



# 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 a spaciousness in your heart.

## INSTRUCTIONS:

- o Allow yourself 10-15 minutes of quiet time and write your answer in the spaces below.
- o Don't analyse just write! If your answers seem overly-simple, it's a good sign.
- o Feel free to add extra things to your list that come up in the days and weeks ahead.

## HELPFUL NOTES:

- o Think back to your childhood - what were you doing when you were most happy?
- o Think about your 5 senses; sight, hearing, touch, feeling and taste - you could come up with one joy for each sense. Examples include watching your 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, etc. Whatever it is, the things you write down will be unique to you.

Now answer the questions, 'What are my Top 10 Joys in Life?' What Makes My Heart Sing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

I wonder what you notice as you look at your list. What common themes, powerful messages or surprises can you see? How easy are they to do? What do you think you don't do them more often? Perhaps you are already thinking of ways you can bring some of these ideas into your life. To wrap-up, write below on specific action you will take to bring more joy into your life:

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