



Club Bliss

May 2022

Balance

Journal Exercise to Encourage Balance:

1. Write a story describing a day in your ideal life. What does this day look like? How do you feel?

Pay close attention to the narrative you wrote out. Chances are you have a balance of material abundance and spiritual abundance that intermingle perfectly to create your ideal day. Chances are you are not sitting in a rainstorm while you pray and experience your higher power. Notice the relationship between your physical and spiritual world and how they work together to create your perfect life.

Rehearse your ideal day in your mind with an intention to implement it tomorrow! Mental prime will help you create the balance you crave.

Know that it is okay to lean to one more than the other depending on the day or even season of your life. We are given both for a reason!

Is there an area in your life right now that is not receiving enough of your attention? (e.g. physical movement to manifest energy) If so, write a letter to yourself committing an integration of this in your life.

Feel free to begin your self-guided 21 (or 30) day challenge where you will commit to a physical practice, and a spiritual devotional everyday for as many days as you choose and see how harmoniously your life will flow when you acknowledge the balance that we are comprised of.

Remember, we are physical bodies having a spiritual experience. The physical and spiritual work together to create the magic we experience in our lives; there cannot be one without the second.