

37 NATURAL HIGHS

1. Laughing till it hurts
2. A special glance or wink
3. Getting snail mail
4. Hearing your favourite song on the radio
5. Lying in bed - listening to the rain outside
6. Luxury warm towels on the towel rail
7. Finding the top you really, *really* want is in on sale for half price
8. Chocolate *of any kind*
9. A long distance phone call on Skype – either video or conference
10. A bubble bath
11. Giggling
12. A good conversation
13. Any beach - anywhere
14. Finding money in a pocket or purse that you had forgotten all about
15. Skipping through Autumn leaves
16. Laughing for absolutely no reason at all
17. Having someone tell you that you're beautiful – say *hello gorgeous* to yourself too!
18. Falling in love... Your first kiss
19. Accidentally overhearing someone say something nice about you
20. Making new friends or spending time with old ones
21. Playing with a new puppy or kitten
22. Having someone play with your hair
23. Waking up from a sweet dream
24. Swinging on swings
25. Cuddled up on a coach with someone you love
26. Finding the song lyrics printed inside your new CD
27. Running downhill
28. Making eye contact with an attractive stranger
29. Winning a really competitive game
30. Preparing food in your kitchen with good friends
31. Just holding hands with someone you care about
32. Meeting an old friend and realizing that some things never change
33. Hugging someone you are fond of
34. Laughing at yourself
35. Watching the expression on someone's face as they open your special gift to them
36. Watching the sunrise...or the sunset...
37. Jumping out of bed every morning and giving thanks for another beautiful day