

The Slacker Factor Everyday Happiness Checklist

- ✓ A perfectly cooked steak
- ✓ Discovering a delicious new bottle of wine
- ✓ The dimples of a five year old child
- ✓ Enjoying a new activity with your kids
- ✓ The sound of raindrops on windows
- ✓ A funny video or an inspirational blog post
- ✓ A new electronic gadget
- ✓ A sudden epiphany
- ✓ Cuddling with the kids at bedtime
- ✓ Family dinners
- ✓ A gap toothed grin on an eight year old,
- ✓ Sharing my love of music with my wife
- ✓ Any and all adult time
- ✓ A soft touch on my arm
- ✓ A slow dance
- ✓ A near perfect math test
- ✓ Free refills
- ✓ Losing a game a chess to my seven year old
- ✓ Tickling my kid's bellies
- ✓ A hearty laugh
- ✓ A job well done
- ✓ My wife's smile and the glint in her eyes
- ✓ A perfect pop song
- ✓ A touching movie