

Simple Pleasures

There are little things
Which turn an average day
Into a lovely one

We all have lonely days
Empty days
Sad days
Cold days
Grey days
Forgettable days

Days where nothing goes right
Days where people dismiss our woes
Days where all our best efforts count for nothing

Days like these
Need simple pleasures
To make them special

A drink at a favourite café
A visit to a book store, music shop or art gallery
A conversation with a dear friend
A cool breeze on a field-based walk beneath a clear evening sky

Small occasions like these
Hold positive power

That power
Can turn days around
From being miserable
Into being a delight