



Club Bliss

August 2021

I Trust This Body

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 exercises will guide you to love every inch of you, and more significantly take you to a place of trust and faith in your body and in your intuition. It comes in three parts!

1. In your journal, write out a list of every single part of your body head to toe. And next to each body part I want you to write out another list of why you are SO grateful for this body part. Conclude with writing thank you thank you thank you (3x) and feel it each time.

For example:

I am SO grateful for my belly because it holds, stores, and breaks down all my food and extracts all the nutrients I need to feel fuelled and energized throughout my day! Thank you thank you thank you to my belly!

2. There might be parts of you that you feel resistance towards. Maybe parts of you that you may feel self-conscious towards, or parts of your body where you store old trauma/injury. Those parts of you can go on a separate list where you find the same gratitude for them but after you write it down you will close your eyes, connect with that part of your body, breathe in and out and send it love. It's important to remember that the parts of us that we are unkind to don't have any chance to heal. So let's give all of ourselves an opportunity to flourish in health and self-love.

3. Remember that YOU decide how you look and feel in your body. If you are feeling like you are ready for a change to your body or you are reaching for health and healing through a physical wound/trauma then write out what you want your body to be and feel like.

"I would feel like x, y, z. And I trust that the universe is delivering me healing, health and everything I want for myself."

Know that YOU are the co-creator of your life with the universe so PLEASE do not be scared of trusting the universe/God with this healing journey to your BEST self.