

# BEOP



BE EXCELLENT ON PURPOSE  
& EMBRACE EACH DAY WITH

joy & gratitude!

*Bring It On!*

## BRICKIE TIP #4: Small, Yet Awesome Joys!

Inspired by Neil Pasricha's blog and books

Do you remember when you were a wee little one? Didn't everything seem magical?  
Let's get back to that!

To start, have you ever experienced any of these small, yet awesome joys?

- POPPING BUBBLE WRAP**
- FINDING MONEY YOU FORGOT YOU HAD**
- WATCHING A HILARIOUS VIDEO ON THE WEB**
- WEARING BRAND-NEW SHOES**
- SEEING A CUTE DOG ON THE STREET**
- GETTING INTO BED WITH FRESH SHEETS THAT ARE STILL WARM FROM THE DRYER**
- SPYING SOMETHING YUMMY HIDDEN IN THE BACK OF THE FRIDGE**
- OPENING A TEXT NOTIFICATION TO FIND A PHOTO/MEME/GIF THAT MAKES YOU SNORT/LAUGH**

*"Embrace your inner three-year-old!"*


Neil Pasricha

# NOW YOU TRY IT!

## Small, Yet Awesome Joys!

Spend some time jotting down some awesome little joys in your life.

If you're not sure where to start, think about coincidences, experiences, nature, learning, etc.



**PRO TIP:** *You can keep coming back to this page until there's no trace of white left. And when that happens, you can break out the sticky notes to add even more!*