

## Well-Thy Bliss Tips

### ***Your Day Starts the Night Before***

At least 1 hour before sleep:

- Shut off all electronics: tv, devices, phone, lights (as many as possible)
- Shower or Bathe ... wash off the day
- Journal – Mind Dump – Write lists or notes for the next day
- Identify 3 things you are grateful for and WHY you appreciate these things
- Stretch, do some gentle yoga or anything that will move tension from your body
- Pray and Meditate
- Go to bed on time so you can get enough sleep
- Soothe yourself to sleep, or if you wake up in the night ... just as you would a little child

### ***Setting Your Day Up for Bliss, Ease and Appreciation***

- Set a timer on a lamp so the light will wake you up rather than an alarm
- Spend at least 5 minutes transitioning from “dream-state” to “waking-state”
- Begin your thoughts with anticipation of a great day, and the ability to respond lovingly when the day may not turn out so great (from your perspective).
- Expect miracles and notice them throughout the day. Can you find them?
- Rub the soles of your feet on the carpet or a rug before you stand up from your bed. The 72,000 nerve endings on each foot send messages to the entire body that it’s time to “wake-up”!
- Smile, Stretch, Set your Intention
- One example: “What would You have me do? Where would You have me go? What would You have me say? And to whom?”
- Maybe do a little yoga, Qigong, Tibetan rites, go for a walk, put on some music and dance, or some other movement that brings joy to your heart and soul.
- Step outside – even for 5 seconds: breathe in fresh air, connect with nature, greet the day, get the weather forecast (from your own intuition)

### ***Seek Pleasure***

- Give yourself at least one hour of pure, self-filled pleasure EVERY Day!
- Can be in various increments, such as; 10-15 minutes different times of the day
- Can be simple, such as; taking a nap, reading a favorite magazine, or daydreaming
- Notice if you can enjoy pleasures both inside and outside
- Notice if your pleasures are a combination of being with people and in solitude
- How can you increase your pleasure throughout the day – beyond an hour
- How do you feel making this a priority? How do you feel when you’re having time for yourself? How does giving yourself this gift feel afterwards?
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