

NATURAL HIGHS

- Falling in love.
- Laughing so hard your face hurts.
- A hot shower.
- No lines at the Super Wal-Mart.
- A special glance.
- Getting mail.
- Taking a drive on a pretty road.
- Hearing your favorite song on the radio.
- Lying in bed listening to the rain outside.
- Hot towels out of the dryer.
- Finding the sweater you want is on sale for half price.
- Chocolate milkshake. (or vanilla!)
- A long distance phone call.
- A bubble bath.
- Giggling.
- A good conversation.
- The beach.
- Finding a \$20 bill in your coat from last winter.
- Laughing at yourself.
- Midnight phone calls that last for hours.
- Running through sprinklers.
- Laughing for absolutely no reason at all.
- Having someone tell you that you're beautiful.
- Laughing at an inside joke.
- Friends.
- Falling in love for the first time.
- Accidentally overhearing someone say something nice about you.
- Waking up and realizing you still have a few hours left to sleep.
- Your first kiss.

- Making new friends or spending time with old ones.
- Playing with a new puppy.
- Having someone play with your hair.
- Sweet dreams.
- Hot chocolate.
- Road trips with friends.
- Swinging on swings.
- Watching a good movie cuddled up on a couch with someone you love.
- Wrapping presents under the Christmas tree while eating cookies and drinking eggnog.
- Song lyrics printed inside your new CD so you can sing along without feeling stupid.
- Going to a really good concert.
- Riding a bike downhill.
- Making eye contact with a cute stranger.
- Winning a really competitive game.
- Making chocolate chip cookies.
- Having your friends send you homemade cookies.
- A care package.
- Spending time with close friends.
- Seeing smiles and hearing laughter from your friends.
- Holding hands with someone you care about.
- Running into an old friend and realizing that some things (good or bad) never change.
- Riding the best roller coasters over and over.
- Hugging the person you love.
- Watching the expression on someone's face as they open a much-desired present from you.
- Watching the sunrise.
- Getting out of bed every morning and being thankful for another beautiful day.