



# Club Bliss

September 2021

Meeting Change

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 help you approach change from a space of possibility and excitement!

When uncertain about any shift coming your way create a t-chart or print the one below!

On one side you will write all your fears around the situation, and on the other side you will write out all the beautiful lessons and possibilities that can come of the situation. When you are heavy in fear, the love side will be harder to write but it's worth spending some time digging for beautiful possibility. The more you dig up the better you'll feel and the greater the reward. Remember, every situation no matter what it may look like offers possibility. Good luck and have fun!

Fearful Experiences	Empowered Possibilities