



Club Bliss

November 2021

Releasing Control

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 surrender the grips of control and find relief fast!

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

1. In what area of your life do you currently feel blocked/anxious/in dire need of control?
2. Now can you write a list of 10+ qualities you have that you are so grateful for and absolutely love about yourself?
3. Write a list of all your wins in the anxious situation you find yourself in.
E.g. if you're feeling anxious about the state of your finances, write out all the ways you've received abundance in your life. If you're feeling anxious over a relationship, write out all the ways you thrive as a partner/friend/relative.
4. Take 5 big breaths and with each breath repeat the mantra: "I choose faith over all else"
5. Enjoy freedom and relief!

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@parisaliving.com