



Journaling Experience

Bliss

Think of five small things that create your bliss.

Do you remember the last time you felt complete joy? If it has been awhile then take a moment to recapture a moment and then feel it. Remember it is often in the little things.

Now, write them down. If you like, draw a picture or attach ones that represent your bliss

Then go out and experience a little bliss today.



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