

## Natural Highs

1. Falling in love
2. Laughing so hard your face hurts
3. A hot shower
4. No lines at the supermarket
5. A special glance
6. Getting mail
7. Taking a drive on a pretty road
8. Hearing your favourite song on the radio
9. Lying in bed listening to the rain outside
10. Hot towels fresh out of the dryer
11. Chocolate
12. A bubble bath
13. Giggling
14. A good conversation
15. The beach
16. Finding a \$20 note in your coat from last winter
17. Laughing at yourself
18. Looking into their eyes and knowing they love you
19. Running through sprinklers
20. Laughing for absolutely no reason at all
21. Having someone tell you that you are beautiful
22. Laughing at an inside joke with friends
23. Accidentally overhearing someone say something nice about you
24. Waking up and realising you still have a few hours left to sleep
25. Your first kiss (either the very first or with a new partner)
26. Making new friends or spending time with old ones
27. Playing with a new puppy or kitten
28. Having someone play with your hair
29. Sweet dreams
30. Hot chocolate
31. Travelling with friends
32. Swinging on swings
33. Making eye contact with a cute stranger
34. Making chocolate chip cookies
35. Having your friends send you homemade cookies
36. Holding hands with someone you care about
37. Running into an old friend and realising that some things (good or bad) never change
38. Watching the expression on someone's face as they open a much desired present from you
39. Watching the sunrise
40. Getting out of bed every morning and being grateful for another beautiful day
41. Knowing that somebody misses you
42. Getting a hug from someone you care about deeply
43. Knowing you have done the right thing, no matter what other people think