

The Monthly Mama Bliss Recharge

Book an appointment for this ritual the first of each month in your calendar. You only need 15 minutes and will make a huge difference in your mama bliss in life and biz!

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- ★ Start off with listening to your [Four Pillars of Mama Bliss Meditation](#)
- ★ Read, close your eyes to meditate on the following prompts for three deep breaths each.
- ★ Slip in your answers to your Monthly Bliss Report into the petals of your Flower of Mama Bliss you can [download then print out here](#).
- ★ Keep your filled in Flower of Mama Bliss somewhere close to remind you of your bliss plan for the next 30 days!

Self-Care

1. What area in your self-care regime (SHOES: sleep, h2o, organic living, exercise, sleep) are you totally rocking out lately?
2. Which area are you struggling in?
3. What has worked in the past to encourage success in this area more?

In your Self-Care Pillar Petal in this month's Monthly Bliss Plan write down the area of Self-Care you will be focusing on this month and how you'll make it front and center!

Creativity

1. What creative bliss have you recently experienced?
2. What has been frustrating about finding the time and space for creativity in your days lately?
3. What has worked in the past to find the time and space for creative play?

In your Creativity Pillar Petal in this month's Monthly Bliss Plan write down one creative outlet you'll create the time of day or week to play with (even if for just ten minutes or combined with a mundane task)!

Values

1. What in your life right now is really celebrating your consciously chosen values?
2. What is in your life you're feeling conflicted because it doesn't mesh with your chosen values?
3. How have you made changes to your life in the past to live into your values daily?

In your Values Pillar of your Monthly Bliss Plan remind yourself of your three core values today with the one you really want to live into and be reminded of for this month's Bliss Plan in the slot with the pretty stars flanking it.

Simplicity

1. Where are you feeling simplicity in your life these days?
2. Where is life feeling complicated?
3. What has worked in the past to invite more simplicity to your days?

In the Simplicity Petal of your Mama Bliss Flower write down one thing you're going to release to invite more bliss from all the other petals in!