

THE **A B C**'s of *Joyful Living*

Simple Ways to Create Joy Everyday Regardless of Your Circumstances

A - Awareness

N - Nature

B - Breathe

O - Opportunity

C - Curiosity

P - Play

D - Dance

Q - Quiet

E - Education

R - Reality

F - Forgiveness

S - Simplify

G - Gratitude

T - Trials

H - Health

U - Up

I - Imagination

V - Variety

J - Journal

W - Walk

K - Kindness

X - eXercise

L - Laughter

Y - Yoga

M - Music

Z - Zest