



Club Bliss

July 2021

The Bravery of Stillness

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 journal prompt will allow you to drop into the present moment and recognize all that is RIGHT within it.

The reason this is an incredibly powerful practice is because often, when we become fearful in our lives we are afraid of an outcome or circumstance that took place in the past or that might take place in the future. With these blocks, we really limit our awareness of peace found in the present moment. In the present moment, nothing is wrong and absolutely nothing is missing!

Byron Katie had an excellent example when she was worried about her daughter driving at night. She sat up worrying that her daughter would get in a fatal accident and all the terrible things that could take place. When in reality, in the present moment all that was happening was that she was a worried mother, sitting in her home, waiting for her daughter to come home.

Prompt:

You can turn to this exercise anytime! Whether you're in the midst of fear or you're feeling great, this journal prompt will boost your energy to a calm, loving and peaceful place.

Write out a list of all that is right in the present moment:

In this moment I love:

And here you can let your imagination run wild. For example, I might write that in this moment I love how my fridge is working keeping my food fresh! Or I'm so grateful to have a job! The more you grasp at everything you are grateful for in the present moment, the more the present moment will be a place of love for you!