Author Julia Cameron wrote, “Quality of life is in proportion, always, to the capacity for delight.”

The Capacity for Delight Monitor is meant to help your medical decision maker make decisions that are in keeping with the wishes you outline in your Dementia-Specific Health Care Directive.

Just list the top ten things that bring you delight or joy. You may make a new list of the top ten things that bring you joy, perhaps once a year. It is a way to both appreciate what you can still do, and perhaps identify when your quality of life is being affected by the disease.

Instructions: Write in the top ten activities that bring you delight in the empty rows below. For example, filling the bird feeders, reading the newspaper, facetiming with the grandkids. Then mark with an X the frequency in the last month you were able to do these things.

That’s it. Post it on your bulletin board and practice gratitude for those things that bring you joy frequently!

Capacity for Delight Monitor I was able to do this in the last month Mark answer with an X	Never	Rarely	Some times	Often	All the time