



## Bliss Builder Exercise

*What's the deal with your present life?*

*Wake up five minutes early and reflect briefly on the hours ahead of you. Answer the following:*

1. Which parts of the coming day fill you with enthusiasm and positive energy?
2. Which projects, tasks or people coming your way make you sigh with dread?

*At the end of the day, look back at your day and ask yourself the following:*

1. In general, what was your energy like today? Why?
2. What parts of the day did you enjoy the most? What left you the most energized and excited?
3. What parts of the day did you enjoy the least?
4. Who specifically contributed to your positive energy?
5. Who specifically brought a negative experience?