

# reclaim your joy

a busy mom's guide to increased gratitude  
in life's LITTLE things

eBOOK & workbook

preview



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your *joy*

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hi there!

can i tell you this means so much to me? **i know what a big deal it is for you to spend your limited quiet time reading this book.** maybe you are sipping coffee before your kids wake up. or you're on your third cup, reading in two-minute intervals while you try to keep your head above water. maybe you're in the car line, it's nap time, or your kids are playing happily by themselves, for once. perhaps your children are a bit older. you are at a point where you thought you'd have more time to appreciate the LITTLE things, and yet, the busyness lives on. i have no doubt that's what's in store for most of us moms.



whatever your reason, i am grateful for you. your choice to read this book means you are experiencing what i often experience. your day feels too busy to stop and take in the moments that matter, but you want so badly for those moments to be the ones that stand out the most.



our busy might not look exactly the same, but i bet we can agree - it is nearly impossible to slow life down. **what we can do, however, is uncover the small joys hiding there in the busy and give them room to shine.**



that is what this book promises - an easy, seven-day guide to help you start focusing on the small, happy moments that are already there in your day, and an opportunity to give that grateful feeling a chance to add up to one, big joy.



so let's do this. let's redefine the way we see our days and allow gratitude to make way for joy. i am so thrilled to have you along!



## day 1

### define your LITTLE things

**enjoy the LITTLE things.** we see this phrase often. every year, it is sprinkled throughout stores on pillows, planners, coffee mugs, and wooden signs. we smile as we pass it. we think **yes, what a great idea. i can do that. my busy-mom brain needs to slow down and enjoy more LITTLE things.** maybe you even have the pillow {i do!}.

as good as your intentions might be, you've probably discovered that smiling at the cute planner doesn't actually make you better at enjoying the LITTLE things. neither does buying the matching coasters. if your reality is like mine, as you keep walking in that store or wiping your sticky table under those cute coasters, the LITTLE things get lost among the bigger things. this is so normal and so easy to do in the busyness of life!

so what's the solution? you know enjoying the LITTLE things is important. you smile at the thought because **you sense that taking time to feel grateful in those moments will bring much needed joy to your hectic days** {and make you a better mom!}. but how do you actually remember to do this?

**for starters, it is helpful to define a LITTLE thing for yourself.** determining what a LITTLE thing looks like {and doesn't look like} will help you be ready to notice more of them in your day.

for me, LITTLE things fall into two categories.

1

**small moments that make me smile unexpectedly.** these LITTLE things are surprising moments that catch me off guard and make me smile. a flower blooming where it shouldn't, getting a close parking space, opening the sunroof on a pretty day. the lightness of these moments can be fleeting, but when they are written down, remembered, and added up – these LITTLE things have the power to lead to one big joy.

2

**simple activities i enjoy and always look forward to.** these are things i can count on to add happy to my day. i look forward to DIY projects, so making time in a day to improve a space in my house is a LITTLE thing. so is coloring with my kids, being outside, and reading before bed. these things brighten my day, make me feel more centered, and provide a mental break from the busy. i have control over whether i make time for these LITTLE things, and doing so always leads to joy.

**it is also important to define what a LITTLE thing is not.** for me, taking a vacation is not a LITTLE thing. it doesn't happen every day, so i can't rely on it to boost everyday joy. the point of noticing the LITTLE things is to feel more grateful, more often and increase your overall sense of joy. it is also an opportunity to thank God for blessings of all kinds. so for me, LITTLE things are things that are possible in a normal day.

### ●●● *your turn*

define what a LITTLE thing means to you. be specific. write down what kind of moments stand out in your ordinary and cause you to feel grateful. then, define what a LITTLE thing is not. what unrealistic moments are you waiting for in a day that you can let go of, so you have more room for realistic gratitude?

reclaim  
your *joy*

workbook

hi friend!

i am so excited you decided to grab this helpful **reclaim your joy workbook** to go along with your **joy ebook**! we must share a love of journaling, or maybe fun printables help you stay accountable too!



inside, you will find a corresponding workbook page for each day of your reclaim your joy ebook. you can use these workbook pages alongside the "your turn" sections of your ebook to keep all your thoughts in one, pretty, organized spot!



you will also find a couple **surprise printables** throughout your workbook. i couldn't resist sharing two of my favorite gratitude quotes! i display these printables throughout the year on a LITTLE clothespin board i have in our living room. it is so helpful to have a pretty, visual reminder that gratitude matters!

i can't wait for you to get started!





to me, a LITTLE thing means:

brainstorm some examples of LITTLE things:

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- 
-

a LITTLE thing does **not** mean:

LITTLE thoughts on gratitude:

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thank you  
for previewing!

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