

CREATE YOUR GLIMMERS

HOW CAN I MAKE MY DAY 5% MORE WHIMSICAL?

- ☐ Light a candle
- ☐ Use a favorite mug
- ☐ Take a walk outside
- ☐ Wear something I love
- ☐ Buy flowers
- ☐ Read for fun for 15 minutes
- ☐ Do one thing very slowly
- ☐ Take a photo of something beautiful
- ☐ Set a timer to look at the moon
- ☐ _____
- ☐ _____
- ☐ _____

FIELD NOTES: GLIMMERS

Glimmers are moments that spark joy, wonder, gratitude, peace, or connection. Consider this page your collection journal. Go looking.

Collect moments of wonder. Create a few more while you're at it.

TODAY I WANT TO

Notice: _____

Savor: _____

Create: _____

TINY LUXURIES I ALREADY OWN

FIVE-MINUTE JOY

- ☐ Tea or Coffee
- ☐ Music
- ☐ Stretch or Yoga Routine
- ☐ Sunshine Grounding
- ☐ Sketch or Paint
- ☐ Birdwatching
- ☐ Listen to Rain Sounds
- ☐ Put something in your pocket
- ☐ Sit in an open window
- ☐ _____
- ☐ _____
- ☐ _____

ADVENTURE JOY

COZY JOY

THIRTY-MINUTE JOY