

5 Simple Steps To B.L.I.S.S.



Photo by Lynette Turner, Tulum, Mexico

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1. Be Present and In The
Moment

2. Ground Yourself

3. Set An Intention

4. Dance With Your
Imagination

5. Breathe

1. Be Present and In the Moment

Whatever you are doing this moment, be it something enjoyable like talking to a friend, attending a long-awaited event OR something mundane or challenging like washing the dishes or dealing with an unexpected crisis *be present and in the moment*. Relish the enjoyable activity, and also take hold of the unexpected circumstance, knowing that you will (and you will) get through it. Life is richer and more meaningful if you are “present”.

2. Ground yourself

If you are feeling unsettled, confused, uncertain, or fearful, stop and literally feel the ground under you. You are going to be OK. To help settle yourself, see yourself surrounded with white light (this is a powerful exercise) and let yourself feel this light all around you, soothing you and bringing you comfort. The combination of these two suggestions will help you feel solid as a rock and more in control of your life.

3. Set An Intention

What do you want to accomplish today? If you are like me you may have a long to do list, and that’s fine, but focus inward and set one intention for the day. Look at your list and prioritize. This will take discipline, but you can do it. If you “had” to pick one key thing you had to accomplish, what would it be? Laser focus on this item. You may well be successful in tackling other things on the list, but you will for sure accomplish the item you have targeted.

4. Dance With Your Imagination

Our imagination is a fantastic gift, which can often go to sleep as we reach adulthood. We are conditioned to be productive, and make the most of our time, but some of our best ideas or solutions to problems come when we relax and dance with our imagination, letting it take us where it will. Carve out a few minutes on a regular bases to close your eyes, sit comfortably and just ride the wave of wherever your imagination takes you. Sometime I’ll pose a question-like take me to the land of

enchantment, or what's the best path to follow that will take me where I want to go in a fun way? You may not know what your path is at the moment, and by doing this exercise you may be surprised at what guidance you get if you simply ask your imagination.

5. Breathe

While this may seem like an obvious suggestion, it turns out that many of us don't breathe correctly. We let our breathing mimic the fast pace we are moving at or the rapid fire of thoughts racing through our mind. Pause and take nice, deep breathes, breathing all the way down to the depths of your belly. Then let it go—and with it you also let go of stress and give your whole body a relaxation massage. If you sense you will have a particularly hectic day put the word “breathe” in my outlook calendar, or your bathroom mirror and this reminder will remind me take a pause. Works like magic so give it a try.

So my awesome PositiveBliss Tribe, honor who you are and take the time to take on these five life changing actions. You are liable to see change right away and you have nothing to lose and everything to gain by incorporating these tips which will help contribute to your happiness. We are all about transformation and becoming the best version of ourselves we can be. Let's take this journey together. Let's spread our wings and fly!