

# What Makes My Heart Sing?

## WORKSHEET



This inquiry helps you get in touch with what truly gives you joy in life. Just for a moment, imagine you're blissfully happy and feeling true joy - free and light of all cares and worry. You can't help but smile, and you feel relaxed and at peace with yourself and the world. You may even feel a glow from within and a spaciousness in your heart.

### INSTRUCTIONS:

- Allow yourself 10 minutes or so of quiet time and write your answer in the spaces below.
- Don't analyze, just write! If your answers seem overly simple, this is a good sign.
- Feel free to add extra things to your list that come up in the days and weeks ahead.

### HELPFUL NOTES:

- Think back to your childhood. What were you doing when you were most happy?
- Also consider your 5 senses: sight, hearing, touch/feeling, smell and taste. You could try to come up with one joy for each!
- Examples could include watching children or dogs playing, hiking a mountain, cooking, watching the world go from your window, telling someone you love them, fresh sheets on the bed or something completely different. Whatever it is - they will be unique to you.



## What are my Top 10 Joys in Life? What Makes my Heart Sing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



**Questions to consider:** What do you notice as you review your list? What common themes, powerful messages or surprises can you see? Why do you think you don't do these more often?

Perhaps you are already thinking of ways you can bring some of these ideas into your life...

To wrap-up, write below one *specific* action you will take to bring more joy into your life:

I will \_\_\_\_\_ By when: \_\_\_\_\_