



Club Bliss

March 2022

I TRUST MY PATH

Journal Exercise to Encourage Trust:

Trust and surrender are absolutely best friends, so step inside an action of surrender to feel a sense of trust right away.

1. Write out a prayer. Write a prayer for whatever it is you are ready to welcome into your life. How do you want to feel? What do you envision for yourself and your life? Can you pray it onto your page to whatever higher power speaks to you?

2. At the end of your written prayer, explicitly write that you trust in your higher power to deliver this desire to you and that you are consciously handing your desires over to the care of your higher power.

3. Shift yourself into a space of gratitude and write about your appreciation for the feeling of relief that accompanies trusting a force greater than yourself.

4. Finish this sentence: When I'm aligned with the energy of appreciation and gratitude, I feel:

If you have trouble with any of these prompts or are craving further guidance, please always feel free to reach out to me directly at parisa@parisalive.com