



**DAY ONE: HOW TO USE YOUR SENSES
TO BOOST YOUR EVERYDAY PLEASURE**

SEE

Two things that make me smile when I look at them and why (when you answer why, the process becomes a feeling one, not just a thinking one – and the feeling is what we’re aiming for!)

1. _____

2. _____

HEAR

Two things that make me smile when I hear them and why

1. _____

2. _____

TOUCH

Two things that make me smile when I touch/hold them and why

1. _____

2. _____

TASTE

Two things that make me smile when I taste them and why

1. _____

2. _____

SMELL

Two things that make me smile when I smell them and why

1. _____

2. _____

TODAY'S JOY MISSION:

From the above list, the two experiences that I am going to consciously choose to include in my day today – and as often as I can the rest of this week – are:

1. _____

2. _____