

## EXERCISE

# Ten Favorite Things



Time: 5 minutes



Setup and materials: pencil and paper



Good For: Individuals, groups, families

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### **Framing:**

*Sometimes when we are most in need of rejuvenation, we aren't mentally resourceful enough or determined enough to 1- figure out what would feed us, and 2- take the time to do it.*

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That's when it's handy to have a pre-arranged menu of spirit feeding choices. You can sort your menu in terms of time, with tiny bits (starters or appetizers) and main dishes and indulgent desserts. Or you can just list some favorite things and choose what appeals to you in the moment.

The Sound of Music score honors the power favorite things. Raindrops on roses, whiskers on kittens... brown paper packages tied up with strings. Your own delights don't need to be complicated. Then, "When the dog bites, when the bee stings, when you're feeling sad" you simply remember your favorite things and "then you don't feel so bad." What a simple recipe.

Begin your menu with 10 favorite things and add to it over time.

### Examples:

- Take a walk
- Sit somewhere pleasant and quiet and read a book
- Have a rich conversation with a friend
- Sit somewhere with a beautiful view of the landscape
- Go to a theatre production
- Take a bath with candles
- Visit gardens or nurseries
- Watch a snow fall
- Send an unexpected message of appreciation to someone