



Flowers



Have time



Smile

Chocolate



# LITTLE JOYS



A good conversation

Fresh sheets



Friendship

Tasty food



Walk in nature

Music



Take a shower



A clean house

Put ideas into practice



Receive compliments

Learn something



Gardening



Relaxing

Dancing



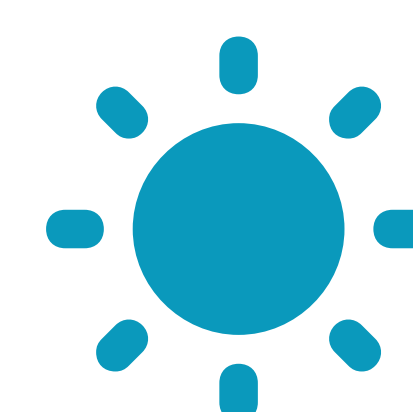
Going on a holiday

Eating an icecream



Achieving a goal

Sun on my skin



Giving compliments



The smell of freshly cut grass

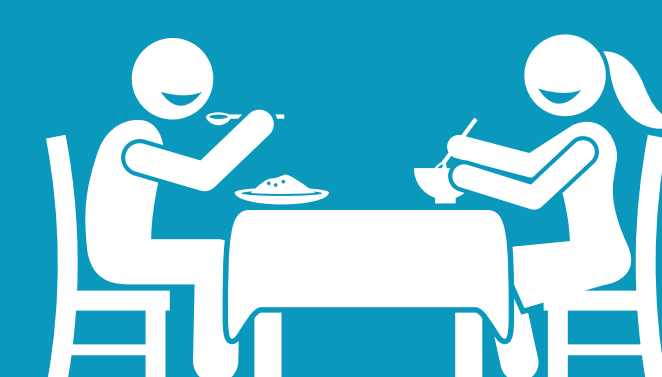


Campfire



Great colleagues

Giving presents



Eating together without phone



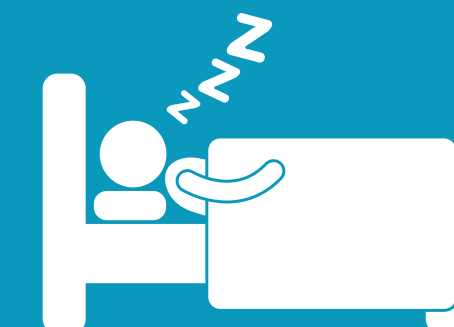
Doing sports

Watching a good movie



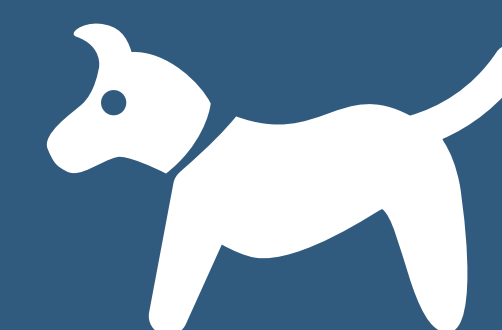
Singing

Comfortable clothing



Good night's sleep

Love from your pet



Children laughing out loud



Finding money in an old coat

Achieve success



Not having to do anything

Creating stuff



Small moments of happiness contribute to our overall sense of well-being. By regularly making time for these moments, you can help build your resilience to stress and negativity and strengthen your positive mindset.