

The Tiny Joy Audit

A Sunshine on Tap Worksheet for Finding More Good in Ordinary Days

Joy does not have to be huge. It can be a favorite mug, a cool breeze through an open window, clean sheets, a song that makes you smile, the smell of coffee, a ridiculous meme, a patch of sunlight on the floor, or ten quiet minutes when nobody needs anything from you.

When life feels stressful, busy, or heavy, it can be surprisingly hard to answer, "What makes me happy?" So we're going to make the question smaller. This worksheet is about discovering the tiny things that make life feel just a little bit better - not life-changing, not profound, just good.

1. Start Small

Think about the last week or two. Notice the small moments that felt good, comforting, interesting, or easy.

What made you smile, even briefly?

What felt comforting?

What made an ordinary moment nicer?

Was there anything you found yourself looking forward to?

What made you think, "Ooh, I like this"?

2. Joy Through Your Senses

Sometimes joy is easier to find when we stop trying to think our way into it and simply notice what feels good.

Things I Love to See

Think colors, landscapes, plants, art, animals, lighting, beautiful spaces, interesting objects, people, seasonal things, or anything else your eyes enjoy.

Things I Love to Hear

Music, rain, birds, laughter, silence, podcasts, wind, a favorite person's voice, crackling fires...

Things I Love to Smell

Coffee, bread baking, forests, rain, flowers, candles, old books...

Things I Love to Taste

These don't have to be elaborate meals. Think little treats, favorite drinks, spices, comfort foods, fresh fruit, or anything you savor.

Things That Feel Good

Warm blankets, cool air, sunshine, stretching, soft clothes, a hot shower, petting an animal, fresh sheets...

3. Your Everyday Favorites

Don't worry about whether these things are important enough to count. They count.

A drink I really enjoy:

A food or treat I love:

A song that almost always improves my mood:

A smell I love:

A place I enjoy spending time:

Something in nature I love noticing:

Something beautiful I love looking at:

Something silly that makes me laugh:

A small luxury I enjoy:

A simple comfort I sometimes forget about:

4. People Joy

Joy isn't always about activities. Sometimes it comes from the way certain people make us feel.

Someone I almost always enjoy talking to:

Someone who makes me laugh:

Someone I can be completely myself around:

Someone I would like to spend a little more time with:

A type of conversation I really enjoy:

Ways I enjoy connecting with other people:

- | | |
|---|---|
| ☐ Long conversations | ☐ Laughing together |
| ☐ Sharing meals | ☐ Going somewhere together |
| ☐ Making things together | ☐ Playing games |
| ☐ Learning together | ☐ Sitting quietly together |
| ☐ Helping someone | ☐ Meeting new people |
| ☐ Something else: _____ | |

5. Joyful Places

Where you are can change how you feel. Think about the places that naturally shift your mood or make you want to linger.

Places that make me feel peaceful:

Places that make me feel curious:

Places that make me feel energized:

Places that feel cozy or comforting:

Places I haven't visited in a while but would enjoy returning to:

Somewhere nearby I've been meaning to explore:

6. Things I Love That I Forget to Do

Sometimes joy is already available to us; we just stop remembering to choose it.

Something I enjoy doing but rarely make time for:

Something I used to do more often:

Something that almost always makes me feel better afterward:

Something fun I keep saying "someday" about:

Something incredibly simple I could do more often:

7. Tiny Joys That Cost Nothing

Joy does not have to require money, planning, or an entire free afternoon. Brainstorm things you genuinely enjoy that are free or almost free.

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
-

8. Your Personal Joy Menu

Now take everything you've discovered and turn it into a menu you can actually use. The next time you're tired, stressed, bored, or stuck in a funk, you don't have to figure out what might help - you can look here.

I Have 2 Minutes

Tiny things I can do almost immediately:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
-

I Have 10 Minutes

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
-

I Have an Hour

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
-

I Have Half a Day

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
-

I Want Something to Look Forward To

Bigger joys, adventures, outings, experiences, or plans:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
-

9. Your Emergency Joy List

Sometimes we know we're having a bad day but can't remember a single thing that might help. Choose five very easy things from this worksheet. These aren't supposed to magically fix everything; they're simply things that can make a hard day a little kinder.

My Five Go-To Tiny Joys

- 1.
- 2.
- 3.
- 4.
- 5.

10. The Joy Upgrade

Look at something you already do every day and ask: "How could I make this 5% nicer?"

Morning

Something small that would make my morning nicer:

Work or Responsibilities

Something that would make this part of my day a little better:

Meals

One way I could make eating feel more enjoyable:

Evenings

One tiny ritual I'd enjoy:

My Environment

One thing I could add, remove, rearrange, light, play, open, grow, or display that would make my space feel better:

11. A 7-Day Tiny Joy Experiment

For the next seven days, intentionally choose one small joy every day. Nothing impressive is required. The goal is simply to practice noticing and choosing good moments.

Day 1

Today's tiny joy:

How did it feel?

Day 2

Today's tiny joy:

How did it feel?

Day 3

Today's tiny joy:

How did it feel?

11. A 7-Day Tiny Joy Experiment - continued

Day 4

Today's tiny joy:

How did it feel?

Day 5

Today's tiny joy:

How did it feel?

Day 6

Today's tiny joy:

How did it feel?

Day 7

Today's tiny joy:

How did it feel?

What Did You Notice?

After seven days, take a moment to look back.

Which tiny joys had the biggest effect on me?

Which ones surprised me?

What do I want to make a regular part of my life?

What do I want to pay more attention to?

One Last Question

Sometimes we're waiting for life to give us a reason to feel good. But what if we also practiced creating little reasons?

What is one tiny joy you could give yourself today?

Sunshine on Tap

A good life isn't only made from the big moments. It's also built from thousands of tiny ones worth noticing.