



An Inspired Way to Embrace Joy: An Introduction to Delights

This worksheet will help you recognize and claim your Delights and will encourage you to start a daily practice of writing them down.

How do you define a Delight?

Name a Delight that happened to you today.

Need a little help?

What did you see that you thought was beautiful?

Did you observe someone carrying out a wonderful, eccentric, or empathetic activity? What was it?

Were you a participant in a wonderful, eccentric, or empathetic activity? What was it?

Still need a little help?

- Did you read a positive or funny message somewhere?
- Did you hear a good song?
- Did you use a favorite tool or gadget?
- Did you enjoy a favorite, or at least good, food?
- Did you visit a favorite, or at least pleasant, place?

Still haven't found a Delight? Okay, one last trick...

Go to the next page

List 5-10 Things That Happened During Your Day

Now, in the left column, give each one a Delight score of 1 to 10. Whichever one has the highest ranking is your Delight!

Now there's nothing left to do but journal about it.

Grab your favorite notebook and pen (or whatever you have handy) and write about this Delight - quickly and by hand!

How did the Delight make you feel?

Why did this Delight catch your attention?

What memories did it stir up?

What seemingly unconnected thoughts are forming?

Is there a lesson wrapped up in the Delight?

What other Delights did you start to claim as you wrote about this one?

Next, repeat as often as possible so that you can fully embrace the joy in your life!