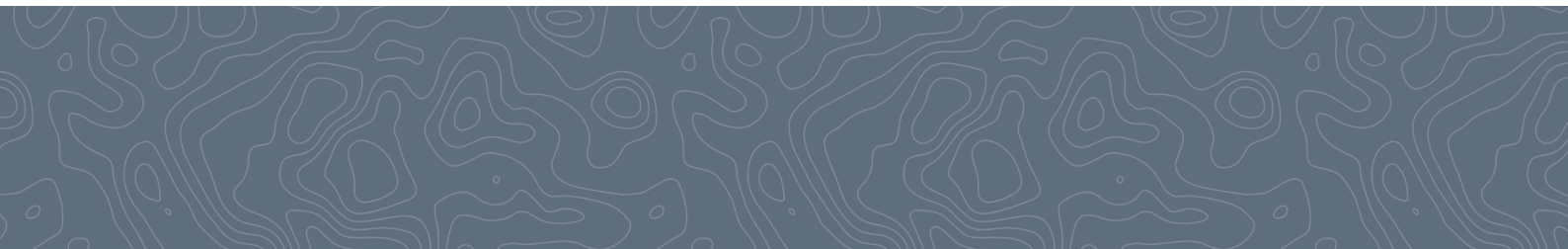




THREE PIECE LIFE
eCOACHING *with* TIM JOHNS

Different examples of simple pleasures

Happiness does not have to cost a lot. From the innate beauty of a blue sky to those moments where you just sit and relax, the small, simple pleasures can soon add up to overall contentment. In this exercise, we examine a few of the things we may overlook in our everyday lives to appreciate them once again.



Different examples of simple pleasures (1/3)

Below are just a few examples of the very different types of simple pleasures that are freely available to so many of us. They help to remind us that we have much more choice in how we spend our time than we sometimes give credit.

- 1. Nature and the outdoors:** Anything and everything from bird spotting to the watching the sunset.

Ranking
(1-10)

- 2. Food and drink:** Not just the joy of eating and drinking with friends and family, but also my example of taking time to sit and enjoy a simple cup of coffee.

Ranking
(1-10)

- 3. Leisure and relaxation:** Chilling, as some people call it, or just listening to music, enjoying exercise or staring into a fire.

Ranking
(1-10)

- 4. Relationships:** Our close family and friends are so important to us, but we can all be guilty of failing to invest proper quality time in keeping our relationships healthy.

Ranking
(1-10)

- 5. Meditation, mindfulness, and breathing:** Choose what's good for you, but learning to sit still with oneself is an essential skill, especially in today's frenetic world.

Ranking
(1-10)

Different examples of simple pleasures (2/3)



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6. **Being curious:** Taking time to notice things, learn new things, and always looking to make new connections.

Ranking
(1-10)

7. **Being kind:** It's amazing how being kind and generous can be contagious.

Ranking
(1-10)

8. **Exploring:** Hidden amongst the day-to-day there are always new things to see. Even in our towns and cities we only need to look up or take a different route to see fresh sights.

Ranking
(1-10)

9. **Disconnecting:** Unplugging ourselves from social media or infotainment can be hugely liberating. Sometimes we don't miss out by not being connected; instead, we gain.

Ranking
(1-10)

10. **Reflecting:** Pausing every day to think how lucky we are can be especially helpful, even in tough times. Expressing gratitude for what we have helps to keep things in perspective.

Ranking
(1-10)

