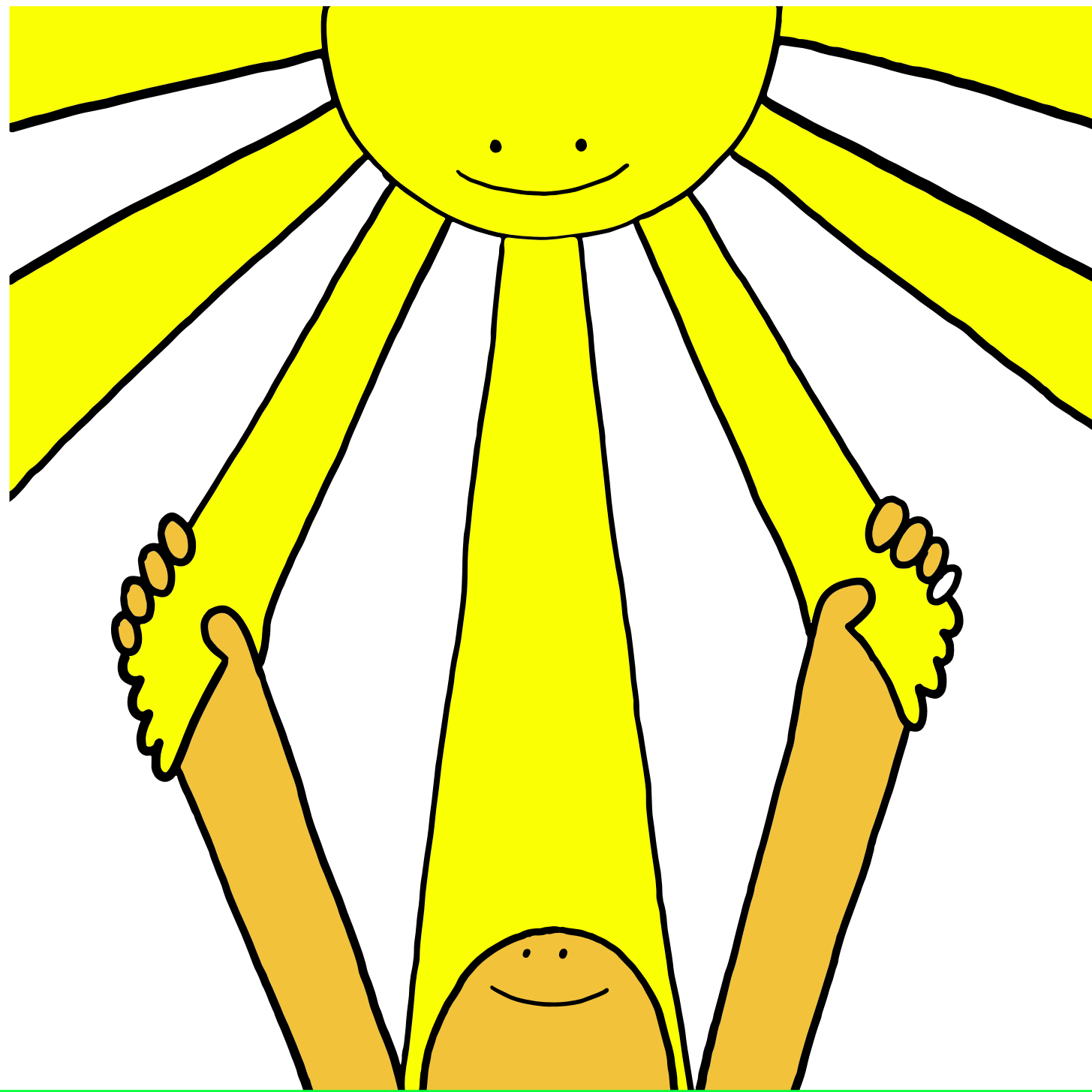


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Simple Pleasures



1. Sunrise
2. Chirping birds at dawn
3. Coffee
4. Distraction-free mornings
5. A hot shower
6. Sunshine
7. The smile of a loved one
8. Time to listen to a favourite podcast
9. Fresh air breaks
10. Laughter that turns to tears
11. An unexpected message from an old friend
12. Quiet time to focus
13. Peppermint tea
14. Downward dogs
15. Happiness playlists
16. Social feeds devoted to puppies
17. Cool breezes
18. Walking meetings
19. Books you can't put down
20. Patterns in nature
21. Skipping stones
22. Walks for no reason
23. Sweat
24. Kneading dough
25. Blowing bubbles
26. Watching clouds
27. Falling leaves
28. Cannonballs!
29. Bare feet
30. Distant thunder
31. An afternoon nap on a rainy day
32. Outdoor hockey rinks
33. Movie popcorn
34. Random acts of kindness
35. Shared smiles
36. Goofy memes
37. Toasted marshmallows
38. Sunset
39. Awe walks
40. Sweet dreams