

The Art of Noticing Beauty:

*A 7-Day Guide to Finding
Joy in Small Things.*

Gentle prompts for slowing down and
finding joy in the everyday.



BEAUTIFUL LIVING WITH OLYA

www.olyakornienko.com

The Art of Noticing Beauty:

A 7-Day Guide to Finding Joy in Small Things.

Dear Reader,

Life is often so busy that we forget to pause and take in the beauty all around us. But beauty is always there — quietly waiting to be noticed, no matter the season or circumstance.

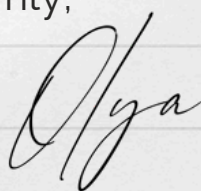
This 7-day guide is your gentle invitation to slow down and rediscover the joy of noticing small, beautiful moments in your everyday life.

There's nothing you have to do here. You don't need to take photos, write anything down, or finish anything by a deadline. You don't even need to read this every day — move through it at your own pace.

These prompts are here to bring you comfort, inspiration, and a moment of peace. Simply reading them is enough to remind you that beauty is everywhere, waiting to be found.

Take a deep breath. Let's begin.

Warmly,

A handwritten signature in black ink, appearing to read 'Olga', written in a cursive style.

How to Use This Guide

Read one prompt per day:

You can do this in the morning, during a break, or before bed.

Pause and reflect: Take a moment to think about the prompt. Notice how it makes you feel.

Let it be easy: If you don't notice anything right away, that's okay. Let it sink in, and things, feelings and thoughts will present themselves when you're ready.



Day 1: The Beauty of Light

Take a moment to notice the light around you. Is it streaming through a window? Dancing on a wall? Softly glowing in a cozy corner? Pause to take it in. Imagine the warmth or coolness it carries, and let it remind you that beauty is always present, even in something as simple as light.





Day 2: A Beautiful Memory

Think of a moment from your life that felt beautiful. It could be as grand as a sunset on vacation or as small as a laugh with a loved one. Close your eyes and picture it. Let yourself feel the warmth of that memory for a few seconds. Nothing comes to mind right away? That's okay. You might be surprised by what will come up during the day or when you wake up.



Day 3: Small Joys Around You



Look around your space right now. Is there something that makes you smile? Maybe it's a cup of tea, a soft blanket, a book or a little something that you just like to look at or hold. Spend a moment appreciating it for what it brings to your life.



Day 4: Beauty in Nature

Step outside or look out a window. Notice one small detail of the natural world: the texture of a tree trunk, the way the wind moves through leaves, or the colour of the sky. Let it remind you of the quiet beauty the nature offers you every day.





Day 5: Something Beautiful You've Created

Think of something you've created—big or small. It could be a meal you cooked, a note you wrote, or even a cozy corner you've arranged in your home. Let yourself feel proud of the beauty you've brought into the world.





Day 6: Beauty in Others

Today, notice something beautiful about someone you love or admire. It could be their smile, their kindness, or the way they make you feel seen. If you're inspired, tell them or send them a message or a note.

Day 7: A Moment of Gratitude

Take a deep breath and think of one thing you're grateful for today. It could be something that happened, a person in your life, or even the simple fact that you have this moment to pause and reflect. I know you heard about gratitude before. But what if you can simply notice something that helps you feel good and take a moment to feel grateful for that?



A FINAL NOTE

Thank you for taking this journey to notice beauty in small things. I hope these gentle reflections have brought you a sense of calm and joy.

If you'd like to explore more ideas about creativity, balance, and finding beauty and joy in everyday life, join me over at [Beautiful Living](#) on Substack.

Sincerely,

A handwritten signature in a cursive script, appearing to read 'Olya', written in a dark ink or paint.

ABOUT

I used to think success meant chasing the next big business idea. Now I know it's about noticing the small, beautiful moments that bring me joy and contentment.

I'm Olya, a writer and screenwriter who spent 18+ years working with small businesses, handling everything from bookkeeping to operations management.



I've started and closed many of my own ventures that didn't quite fit my life. Whether I was teaching Pilates or handling business operations, I kept coming back to the same question: what if I stopped optimising my life and started actually living it?

So that's what I started doing. I'm transitioning from years in accounting and business operations to writing full-time.

While I still take on projects as a fractional project operations manager to bridge the gap, my focus has shifted to what matters most to me: writing, painting, and appreciating the beauty around me.

I grew up in Estonia, but have called Australia home for over two decades. I also travel often, seeking out beautiful places and immersing myself in new cultures. I'm a yoga fan and love learning foreign languages.

Through all these experiences, I've always been drawn to storytelling, creativity, and the pursuit of a meaningful life.

Let's stay connected:

If you enjoyed this guide, visit me at my Substack, [Beautiful Living](https://olyakornienko.substack.com), where I write about creativity, joy, and finding beauty in everyday life: <https://olyakornienko.substack.com>

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