



# Small Joys

*A space to notice the light things – the overlooked, the fleeting, the unexpectedly sweet moments that brighten the caregiving path.*

- One thing that made me smile today (or recently) was ... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What beauty did I witness today, even in passing? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Describe a simple pleasure I tend to overlook – one that quietly brings me joy. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What moment felt unexpectedly light or funny in the middle of a hard day? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If I could collect small joys in a basket, what would I place in it today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Journal Prompt: Small Joys*

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Author, *My Caregiving Companion:*  
*A Guided Journal for the Caregiving Journey*

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