

# FINDING JOY IN SIMPLE PLEASURES

*Rediscover Meaning Through Everyday Moments Of Peace*

	YES	NO
1 Do you take time each day to appreciate small, meaningful moments?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you identified activities that bring you joy without needing to spend money?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you feel a sense of contentment when enjoying nature, music, or a favorite book?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you created a daily or weekly ritual that centers you in gratitude?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you regularly engage your senses—like savoring a meal, smelling fresh air, or feeling sunlight?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you intentional about unplugging from screens and distractions to be present?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you find satisfaction in simple tasks such as gardening, walking, or journaling?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you shared small joyful experiences with others to deepen your connections?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you reflect on your day and recognize moments of peace or delight?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you created a lifestyle that supports slower living and intentional joy?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



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## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Rooted In Everyday Gratitude And Joy: You've developed a deep appreciation for life's simple pleasures, enriching your daily experience with meaning and peace.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You've begun cultivating joy in the everyday, but there are still opportunities to slow down and connect more deeply with the present.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Busyness or distraction may be robbing you of life's quiet gifts—now is the time to reconnect with what truly brings you peace