

DE-STRESS WITH CREATIVE COLLECTIVE

My Bliss List

What are 10 things that bring you joy?

Think of things you smell, touch, taste, and hear. If you could draw these out (abstract or not), what would these look like?

| 1. | 2. |
|----|-----|
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |