



#ThisDaysJoy

Five Senses	+ Reframes	Woo Hoo!	Others	Nature
Something that smelled so good	Something that could have been worse	A small personal victory	Something nice someone did for you	A good boy good girl pet moment
Something that tasted delicious	Lemonade made from a life-lemon	A good deed that occurred in traffic	Fun with friends or family	An activity you enjoyed doing outside
Something that felt amazing	Giving / receiving the benefit of the doubt	A pleasant surprise	Something that made you laugh	Something awe-inspiring you noticed in nature
Something that looked lovely	Finding the silver lining to the cloud	A compliment given or received	A team effort that paid off	A weather-related triumph
Something that sounded beautiful	A happy letting go and moving on	A goal you've finally achieved	Something wonderful you saw in another person	An example of nature's bounty