

A BE HAPPY RETIRED COMPANION

The Weekly Joy Menu

*Seven small, real pleasures — one for each day.
Print it, pin it, pick one.*



From Farook's desk
behappyretired.com

Joy is not found. Joy is practiced — in small portions, daily.

The Weekly Joy Menu

Happiness in retirement rarely arrives as a grand event. It comes in small portions — a cup, a call, a walk taken the long way. Here is one small pleasure for each day of the week. None costs much. None needs talent. All of them count.

Monday

The unhurried cup

Make your morning coffee or tea and sit with it — no phone, no news, no hurry. Ten minutes. Watch the day arrive before you join it.

Tuesday

The long way

Walk somewhere you usually rush through — and take the long way. Notice three things you've never seen on that route before.

Wednesday

One voice

Call one person you've been meaning to call. Not a text — a voice. Five minutes is enough to change two days: theirs and yours.

Thursday

The slow dish

Cook one simple dish slowly and with full attention — warm tofu, a soup, perfect rice. Eating it is the second pleasure.

Friday

One new thing

Learn one small thing you didn't know yesterday — a word, a shortcut on your phone, the name of a tree on your street. Da Vinci kept a list; so can we.

Saturday

The small adventure

Go somewhere within easy reach that you've never bothered to visit — a market, a temple, a new café, a park one bus stop further.

Sunday

Three lines

Write down three good things from the week — small counts double. Then plan next week's menu of joys, swapping in your own.

The house rules. Small counts. Repeat your favorites freely. Miss a day without apology — the menu doesn't scold. And when you find a joy of your own that isn't listed here, that one goes to the top of the menu.

This menu began as a letter on behappyretired.com, where we practice joyful living out loud. One gentle letter a week, free, if you'd like company. — Farook