

BLISS LIST EXAMPLE

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What makes you happy? Some of us never think about that question, and others know the answers but never do the things that lighten their mood, give them energy, or calm their frazzled nerves. This list is designed to help you remember what you love to do so you can have more of it.

As you fill this out, be as specific as you can, e.g., “reading steampunk novels”, “browsing antique shops for odd pieces of silverware, like fish servers.” Then put the Bliss List on your refrigerator to remind yourself to make time for your favorite things. Put photos of your favorite activities, places, and loved ones on your phone to prompt you to make room for them in your life. Enjoy!

1. Spend time in nature
2. Watch movies/TV (what kind)
3. Ice cream (favorite flavor)
4. Get together with friends/family
5. Get a massage
6. Cook _____ for myself or for someone else.
7. Browse at a garage/yard sale
8. Phone/e-conversation with a friend
9. Read _____
10. Play my favorite sport _____
11. Listen to my favorite music _____

12. A bubble bath
13. Spend time with my pet
14. Re-read a note from a friend or grateful client
15. Meditate
16. _____
17. _____
18. _____
19. _____
20. _____

This Bliss List example was mentioned in the VIN Foundation's Veterinary Pulse Podcast episode 157. You may go to VINFoundation.org/podcast to listen to this and additional episodes.

If you or someone you know is struggling or needs some support, VIN Foundation Vets4Vets® is here to help! Please know you are not alone. VINFoundation.org/v4v