

A Treasure Hunt

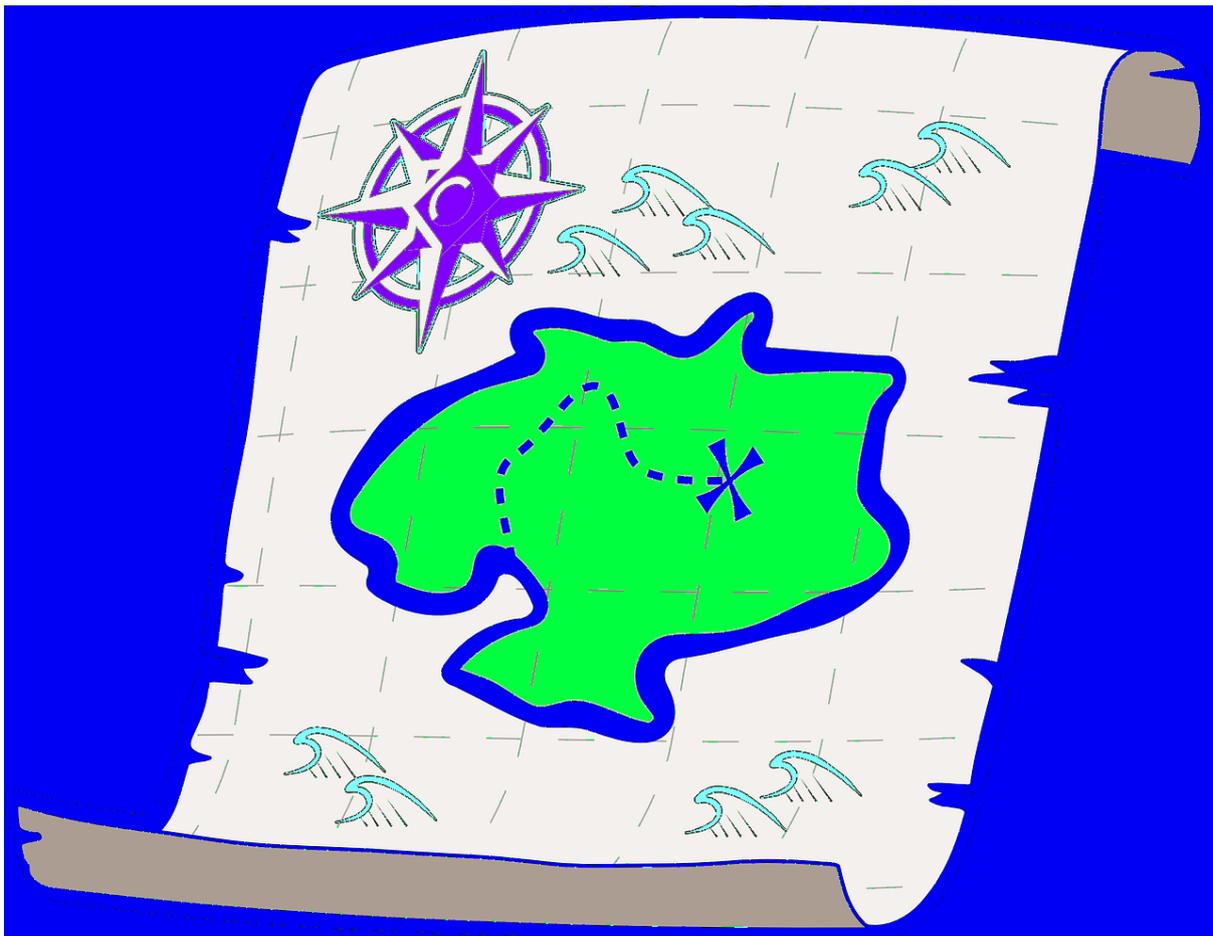
I love spending time on this Treasure Hunt, seeking out the single item in each category I will choose today.

There's always so much to learn and enjoy on the journey. And when I find lots of items to choose from, I know that the ones I leave behind today, I can return to at another time.

I've given you some brief suggestions for each category (in purple) but your choices are limited only by your own preferences and imagination. Give yourself the gift of some quiet time to explore and find your own treasures.

This is a lovely activity to keep in your self-care tool-kit.

Your answers will vary depending on your mood and your situation, but that's ok. It means you'll explore a bit more every time you do it.



A Treasure Hunt

Here's your Treasure Hunting list.

Find something that:

1. makes you smile.

A cartoon? A joke? Memorabilia that bring good times to mind?

2. you can give to someone else, to make them smile.

What will you choose to give someone to make them smile today? It doesn't have to cost anything. It could be something as simple as making a couple of tea for someone. Who would you like to see smile?

3. smells gorgeous.

Could be freshly ground coffee beans, your baby's skin, your cat's fur, a flower, motor-cycle engine fumes, soup, syrup, the options are endless. How will you choose?

4. looks beautiful.

A flower? A tree? Art? A snowflake? A crocodile? It's in the eye of the beholder.

5. intrigues you.

A riddle? A conundrum? Where do all the birds go at night? What puzzles you?

6. is essential to you.

What makes your day/week/life complete? A partner? A child? Coffee? Chocolate? What do you *need* to feel at peace?

7. makes you feel grateful,

What are you thankful for?