



Club Bliss

April 2021

(Self) Love Always Wins.

Journal Exercise:

Journaling is an INCREDIBLE tool to help you access your subconscious mind! The place inside of you that holds learned behaviour, memories, old habits, traumas etc. Cultivating a journaling practice that feels empowering to you will not only help you feel good in the moment you do your writing but it will significantly impact the way you experience your life! With more joy, love, and confidence!

Re-write the following mantra preferably during the first half of your day:

I love and accept myself. My peace is my ultimate priority.

Write this mantra in your journal 1000+ times until your hand hurts and begin again the next day, and try to write this a several times every day for the whole month! In re-writing this so many times your mind will (as if) fall asleep and your hand will continue to write. This is perfect and it means your written message is being delivered from conscious mind to your subconscious mind! A recipe for success! You will notice a significant shift in your life as you begin to prioritize your peace and happiness.

If you want to double up the effects of this beautiful mantra, then at night before you go to bed, write a list of all the beautiful parts of yourself you want to acknowledge and commend yourself for. You might write a list of what you are proud of yourself for in your personality, character, physical traits, etc! The sky is the limit. See if you can write out everything you're proud of yourself for and all the ways you offered yourself love through the month.

Take this for example:

I am so grateful for myself for giving myself time to clean up my space today.
I am so grateful for myself for standing up for what I believe is right!
I am so grateful for myself for resting today!
I am so grateful for my beautiful eyes, and how much I appreciate the gift of vision!

The list can be as long as you wish! Notice, your sleep will improve when you fall asleep contemplating the joy of your own being.