



# Simple Bliss

R-REFLECT & I-IDENTIFY





# Simple Bliss I- Identify

Now The Fun Begins! By now you should have a really good idea of the simple things that bring you happiness in your daily life. How often do you recognize that they really do bring you joy and how often do you consciously add them into your life?! You may be a rock star at this already, but like in everything we do at the Avi Project we ask you to try something new, step outside your normal and experience a new way of doing things.

You're going to place your simple pleasures into 3 categories, **MORNING, AFTERNOON, EVENING**, according to when you would most likely experience them. Look at your list in your journal and place your simple pleasures under each category. Only one is necessary for each category.

**MORNING**

**AFTERNOON**

**EVENING**



## Examples: Morning

- Cup of coffee and watch the sunrise
- Prayer and meditation
- Long hot shower
- Dance to your favorite song.
- Listen to uplifting music/podcasts



## Examples: Afternoon

- A brisk walk during lunch hour
- Coffee run for your favorite drink
- Indulge in a sweet treat
- Buy yourself flowers
- Send a text to a loved one



## Examples: Evening

- Hot Bath
- Curl up with a good book
- Call a good friend
- Stargazing
- Watch your favorite tv show



*“Today, I choose awareness. I choose to be aware of the beauty of life and living. I choose to be aware of the simple pleasures in life. I choose awareness of joy, awareness of peace, and awareness of love.”*

- Iyanla Vanzant

A person is sitting in front of a fireplace, reading a book. The fire is burning brightly in the background. The person is wearing a grey sweater and has their feet tucked up in white socks. A yellow mug with orange swirls is on a table next to them. The scene is cozy and warm.

# Simple Bliss

S-SEEK & E-EXPERIENCE



## S-Seek

Now that you have identified your simple pleasures within the three categories in a day, it's time to seek out how you can consciously implement them into your life...EVERY DAY! Just because these are things that we love to do doesn't mean we automatically do them or remember to do them. Unfortunately, life takes over and we forget. Just like any pursuit in life, we need a plan and this pursuit is no different.

**Plan of Action:** Drawing from your simple pleasure list in your journal.

- ♣ Write each category on 3 different pieces of paper or sticky notes, **MORNING, AFTERNOON, EVENING**
- ♣ Put each activity on a piece of paper as they pertain to the time of day.
- ♣ Place each sticky note or piece of paper somewhere you will see it to remind you during that time of day.
- ♣ Put these things on your phone calendar to remind you throughout the day. **YOU CAN CHANGE WHAT YOU CHOOSE TO DO EACH DAY WITHIN EACH PERIOD OF THE DAY OR PLAN TO STICK WITH THE SAME ONES FOR A WEEK.** The key here is to be sure you're adding them in each day until it becomes a habit and you just do it without thinking



# Examples: Morning

## **MORNING STICKY NOTE**

Place it on your bedside table or on your bathroom mirror to remind you to pray or meditate before you start the day.

## **AFTERNOON STICKY NOTE**

Place the note (or set a timer on your phone) on your computer or in your office to remind you at 2:00 pm to take a walk around the block to get a break and get some fresh (perspective) air.

## **EVENING STICKY NOTE**

Place your note in your car or on the door you enter when you get home to remind you to read your guilty pleasure book when you get home. OR again set a reminder on your phone at the time you plan to read.

*Only YOU know where the best placement should be where they will be effective.*



# The Avi Project

*I know you might be thinking this is so unnecessary and that you'll remember to do them....PLEASE TRUST ME and take the steps provided for you. You may also be thinking that these little things won't make that much of a difference in your life but I PROMISE YOU, if you do them and make it a habit in your life your happiness levels will grow!!*



## E-EXPERIENCE

You're on your way to seeing some real changes in your life. They may seem simple right now but they will create BIG change in how you feel about where you are in your life. The little things you're doing today within this Pursuit will impact what is yet to come in this Project... that which creates lasting joy.

