



Club Bliss

December 2022

REAlationships

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!

Answer the following:

1. Are my current relationships reflective of who I am today?
2. Are my current relationships reflective of who I want to be in my life?
3. What do other people in my life show me that I am willing to shift in myself?
4. What do I absolutely love about the people in my life and what steps can I take to embody the qualities I love?