

# Daily Practices

**Post by "Elayne" of April 5, 2019 at 12:43 PM**

My practices are:

1) Writing out a rough daily schedule/ to do list and in writing it consider "what will be the outcome for me if I do this, or don't do it?" I make sure at the beginning of the day that my goal remains pleasure. I have learned not to put too many things on my list, because leaving breaks between actions is pleasurable for me. This is when I check to see if I need to do any long term planning also.

My example list for today includes: coffee (which I roast myself so it tastes great for low cost), cheese/fruit and enjoy the view from my deck while waking up all the way; read (this morning I read some from the book Joyful, and I caught up on some medical journals-- the act of reading has always been very pleasurable for me, and I get information I can apply for future pleasures); write condolence cards to two friends who have had deaths in their families; do some research for a friend who has been diagnosed with cancer; take a brisk 1 hr walk outside before it rains, noticing the daily changes in spring flowers and leaves, which causes me pleasure at the time and later in terms of good health; catch up on FB and Epicurean friends; do 4 hrs of telemedicine, with breaks to stretch my legs-- this I mostly enjoy because I like talking to parents and solving problems, plus it pays for my housing and food; do some cleaning/straightening while dancing around/ singing; practice my part for an upcoming Chorus concert; make dinner for a friend who is coming to my place for dinner and a movie tonight. This weekend I will have a busy schedule with two Chorus events, hanging out with the atheists for coffee, and having my family over Sunday afternoon as usual for "dinner" and conversation-- and hugs. At the end of the day, I remember what I have enjoyed that day and from past days, so I go to sleep happy.

2) Habitually noticing and savoring pleasures, and if pain comes up-- including anxiety, grief, anger-- taking time to figure out what I need to do to fix it.