



Club Bliss

June 2021

Compassion

v.

Everything

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!

This month's exercise will guide you THROUGH a space of anger/judgment to experiencing love and ease by seeing the situation through the eyes of love.

In your journal to answer the following question:

Write out the situation or the person that you are experiencing discompassionately.

Do you feel right in your perception of the situation/person? If so, write out why.

How does holding this experience/perception impact you/make you feel?

Are you willing to offer up this experience in order to feel better?
If yes, what past wound has justified your negative experience?