

goody ideas!



100 ways to make life more, well, interesting

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Goody Ideas

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For my Chrispy Luv

**“Great people talk about ideas.
Average people talk about things.
Small people talk about other people.”**

**– quote of unknown origin,
often attributed to Eleanor Roosevelt**

In this wide world of ours, we can think of a long list of good ideas:

- Contributing part of your income to a 401K or IRA
- Going to the gas station when your tank gets to just a quarter full
- Stocking up on groceries in anticipation of a predicted rainstorm
- Doing laundry at least once a week so it doesn't turn into an 800-pound pile
- Keeping a bottle of water next to your bed so you don't have to get up if you wake up and get thirsty

But...how many *goody* ideas can you think of?

Goody ideas are for nothing but pure, unfiltered joy. Goody ideas make you smile. Goody ideas don't have to be cool – just fun. Goody ideas remind us that happiness is, more often than not, a matter of simplicity – and it's never too far from our reach.

I am not your typical “expert”. I do not have an alphabet soup of letters following my name. I spend much of my time working, driving around on my errands, and looking closely at the price before I put anything in my grocery basket. I get peeved at myself when I feel I have wasted too much time online (instead of working on this book!). I worry about being a good wife for my husband. I have hopes for the future.

And I think.

I think of ideas. Every day, every hour, every minute.

My mind is an ever-whirring engine of ideas. No matter what I am doing, whether handling laundry or adding paper to the printer or driving down to the beach for a walk – and always, always when I walk – I think of ideas that will make me happy.

Years of this thinking turned to writing, and writing turned into the book you are looking at right now.

In these pages, I present to you my favorite goody ideas. These ideas can be shared with others or done on your own. None of them are expensive, and most don't cost anything at all. Some of them can take place entirely in your head.

Are you ready to take the first step? Are you ready to discover unexpected sources of joy?

Goody! Now, turn the page...

1. Take time to watch an animal – whether it be your pet, your neighbor’s pet, or one in the wild. Watch him or her move around in the world. See how an animal lives without self-consciousness, hesitation, or concern for opinion. An animal just *is*.

Can you just *be*, too?

2. Eat with bamboo utensils. It feels so much different from eating with metal utensils (which I associate with eating at home or at fine restaurants) or plastic ones (which I associate with convenience food and eating in the office break room). You can find them at your local organic supermarket, or go to www.to-goware.com.

But beware – once you touch these smooth beauties, you may never go back to ordinary utensils again!

3. Curl up and pretend you're in an egg.

What are you going to be when you hatch?

4. The next time you make coffee or tea, find a tiny cup (perhaps at the miniatures shop, or one from a toy tea set), fill it up too, and leave it outside as a gift for the world.
5. Listen to the wind strum the branches of the trees the way a musician's hands strum the strings of a guitar.
6. Find a folding lounge chair. Put it atop your bed on its side and fold it so it makes an approximate "U" shape. Drape a towel, sheet or blanket over the top. Place your head inside the "U."

How do you feel now? (Or should I say "U"?)

7. Buy a copy of Dr. Seuss's "Fox in Socks." Read it out loud. Is that concentrated cheer-up, or what?
8. Eat something crunchy with your eyes closed. Hear it crackle and roar inside your mouth.
9. Cut the top portion off an empty tissue box. Fill it with fluff you no longer need (old socks, tissue paper, etc.).

Place a cloth on top and tuck it in. This makes a small bed. Take it outside and imagine who might sleep in it.

10. Imagine if the sky was bubblegum pink.

Or buttercup yellow.

Or Granny Smith apple green.

How would it make the day different?