

Live Your Bliss

#LPCLiveInspired Series

WHAT DOES *Live Your Bliss* MEAN EXACTLY? IT'S A CALL TO EMBRACE THE PARTS OF YOUR LIFE THAT YIELD THE MOST HAPPINESS; A MISSION TO DISCOVER YOUR PASSIONS, MINDFULLY PURSUE YOUR JOY, AND FILTER OUT NEGATIVITY. FIRST AND FOREMOST, IT'S ABOUT ENJOYING THE RIDE.

LIVE YOUR BLISS INFOGRAPHIC

STEP 1: UNCOVER YOUR

happy

WHAT MAKES
YOU THE HAPPIEST?

Try to hone in on the moments where you feel the most inspired, at ease or connected to someone or something.

STEP 2:

prioritize

HAPPINESS

shake
up your

NORMAL SCHEDULE BY SPRINKLING IN THE THINGS THAT BRING ON HAPPINESS WITHIN

Choose a hobby that energizes you and use that to kick start your day. You might find that waking up a half hour earlier for a walk to the park or meditation session can do wonders for a clear mind.

Loop in what brings you ease during one of those low periods you may face during the day or to help you wind down at the end of the day.

MAKE IT A POINT TO PURSUE A PASSION THAT LEADS TO CONNECTION

BY ADDING IT TO YOUR

calendar

ENERGIZERS

- WALKING AND JOGGING
- SWIMMING AND BIKING
- LISTENING TO WORKOUT MUSIC
- HIKING IN NATURE
- PLAYING WITH ANIMALS

CALMERS

- YOGA AND MEDITATION
- READING AND JOURNALING
- COOKING WITH FRIENDS
- DRAWING AND PUZZLING
- DIY AND CRAFTING

ACTIVITIES THAT FOSTER CONNECTION WITH

Someone OR something



In-person meet-ups



Send a handwritten note



Call a friend or family member



Give a meaningful gift



Share playlist and podcast recommendations



Volunteering and philanthropic activities

STEP 3:

DISCONNECTING TO BE

mindfully present

We hear a lot about unplugging from social media and the outside world for good reason! Immerse yourself in moments of joy by putting your phone in another room. The temptation to tap in is gone. Doing so helps you to filter out toxic energy and influences and keeps your focus on what's happening around you. Soak in the sunshine and fresh air with frequent trips outside. Find comfort in the present moment.

HARMFUL EFFECTS OF SOCIAL MEDIA:

- SHRINKS FACE-TO-FACE MOMENTS
- ENCOURAGES INTERNET ADDICTION
- DECREASES YOUR INVESTMENT IN MEANINGFUL EVENTS
- NEGATIVELY IMPACTS SELF-ESTEEM
- PROMOTES SEDENTARY BEHAVIOR
- INCREASES ANXIETY

SOURCES

JOURNALING

SOURCE:
[The Health Benefits of Journaling](#)

SOCIAL MEDIA STUDY

SOURCE:
[Social media use and anxiety in emerging adults](#)

SOCIAL MEDIA

SOURCES:
[A New, More Rigorous Study Confirms: The More You Use Facebook, the Worse You Feel](#)

[You Asked: Is Social Media Making Me Miserable?](#)

THE FACEBOOK EXPERIMENT IN DENMARK:

SOURCES:
[Quitting Facebook Leads to Higher Levels of Well-Being](#)