



Bliss Builder Exercise

Your Blissful Family Life

Take some time to answer the questions below. Remember, no judgy-judgy—nobody's watching. And even if they were, it's not their business.

1. If you do not currently have kids...

a) What does your blissful family life of the future look like? How does it feel? Describe it.

b) What do you need to figure out, work on or get into place (with you and/or with your partner) before you feel ready to start a family?

3. If you currently have one or more children...

a) What kind of blissful family life would you like to have? What does it look like? How does it feel? Describe it.

b) Describe your current family life. How is it similar to or different from your vision of a blissful family life? What is working best? What isn't working at all?

c) In your blissful vision, how much time are you spending on the family part of your life stew?

d) How much time are you actually spending on the family part of our life stew?

e) What about your primary partnership (if you're in one) is working toward your blissful family life?

f) What changes in your primary partnership (if you're in one) would help create a more blissful family life?

g) How can you go about communicating your ideas above with your partner in an effective way?

h) How much alone time do you need in order to be your best with your blissful family?

i) Based on the tips from my blissfuls, what are some other changes you might want to consider to get you closer to a blissful family life?

Now, keeping in mind your responses above and noting the themes, complete the following sentences:

In general, my blissful primary partnership will look like this:

In general, I believe taking the following steps will help me to achieve it: