

bliss beyond naptime

simplifying momahood
savouring the bliss

The Ten Day Mama Bliss Challenge



By Kathy Stowell
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Day 1: Let's Get Started

Welcome soon to be super blissed out Mama!

Each day there will be a short video and most days there will be an accompanying worksheet to fill out. Fill these out right after watching the footage while your yummy is still fresh.

I also suggest saving the PDFs so you can print them out at the end as a reminder of these helpful tools.

I thank you for this honor to be a small part of this journey and please feel free to send me a note and let me know how you intend to celebrate the start of this bliss filled adventure or simply to say hello!

Remember to have fun with the process and contact me any point regarding questions or comments at kathy@blissbeyonnaptime.com. For any technical questions, please contact my lovely team at support@blissbeyonnaptime.com.

[Click here](#) to watch your first video.

[Click here](#) to download your first worksheet.

Day 2: Your Affirmation Station

Taking you on a trip to your most blissed-filled, ideal day in today's video. Enjoy the fantasy and dive in with unbridled imagination! That's how the bliss begins.

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 3: Your Schnazzy Symbol of Bliss

Affirmations are powerful! Hope you had a chance to say yours out loud today. If you haven't, go ahead and say it now. Slip in a little roar while you're at it. Not sure why it works but for some reason it does. Bliss works in mysterious ways.

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 4: I Resent That

Ready to take a few pounds off your shoulders? Ready to have an ear full of whining from me? Fret not ~ it's all good medicine boost your Vitamin Bliss levels!

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 5: What You Get to Do Today!

So, what do you get to do today? A helpful reframe exercise is tucked into today's video to help embrace these little gems that lend much bliss to our busy, though sometimes Groundhog-ish, days of mothering.

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 6: Aren't You a Bunch of Small Delights?

Let's do a little detective work today. What little nuggets of delight are lurking in your days? Opening our awareness to the sweet spots really can amplify their bliss factor.

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 7: Not to burst your left balloon but...

Today we're going to be making balloon animals that stand in the way of our bliss. But fear not. We'll quickly be popping them away! Let's go!

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 8: Embrace a Little Lull

Let's take a breather here. No worksheet. No Facebook even. Just play hooky and grab a bon bon or two while lounging on the couch and enjoying today's short and sweet video.

[Click here](#) to watch the video.

Day 9: Be the Kevin Costner to Your Inner Whitney Houston

We're going to look at your heart space in today's video. Being a sacred little spot, let's see whose energy is invited there and let go, guilt-free style, of those who might have to be escorted out!

[Click here](#) to watch the video.

[Click here](#) to download the worksheet.

Day 10: Let's Celebrate!

You did it! You made it to the final day of this challenge and now you get to check in with your first worksheet to see what yummy treat you get to reward yourself with.

[Click here](#) to watch the video.

I look forward to hearing your celebrations over on the Facebook page (today's the day to share to win, Mama!) and I'll hopefully be connecting with you again very soon!

Love,
*Kathy