

# *I find joy and pleasure in simple things*

## **I find joy and pleasure in simple things.**

The most beautiful and enjoyable things can be the simplest. While many others pursue enjoyment and pleasure in luxuries, I am able to find enjoyment in everyday things.

Something as simple as a tree, flower, laughing child, or song can be immensely enjoyable on many levels. Fortunately, these beautiful things are all around me. I only need to open my eyes and pay attention.

## **Even in troubling times, there are simple experiences to be enjoyed.**

I live a gentle, easy life. This allows me to see and enjoy life's simple pleasures. It is more than just a choice. It is a lifestyle.

## **I am constantly simplifying my life.**

Many people spend precious time and energy chasing after extravagances. I know better. I choose to take advantage of the simple enjoyments to be found in life.

I reject those things that are unnecessarily complex. My ability to perceive is the only

limit to my joy and pleasure. Yet, it's a generous limit as I am a highly perceptive person.

Today, I seek new and simple ways to add joy to my life. I am looking for the simple and pleasurable experiences that life has to offer. I find joy and pleasure in simple things.

## **Self-Reflection Questions:**

1. What are the simple things in my life that bring me the most enjoyment?
2. What other easy hobbies or experiences could I enjoy if I chose to?
3. Is my life more complex than it needs to be? How can I simplify it?