

## CARLA

going through papers  
need a friend to witness  
want to go back to gratituding every day  
really like new schedule  
each day on a chakra feels great; scheduling things seem to fit with each  
chakra  
structure around activities that will push forward the things I don't "love" to  
do; using pomodoros  
As the paperwork brings stuff up — it begs an action — so to have a system  
to help schedule stuff

Health 8/9

Friends/Family 5

Fun 4

Environment 5

Personal Growth 5 — feel frustration; doesn't feel like forward motion for me  
impacts everything

Finances 5

Romance 7/8

Work 3

Feel an urgency to get the Hopeful program operating properly and to "save  
the world"

## RAE ANN

Decluttered papers — 5 people

Scanned a few things; got rid of 90% of papers

Kept accounting files for 7 years and got rid of prior

Even magazines for visioning

## LISA

Met w/ a FB tutor; settings; new headshot got lots of comments and  
responded

Tricky situation — spoke with a woman

Every day reminding myself that my value is inherent in my existence

So grateful — asked to find ways to get out of my own way  
Having more consciousness about how I support makes me very happy  
I'm committing to work 2 hrs/day on papers  
Was rear-ended; car into shop tomorrow; deductible is lower and rental ok;  
ease w/that

Health 9/10  
Friends 8/9  
staying in touch w/sister, a little anxiousness  
Fun 8/9  
Env 9/10  
Finances 5  
Gearing up to draw more money  
Romance 7  
Doorway beginning to open for possibility  
Work 5  
Recognize have some growing here

MARK  
Work 8  
health 8  
romance 7  
friends 8  
finances  
fun 8  
growth 8  
environment 7/8  
Got heat working better  
Place is running itself so that's nice

Made a little more time to play guitar  
Went looking for wildlife; got to see eagles and birds; gave me something to  
look forward for when weather warms up  
A lot of photography based stuff  
Kyra wants to have a fantasy shoot w/a teal backdrop; materialized it  
Went through a terabyte of pictures; more editing  
Want to categorize my photography

## ANDRE

Get email out and start of Feb; out later this week

Boundaries — all the licenses and insurances come due; terrible time because financially lean so juggling process with things going out in stages and concluded today

Made it through 3 days of pain; feel better

To get e-mail out on Fri / Sat; nice offer

Health 3

Friends 4

Fun 7/8

Environment 6

Personal Growth 5

Finances 5

Romance 3

Work 5

## RAE-ANN

work 9

health 7

friends 9

fun 6

env 9

growth 9

finances 7

romance 5

Purged office 2 full days did everything; feels completely different which is awesome

Have a course coming up this weekend; extended asking for help; would like 20; have 12; need 8

## KATIE

Dennis shopping bags manifesting!

LinkedIn growth

Staycation learnings for schedule

Continuing to understand loving what is and applying it specifically

COMMITTING

AccessAlly

WHEEL

WEEKLY BLISS SCHEDULE FOR EACH OF US