

PLEASURE HUNT

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Remember Scavenger Hunts? Someone would make a list of odd items, distribute the list to a group of kids, then send the youngsters out looking for rare things. Whoever finished their list first was the winner, but the real fun was in the search.

The following is a list of 30 items to search for in the upcoming month. As you 'find' each item, take a few moments and experience the pleasure that is associated with the item. If you have a few minutes, just stop what you're doing and focus entirely on the item and having the full pleasure that the item offers. Then, mark it off your list and return to life, a little more cheery, and continue to look for the other items.

You may want to use this as a game amongst your family members, co-workers, a classroom, roommates, or challenge yourself to find, and enjoy these items every month.

1. Find a pleasant fabric and enjoy the feel of it on your hands and face.
2. Pause and fully take in the enticing smell coming from a restaurant.
3. Enjoy a small piece of your favorite candy.
4. Stop and listen to music where you didn't expect it.
5. Pet a puppy.
6. Huddle under cozy blankets with a good book.
7. Witness an extraordinary sunrise or sunset.
8. Take the opportunity to take off your shoes somewhere unusual.
9. Laugh at a joke.
10. Watch a colony of ants engaged in their work.
11. Really participate in the next social hug someone offers.
12. Notice a particularly stunning color.
13. Run up a flight of stairs.
14. Observe the lean, strong body of an athlete in action.
15. Pick up a coin from the ground.
16. Sit on someone else's incredibly comfortable couch
17. Help someone trying to lift or carry something too heavy for them.
18. Tell a friend about a funny commercial you saw.
19. Make a loud noise in a small, enclosed space.
20. Smile at a small child.
21. Use the tester lotion or perfume in a drug store.
22. Find the opportunity to give a stranger a dollar.
23. Find a cloud that really looks like something and find someone else who sees it, too.
24. Let a song remind you of a pleasant time in your life.
25. Snuggle a kitten.
26. Admire a well-maintained antique car.
27. Hug someone you love and really take in their smell.
28. Attend a live performance.
29. Write an old-fashioned letter to a friend on nice paper.
30. Watch a bird work on a nest.