



Club Bliss

November 2022

Do Less, Attract More

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!

A big lesson this month is listening to your intuition as your guide and trusting that your intuition will give you subtle guidance. You don't need as much as you think to get where you want to go!

Answer the following:

1. When in life do I feel most at peace, aligned and centred?
2. When in life do I absolutely not feel centred or at peace?
3. What does this tell me about my habits? How can I listen to my intuition more to feel aligned more often?