



LoveWhatsNext
PROJECT

Simple Bliss *I-Identify*

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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 LWN 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.

MORNING

AFTERNOON

EVENING

Examples

- ❖ Morning Simple Bliss
 - ❖ Cup of coffee and watch the sunrise
 - ❖ Prayer and meditation
 - ❖ Long hot shower
 - ❖ Dance to my favorite song
 - ❖ Listen to uplifting music/podcasts

Examples

- ❖ Afternoon Simple Bliss
 - ❖ Brisk walk during lunch hour
 - ❖ Starbucks run for favorite drink
 - ❖ Sweet treat
 - ❖ Buy flowers
 - ❖ Send a text to a loved one

Examples

- ❖ Evening Simple Bliss
 - ❖ Hot bath
 - ❖ Curl up with a good book
 - ❖ Call a good friend
 - ❖ Star gazing
 - ❖ Watch my 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