



# Simple Bliss *S-Seek*



# S-Seek



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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 during that time of day to remind you.
- ❖ Put these things in your planner and circle them in a different color marker so you see them throughout your 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

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## **MORNING STICKY NOTE**

- ❖ Place 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 2:00pm 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 affective.**



*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



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- ❖ You're on your way to see 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 ultimate goal is to Love What's Next and 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.