



Club Bliss

October 2021

Everything is just a moment in time

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!

These prompts will help you transform any negative situation into one of meaning, value and hope.

You can use this formula anytime you feel triggered or discouraged by any situation in your life.

1. Write out the situation that is triggering you and all the feelings you have around it as if you're dumping it all out on the page. Don't hold back, this is not your best seller or anything anyone will ever see. This prompt is designed to help you release!
2. Once you've written out exactly what happened and how you feel you can begin to make a list of possible reasons the universe offered this situation to you. Consider and write out what you may have learned about yourself or others in this situation. How has this situation served you or helped you grow on grow moving forward?
3. Once you've reflected on the list of all the ways this situation has grown you, you can finally write out your gratitude to the Universe/God for giving you this situation as it has aided you in your growth and becoming the best version of yourself. Without this situation you wouldn't be closer to living your truth!

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@parisliving.com