

Look for Ways to Enjoy Your Life and Add More of Those Experiences

Enjoying this moment of beauty, the rise of the sunshine and awakening of this day, I want more of this feeling I say to myself knowing this is something I can create beginning today.

Beginning Today



Cascading trickles of fluid earth
Warm grasses providing nourishment
surround
The trees holding those who need safety
at night
It is time to awaken and put my feet on
the ground.

The comfort of pj's and coffee inside
Bring my day with a flurry of what's next
Yet on this morning I look to the
mountains beauty afar
Hearing the geese squawking with
purpose overhead.

I have choices on how I spend each
moment in time
Some seemingly not available to change
However moments like the sunrise
giving peace in my mind
Are an experience I want to embrace
time and again.

I need more of this feeling I say with my
heart
Realizing its creation is driven by me

Add more of these enjoyable experiences today
For this is how I can reinvent my life and feel it's now improving.

- Pay attention to how you feel about what you are doing
- Think about why you are doing particular activities
- Start to put together a list of what you find enjoyable
- Engage in more activities or experiences that you enjoy
- If there are not enjoyable activities that are accessible to you...create them
- Add more enjoyable experiences to your life

List 3 things you enjoy doing:

Journal Prompt:

Choose one thing you enjoy doing from your list and brainstorm how you could add more of that type of experience to your life.

Learning to pay attention to experiences and activities that are enjoyable can involve looking at our lives more fully. It can bring up feelings of sadness and loss, however, keep looking towards what you enjoy and how you can fill more of your life with positive, enjoyable experiences. Replacing activities that do not bring us joy with pleasurable activities and experiences will help lead us to a newly reinvented, lighter and more fulfilling life.

Affirmation: I can find and create more ways to enjoy my life.