

YOUR GOLDEN JOURNEY

Readers' Playlist of Joy

Anne M

- Clean sheets
- Toes in the sand
- Giving or receiving a smile
- Looking into the deep, wise eyes of my daughter
- The sound of water moving downstream
- The smell of cedar trees after a rain
- Hearing my son's laughter
- Experiencing the miracle of one mindful breath cycle

JJ Flowers

- Laughing
- Riding e-bike
- Long distance ocean swim
- Smooching grandsons
- Exercising with others
- Meditating at beach
- Backbends and headstands
- Teasing Paris
- Singing when no one is listening
- Reading in the park
- Helping someone
- Forest bathing
- Discovering a great poem or book

Deidra W

- Seeing the sunrise.
- Being with my sisters.
- Holding hands with my husband.
- Opening, smelling, decanting and sipping a fine red wine.
- Settling into the rhythm and meditation of a long uphill hike with a big view reward at the top.
- Always a good meal prepared with and for friends.

- Traveling with my family
- Morning playtime with my kids
- Exploring a new city
- Enjoying an excellent dining experience
- Hearing a favorite song
- Being outside on a crisp bright morning
- Getting an unsolicited compliment
- Spirited driving
- Swimming in the ocean
- Seeing an old friend
- Going to a great concert

Markus G

- Splashing in the ocean
- Playing with my friends
- Spotting butterflies
- Watching leaves in the wind
- Seeing sunflowers
- Hearing ocean waves
- Hearing birds
- Reading books
- Seeing rainbows
- Creating art
- Dancing
- Dressing up
- Using your imagination
- Being silly
- Spending time with my family
- Making up songs

Cecilia M, age 7
& Mila N, age 7

Jenny S

- Watching painted skies at sunrises and sunsets
- My husband bringing me my morning coffee
- Walking on the beach
- Going on photo walks in my neighborhood
- Revisiting old family photos
- Hearing my husband's laughter
- Finishing my yoga practice
- Dancing and singing in the kitchen
- Observing my hummingbird from my window
- Spending time at the community garden
- Spotting butterflies throughout my day
- Observing children immersed in discovery
- Finishing a great book
- Listening to rain on the roof
- Going to live dance, theater and music shows
- Seeing friends, family, and previous students thriving