

A Little Slice of Happy



ERIC



A Gift For:



From:



A Little Slice of Happy



ERIC



A

hh, the first cup of the day.
Communing with your
coffee...
or tea...or cocoa.
The caffeine and you are one.





A

chat and a sip
with a friend.

A chance to **sit back**
and **catch up.**


A little oasis of pleasure.





Tea Time—a very civilized
serving of
happy.
In British
mystery novels,
the detectives can hardly solve
a crime without a “cuppa.”






How delicious to savor
a favorite memory from the past.

It's like
experiencing
it all over again.

(Ask your endorphins.)





How wonderful to have
something to look forward to.
Even the word
“anticipation”
is fun to roll around
in your mouth.



T

ake any chance

to *Dance*.

...or prance, or wiggle and jiggle,
or jump up and down...even a birthday -
especially *your Birthday*;





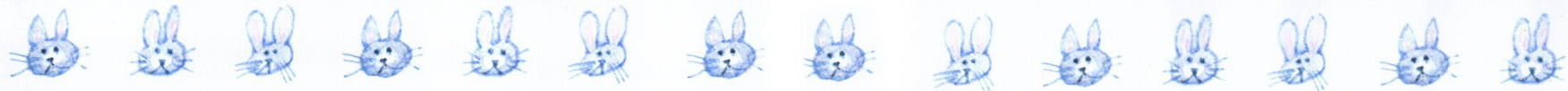
A

chuckle a day

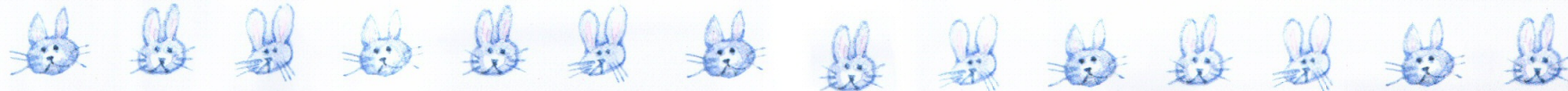
Keeps the **blahs** away.

And a full-blown giggle fit provides
a total body tune-up.





ut a few moments of
soft **silence** is good, too.
Empty your mind,
then fill it up with
contentment.



Walking feels great..



...Walking and singing feels

FABULOUS!



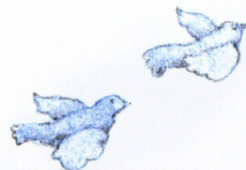
pend quality time
with a tree...

What better, more

solid friend, could there be?

And a great listener...

not to mention back scratcher.





Surround yourself with
flowers and something inside
you will bloom.





Let's take a moment
to be thankful for shoes...
from the depths of our souls,
or soles, or whatever.

Once upon a time, shoes weren't
made for left and right feet—
you were stuck with the
same-shaped shoe for each foot.

Ouch. Life is **Good** now.





ooh, the joys of the
luxurious soak.

Dissolve your troubles in bubbles.

Feel the stress float away.

Prepare yourself for

whatever **little surprise**
life brings you next.



A girl in a blue dress with white stars is flying horizontally through the air, holding a string attached to a yellow star. The background is white with a blue sky pattern.

Love a little person.

If you don't have a child in your life,
consider borrowing one.
Aunt-ing and uncle-ing
are noble professions.



It feels good to give—
to do a **little favor,**
to help someone out
at the last moment...
to be needed.





It's a gift to be
a gracious receiver, too,
to open your heart and take in the

Kindness that
comes your way.



A nap with your cat
is always nice...



...or a
snuggle
with your
dog.



Ummmmm, **FOOD-**
it's **satisfying** to make...



...delightful to **share**...



...and not
half bad
by itself...



...even on the **go.**



It's funny how sharing
something makes it
more satisfying, isn't it?

Whether it's **shopping...**



...creating...



...or trying to
turn back
the clock.





Sometimes, you just want to
hang out with
a whole bunch of people...
get that group energy thing going.

You want to **See**
and **be seen...**





...and then go out for a

group
snack!



Hooray!



Every day, celebrate a
personal victory—
no matter how small.
You must have done
something to make yourself proud.
Go ahead—

shout out loud!





In fact, give yourself credit
for being you. Period.

Take a moment or two
to revel in your own

uniqueness.

You're one of a kind, Snowflake.





W

hy not let the child in you

come out to **play?**

Double dog dare ya.





Treat yourself to a
little **adventure.**
Do something that's totally new—
for you.





Star light. Star bright.
Look up at the sky tonight
and breathe in some of that
magical stardust.
Don't worry—it won't
make you sneeze.





A

good book,
a cozy nook,
a **sweet escape**
into **fantasy...**





...perhaps a

late-night

rendezvous...



...and then those
blissful moments
just before you drift off
to Dream City—
that's one of life's biggest
Slices of Happy!

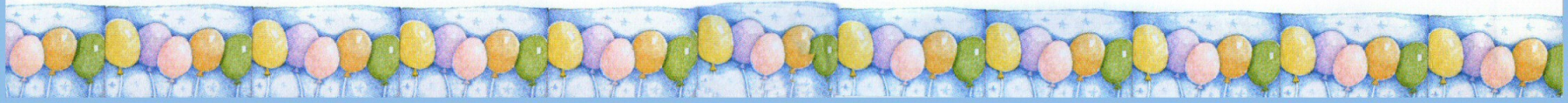




Cheryl Hawkinson didn't plan on being a writer when she was growing up in Minneapolis, Minn. She wandered around quite a bit before she found her way to Hallmark, where she has been happily ensconced for some time now, turning out a wide range of whimsy, including the infamous greeting card, "He Was Only a Chocolate Chip Cookie, but I Loved Him."

Eric Disney pretty much always liked to draw and hoped that one day he could actually make a living at it. Born and raised in Kentucky (Fort Thomas) and schooled in Ohio (Miami U), he eventually became an illustrator at Hallmark, where he is known not only for his quirky characters and distinctive color palette, but for his eclectic sock and tie collection.







Life tries to get us to notice what's really important,
but we get very busy complicating things.
We forget to pay attention to all the delicious day-to-day
moments that are warm or funny or sweetly satisfying.
The trick is to stop and savor them...every little slice.