

WHAT MAKES MY HEART SING

This inquiry helps you get in touch with what *truly* gives you joy in life. It asks you, just for a moment, to imagine you're blissfully happy and feeling true joy—free and light of all cares and worry. You can't help but smile (within or without) and you feel relaxed and at peace with yourself and the world. You may even feel a glow from within and spaciousness in your heart.

INSTRUCTIONS

- Allow yourself 10 minutes or so of quiet time to write your answer in the spaces below.
- Don't analyze just write. If your answers seem overly simple, it's a good sign.
- Feel free to add extra ideas to your list that come up for you in the days and weeks ahead.



HELPFUL TIPS

- Think back to your childhood — what were you doing when you were most happy?
- Consider your 5 senses: sight, hearing, touch/feeling, smell, and taste and try to come up with one 'joy' for each sense.
- Some examples include watching the sun set, children or dogs playing, hiking a mountain, cooking, watching the world go by out of your window, telling someone you love them, fresh sheets on the bed or something completely different. Whatever it is — the things you write down will be unique to you.

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? What common themes, powerful messages or surprises can you see? How easy are they to do? Why do you think you don't do them more often?*

Perhaps you're already thinking of ways you can bring some of these ideas into your life? To wrap-up, write below **one specific action you will take** to bring more joy into your life:

Action _____ **by when** _____