

BLISS...

Living your best life

Slow down

Be flexible

Smile a lot

Find the magic in the moment

Know that there will always be enough

Learn from the past, live in the present, plan for the future

Cherish meaningful relationships

Do work that inspires you

Act "as if"

Become authentically confident

Laugh often

Eat foods that nourish your body, mind and soul

Drink ample fresh water

Move your body

Sleep soundly

See beauty in ordinary things

Dress to reflect the real you

Live the life you imagine without having to wear a mask

Focus on what you do want

Give time, energy and financial resources to projects that make a better world

Create a home that nurtures you

Declutter your life - physically, emotionally and mentally

Recognise what's important

Choose happiness

Stay connected to people who are important to you

Keep a journal

Create a sanctuary - physically and mentally

Live on purpose

Cherish time and space to yourself

Always have something to look forward to.

Enjoy rich, dark, quality chocolate

Discover your life's work

Live your life values

Allow unscheduled time

Engage in simple pleasures

Do more of what makes your heart sing

Adopt an attitude of gratitude

Create the life you'd love to live

The rest of your life = the best of your life.

To live your best life...

What are YOU going to STOP doing?

What are YOU going to KEEP doing?

What are YOU going to START doing?

"Follow Your Bliss"®
coaching ■ consulting ■ workshops

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