



# ENQUIRY: What makes my heart sing?

### INSTRUCTIONS:

- Allow yourself 10-15 minutes of quiet time and write your answer in the spaces below.
- Add to the list extra things that come up for you in the days and weeks ahead.

This enquiry is simply to help you get in touch with what gives you joy in life. So, just for a moment perhaps imagine you're blissfully happy and feeling true joy. You feel free and light of all cares and worry. You can't help but smile (whether within or without) and you feel relaxed and at peace with yourself and the world. Perhaps you feel a glow from within and a lightness in your heart.



So, write below:

**What are my top 10 joys in life? What makes my heart sing?**

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

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

### HELPFUL NOTES:

- It could be anything from watching children or a dog playing to hiking a mountain, cooking, sitting still, telling someone you love them, fresh sheets on the bed or perhaps it is something completely different. Whatever they are – the things you write down will be unique to you.
- Perhaps think back to your childhood – what were you doing when you were most happy?
- Often the answers may seem overly-simple. This is a good sign! So don't analyze – just write.
- And finally, perhaps think about your 5 senses; sight, hearing, touch, feeling and taste. You could try to come up with one joy for each sense!