



bliss (noun) 1. Extreme happiness; ecstasy.

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## Do you have a Blissness Plan?

### Blissness Plan –

verb, adverb, noun

1. lifelong plan for your bliss; path to happiness;
2. the who, what, when, where, why and how to achieve more bliss in your life!

Everyone has a business plan; most don't have a **Blissness Plan**. Download your free copy of our **Blissness Plan** today at [theblissnetwork.com](http://theblissnetwork.com). The **Blissness Plan** includes a 12 month guide for mapping your blissful life; one easy step each month. Need help with planning? Pick up **The Blisstory Journal** with 365 questions on your past, present and future. The Blisstory Journal is the question and answer guide for your **Blissness Plan**. (It makes a great gift, too. It's never too early to shop for the Holidays!)

Each month you will work your **Blissness Plan**, step by step. Each part of your **Blissness Plan** will be practiced for the full month, every day. The steps will take no more than a few minutes at a time. However, spend as much or as little time as you need! It's important to follow daily in order to feel the bliss! Keep connected and share your bliss at [sharemybliss@theblissnetwork.com](mailto:sharemybliss@theblissnetwork.com)

**This Blissness Plan belongs to:** \_\_\_\_\_

**Month 1: Create a Bliss Board!** Take five minutes a day to peruse through pictures that bring you joy. Look through magazines or pictures on line. Cut and paste these photos to your Bliss Board. You can get really creative and paste or write words with your pictures. Like, "dream home" – "vacation bliss".

What you'll need: Poster board, scissors, glue, magazines, etc..

**Month 2: Walk!** Each day for the next 30 days walk! Walk for at least 40 minutes a day. Start with baby steps, if you need to, by walking as far as you can before you feel winded and achy, even if it's just to the corner and back. Go a little farther each day until you are walking at a steady pace for at least 40 minutes. Studies show that walking everyday doesn't just add to your health, it also increases mental clarity. Grab a partner once in a while!

What you'll need: A good pair of walking shoes and comfortable clothes.

**Month 3: When fully awake, take a minute to write down something from the day before that made you smile or laugh!** Whether it was something you did, something you saw or something said, elaborate on why. When we focus on happy thoughts every day, it creates a habit. Get in the habit of noticing and feeling your bliss.

What you'll need: a pen and notebook.

**Month 4: Eat like your grandparents did – for 30 days.** Each day, omit one thing from your food list that you know you shouldn't be eating. Replace it with one food item that is healthy and organic. Start feeding your body "bliss". Stick with fresh, organic, locally grown fruits, vegetables and grains as much as possible. Cook at home more than you normally do. Eat nothing out of a box or can.

What you'll need: a list that includes a variety of healthy foods. You can visit [theblissnetwork.com](http://theblissnetwork.com) for a list of local growers or Google local growers in your area.

**Month 5: Create a gratitude journal.** Every morning and evening, write at least 3 things that you are grateful for. Whether it's a sunny day, a warm coat or the food on your table, there is always something to be grateful for. Studies show that practicing an attitude of gratitude increases our overall well being. Need a few ideas, let us know, we love to share the things we are grateful for, beginning with you!

What you'll need: A journal or notebook and a pen.

**Month 6: Let go of regret and disappointment.** Every day close your eyes for a few moments and focus on a negative, disappointing moment, whether it is from yesterday, last year or 30 years ago. Surround it with good thoughts and envision it illuminated in a beautiful bubble of white light that floats up into the universe. Let it go. Get rid of it now. It is part of the past and no longer fits into your blissful present and future. Take two deep breaths, open your eyes and live in the now.

What you'll need: A quiet place to sit for a moment.

**Month 7: Every day take a moment to look in the mirror, wrap your arms around yourself with a big hug and say "I love you" to yourself in the mirror.** Yes, you are going to feel very silly at first. In fact, you might be saying, "Oh, no, I can't do that!" Yes you can!!! You can do anything and you will start with a hug and an "I love you." Bliss starts with you and you need to love you first! Work through the feeling of embarrassment. No one's watching! You deserve to be loved and a warm hug is a wonderful expression of bliss.

What you'll need: A mirror!!

**Month 8: Every day for the next month wear something in the color you love.** What color or colors do you love to wear? What color or colors make you feel good about who you are? It could be a shirt, a piece of jewelry, a pair of pants, or a scarf; anything that gives you your bliss lift. Empower yourself with what makes you feel your bliss.

What you'll need: To know your favorite color and a little creativity!

**Month 9: Begin and end your day by reading a positive quote.** Try carrying it with you; make it your mantra for the day. Post it where you can see it. You can create your own twitter.com page and follow [twitter.com/blissit](https://twitter.com/blissit) and receive a new quote every day. We call them our "posi-tweets." You can also create a Facebook account and choose to become a fan of [TheBlissNetwork.com](https://www.TheBlissNetwork.com). You'll get your blissful message there, too! You can join our mailing list and get a "Bliss Blast" once a month.

What you'll need: A source for your message!

**Month 10: Stop watching and listening to anything negative.** Baby steps are ok; eliminate one negative show from your routine every day. Look for good news, read just the weather page, listen to soothing or motivating music. Keep surrounding yourself with bliss full "stuff". Ask others what they watch or listen to that is positive and motivating.

What you'll need: to be creative.

**Month 11: Write one thing every day that makes you feel "loved".** Is it a smile from a stranger, a pat on the back, the way your partner looks at you from across the room, a phone call from a friend? Write it down. Pay attention during the day to what it is that makes you feel the warm, fuzzy feeling of love.

What you'll need: Pen, paper, and a lot of love.

**Month 12: What does "bliss" mean to you. Look over the last 12 months.** See the pattern; feel the joy. Take what grabs you from the past 11 months and write it down. Begin and end each day with your "bliss list". Send a note or call someone everyday and share one thing from your bliss list. Create your own YouNiverse of Bliss!

What you'll need: Pen, paper, internet, whatever it takes to get your bliss full thought out there.

There are no guarantees in life; we only suggest that by creating your own **Blissness Plan** you will experience a more bliss full life! It's up to you to create your own bliss full YouNiverse, today!

**Blissfully yours, The Bliss Networkers**