

# BLISSFUL LIVING CHEAT SHEET

## DAILY QUESTIONS TO EMPOWER YOUR DAY *answer in your mind and pay attention to how you feel*

What am I happy about in my life right now?  
How does that make me feel?

What am I excited about in my life right now?  
How can I spend time doing more of that?

What I am most proud of in my life right now?  
How can I focus on being more grateful for these things?

What am I committed to in my life right now?  
How can I let a few things go?  
How can I make more commitments to things that make me feel good?

Whom do I love in my life right now? Who loves me?  
What about that makes me a loving person?

How can I make myself feel good today?  
How can I improve my relationships today?  
What can I give today?

How can I be more present today?  
How can I connect with nature today?  
How can I create inner peace today?

What goal in my life am I most excited about today?  
What small action step can I take towards this goal, today?

How can I be more open to receiving today?  
Whom can I ask for help or advice today?

Whom can I say “thank you” to today?

What can I pray for today?

If this was the last day of my life, how would I live it?