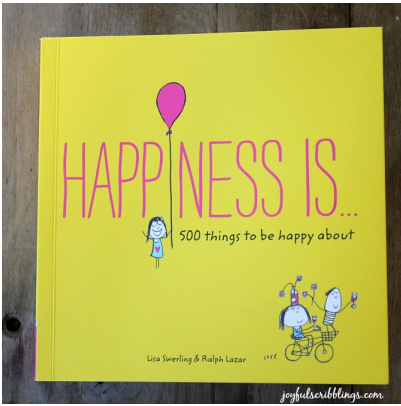
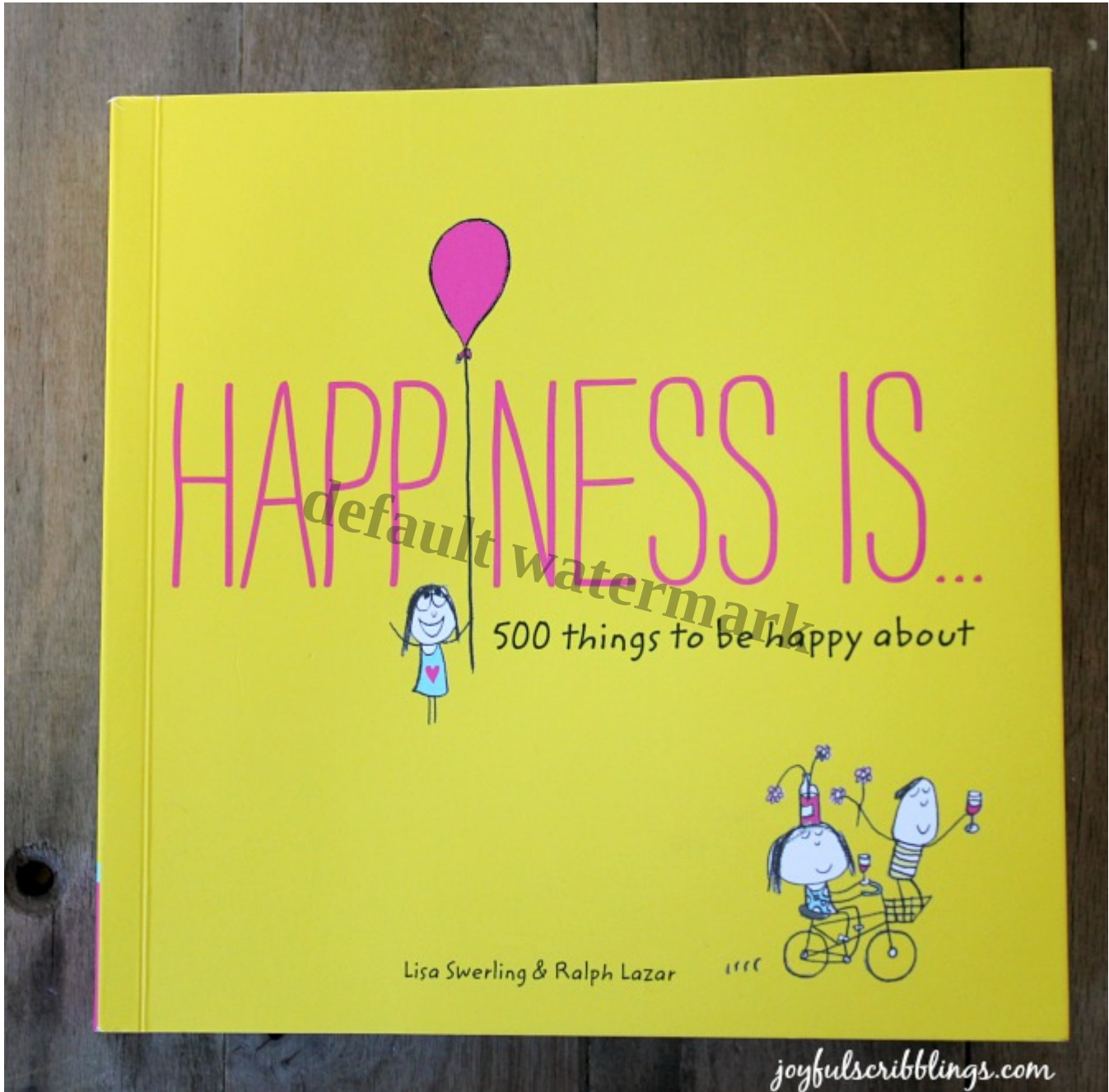




Happiness Is â€¦

Description

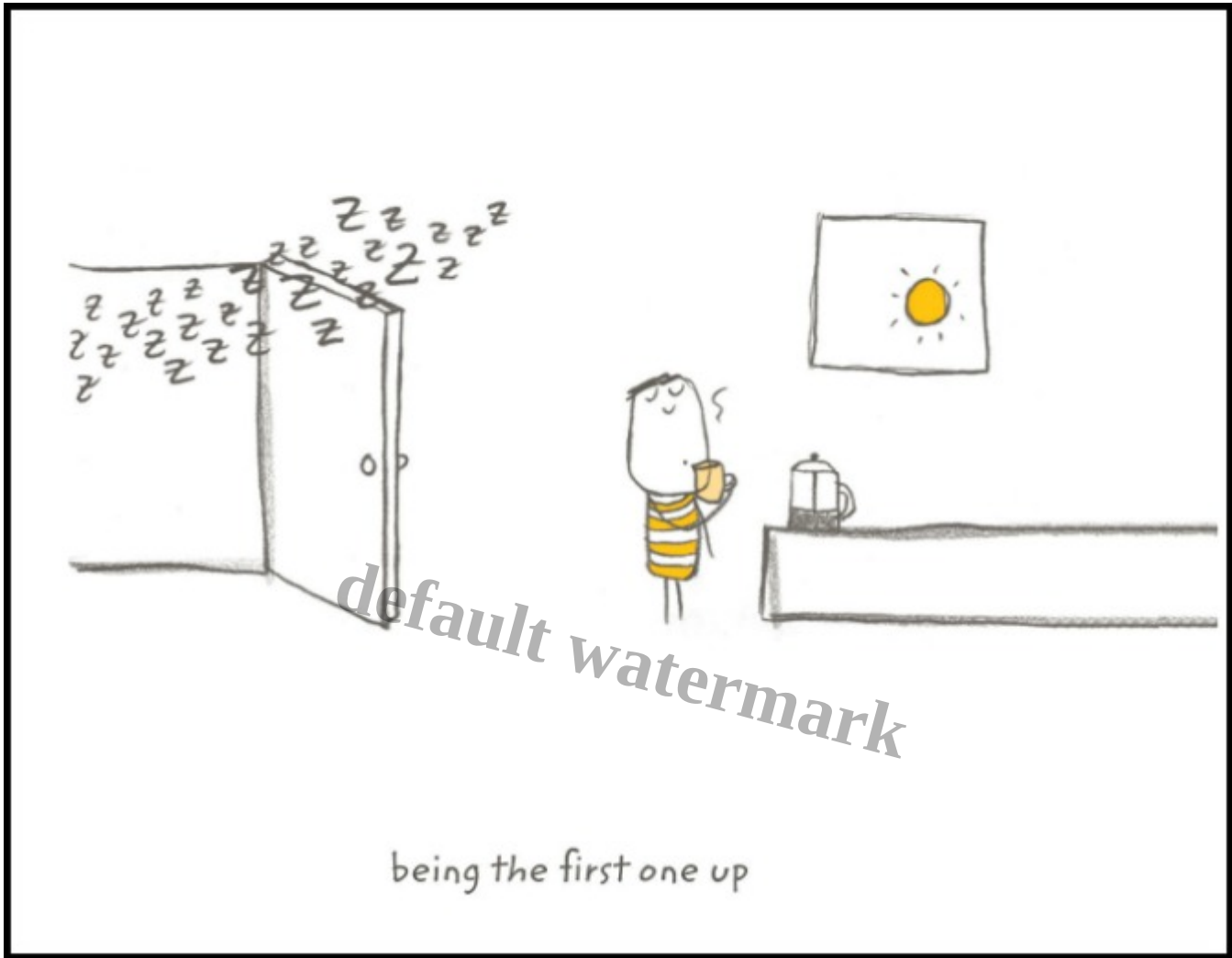
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Happiness can be fleeting, but the book [Happiness Is](#) covers 500 things to be happy about so even if you™re in a bad mood you can find something to be happy about. My friend gave me this sweet little book for my birthday this summer. I tend to get into a funk at least once a month so this book will come in handy. I decided recently to spend a few minutes writing down things that make me happy.



The process of writing things down that make me happy actually made me even feel happier. Itâ€™s sort of similar to keeping a grateful journal, but these things donâ€™t need to happen today. They are things that make me SMILE when I think about them. The Happiness book is a nice starting point to get your creative juices flowing, but everyoneâ€™s happiness list is different. I found a few things in the book that overlap with my list like being the first one up, libraries, yoga and making a list of places I want to go.



The stick figure illustrations in the book also make me smile because I am not an artist. They are simple drawings that illustrate each happy thing.

Here is the start of my happiness list. What are a few things on yours?

A foot massage that is so relaxing it makes me want to fall asleep.

Feeling energized rather than needing a nap after a good workout.

Spending time with friends.

A good book or magazine.

A fresh manicure and pedicure.

The smell of fresh laundry and I didn't have to do the laundry.

Feeling comfortable and confident in my own skin.

The sound of the ocean.

A slice of fresh bread and butter.

The baba ghanoush from YaYa's Restaurant.

Having a friend I can count on and who is honest with me if I ask them, "Do these jeans make my butt look fat?"

Visiting someplace new.

A friendly smile.

Feeling seen and heard.

The return of John Snow on *Game of Thrones*. Insert the hallelujah chorus here.

A thank you.

A hug. Especially my husband's hugs.

My [chocolate peanut butter goodie bars](#).

The perfect peach that is ripe and juicy.

Yoga especially shavasana.

Putting on a pair of jeans after the summer months and having them fit.

Singing at the top of my lungs to a good song on the car radio. For a list of top 10 best and worst car tunes click [here](#).

Peeling a hard-boiled egg and the shell doesn't stick. For tips on how to do this read [this](#).

A bookstore or library. The Newtown, Connecticut Library Book Sale recently made me very happy.

Meeting someone who loves the same books I do.

Chocolate

Target- I'm not kidding when I say this is my happy place. Just cruising the aisles at Target can immediately put me in a good mood. It does not have the same effect on my husband!

White cake with white icing.

I hope you take a minute to jot down a few things that make you happy. The next time you are in a bad mood take a minute to enjoy something on your list. If you are interested in purchasing the [Happiness is book](#) I've included my affiliate link to Amazon.

Find out your happiness style [here](#). I'm a thinker which wasn't too surprising to me.

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