

Life and Wellbeing

AC FEB 2022

List of Joys

Connecting to our inner child and finding our sense of joy is so key to reminding us of the calmer side of life and helping us unwind.

15 Small Joys

(These are little things can do on a daily basis that help us connect with our sense of self. It can be anything that you enjoy doing now, to things you remember happily from your childhood, it can include favourite foods, drinks, skipping down the street, a luxury hot chocolate – make it your own)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

15.

5 Big Joys

(These are the bigger things you might need to plan in advance which also give us something to look forward to. It could be holidays, day trips, getting a new car.)

1.

2.

3.

4.

5.

