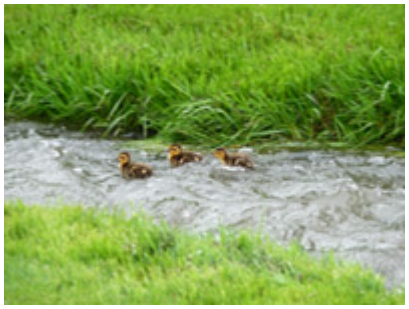
Are You A Happy Camper? by Sharon Moist



What makes you happy? I mean really, truly happy. Have you ever given any thought to what makes you the kind of *"jumping for joy, singing in the rain"* happy, that leaves you grinning from ear to ear for no apparent reason?

When I was younger, it was material things: new shoes; a new purse; the latest CD by my favorite musician, a new car. You get the picture.

Now, it's the simple things in life: spending quality time with my parents'; good conversations with friends; great water pressure in the shower; playing with a puppy; nicely fragranced soap; spending the summer at my home in Montana (where I am even as you read this); grapefruit scented candles; a beautiful garden of wild flowers; new baby ducks learning to swim in the stream off my dining room patio (see the enclosed picture); a really good thunderstorm; jumping in a really big rain puddle afterwards. Those are the things that truly put a smile on my face today.

What about you? What's on your list?

In today's fast-paced world, it's so easy to get caught up in the day-to-day stress of our lives that we forget to stop and enjoy the little things that make life so wonderful.

So now, after you're done reading this article, I would challenge you sit down and make a list of those things that make you truly happy – and I'm willing to bet that they aren't material things.

Then, when life becomes a little too crazy or too stressful to handle, pick an item on your "Happy List" and take the time to enjoy it – even if it's just for a few minutes. You'll be amazed at how great you feel during the rest of the day.