

My Recipe for Daily Joy

Select, as needed, from the following categories of ingredients:

Sounds

*Windchimes tossed by the wind on the porch
Waves crashing on the sand at the beach
Shared laughter
Voices of loved ones
A train whistle in the distance
The breeze in the pines
Rain on the roof*

Smells

*Lingering fresh air on clothes after a walk outside
Pages of new books and magazines
Freshly cut lemon or herbs from the garden
Cooked bacon
Vanilla
Cookies baking in the oven
A loved one's skin*

Sights

*Your grown child smiling when they greet you at the airport
Your grandchild running toward you with outstretched arms
The vast sky just before a storm*

*A field of blooming flowers
A room full of friends surprising you on your birthday
The woods in autumn*

Tastes

*Coffee lingering on the roof of your mouth
A crisp apple
Good quality chocolate or red wine
A grilled cheese sandwich made with sharp cheddar
and quince jam
Salmon cooked slowly in your son's smoker*

Touch

*Soft slippers on a cold morning
A hug from a loved one
A smooth stone
Holding hands
A deep kiss*

Combine to taste, mix well, and consume daily, or as often as necessary, to achieve contentment and joy.

—Lee Ann Stevens