

Practical Daily Pleasure-- Creating Pleasurable Habits

Post by "Godfrey" of November 11, 2019 at 2:18 PM

A good cup of loose leaf tea in the morning, with a square of delicious dark chocolate.

Sitting outside in the morning, either with said tea and chocolate or with some water, reading and noticing any birds, butterflies, squirrels, clouds, sun, breeze... or just the blue of the sky and the colors of the landscape.

Preparing and eating a big, tasty, healthy breakfast.

Going to the neighborhood YMCA to exercise: cardio some days, strength training others, followed by a stretch. Some days a walk along the beach replaces cardio in the Y; this is a vast improvement, but I'm currently benefiting from the increased intensity that I'm getting indoors.

Evenings, either stream a good show or movie with my wife or read a book on my own.

Sundays, a few hours of date time with my wife and perhaps some friends.

Each night before bed I go outside to look at the stars. As I live in the city this is a mixed bag: I often think of the line from a movie (Dan Aykroyd? Bill Murray?) "ah, look at the stars! There must be dozens of them!" A trip to the desert or mountains is overdue!

I keep thinking that I need to schedule more pleasures into my day and week, but after making this list I see I've got a good start. One pleasure that is forthcoming (and tantalizingly close) is the completion of a garage studio in which to enjoy a variety of creative endeavors and ping pong.