



# Things That Make Me Happy

Dave Edwards, CSEP

Airplane take offs  
Being spontaneous  
Butterflies  
Cherry Blossoms  
Making lists--I have way too many of them  
Compassion  
Fighting for what is right  
Black olives  
Eating at a good restaurant  
Exploring new places  
Finding a "rock star" parking spot  
Getting lost and finding something more exciting than what I was looking for  
Going out for dinner  
Helping others  
Hot showers  
No lines at the store  
Gifts in the mail  
Overhearing someone say something nice about you.  
Hot stone massages  
Hot Tubs  
Hugs  
Laughing out loud when you're by yourself  
Laughing out loud when you're with a good friend  
Long walks  
Good conversation  
Making a difference  
New places  
People who accept you where you are  
People who are vulnerable, honest and authentic  
Pursuing my dreams  
Mornings—because they let me start anew  
Notes of encouragement  
Oatmeal chocolate chip cookies  
Pizza with everything on it  
Puppies & kittens  
Road trips

Rainbows  
Road trips  
Roller coasters  
Sushi  
The first day of spring  
Seeing an uplifting movie  
Sightseeing  
Singing loudly in the car  
Cherry Garcia ice cream  
Someone who calls just to say hi and doesn't want anything  
Songs that touch my heart at the right time  
Sleeping in  
Finding money in a coat pocket when you least expect it  
Naps  
Being able to say with 100% certainty that I did all I could  
Multi-colored skies  
Accomplishing a goal  
Answered prayer  
Being debt-free  
Brainstorming new ideas  
Trying new foods  
Finishing a big job  
Fireworks—especially the grand finale  
Steak and potatoes—especially Ruth's Chris  
Strawberry & banana custard  
Sunsets  
Sunrises—even though I rarely get up that early  
Surprises  
Looking at the stars in the country  
The color blue  
Trails with a creek and lots of trees  
Watching a sunset over the ocean  
Working on events that matter  
Good health  
Kindness  
Looking at beautiful pictures of far away places  
Audiobooks—especially mysteries