

50 Tips Making Bliss Possible Amongst Challenges

Bliss is instigated when we:

- 1: are not attached to the outcome, whether personal or otherwise.
- 2: become just as happy with Plan B.
- 3: build our own world, not dependent on outside forces.
- 4: squash our negative thought forms and scream our positive ones.
- 5: realize giving up is the first step to our next step.
- 6: question everything, staying aware of the bigger picture.
- 7: stay away from narcissism and selfishness.
- 8: wholeheartedly devote ourselves to truth.
- 9: focus on our gratitude each and every day.
- 10: love for the sake of loving, not for the sake of being loved.
- 11: do not care about being popular.
- 12: see commitment as a necessity for success.
- 13: honor our determination, no matter what others think.
- 14: override out pessimism with our optimism.
- 15: embrace our weak points, using them as an opportunity to grow.
- 16: accept our limitations with greater ease.
- 17: transmute an ugliness into something beautiful.
- 18: place our integrity at the top of our merits.
- 19: adore our own company.
- 20: know we matter.
- 21: take responsibility for our own happiness.
- 22: quickly adjust to life's changes, whether personal or global.

- 23: gracefully accept what we cannot do anything about.
- 24: never, never, never deceive or manipulate.
- 25: handle our anger and frustration intelligently.
- 26: help and serve others.
- 27: constantly look to beautify everything in our space.
- 28: replace judging another with understanding them.
- 29: nurture our personal nature.
- 30: have a loving involvement with animals.
- 31: note injustices and study to see if we can be a hand for justice.
- 32: feel happy for others' success instead of feeling envious.
- 33: keep our intentions pure.
- 34: notice other's character defects without diminishing their divine gifts.
- 35: constantly ignite our goals.
- 36: honor differences.
- 37: surround ourselves with goodness.
- 38: spend time in the beauty of nature.
- 39: claim any addiction within ourselves and then tame it.
- 40: transform victimhood into victory.
- 41: do not let our personal empowerment crumble.
- 42: listen in order to learn.
- 43: protect ourselves through discernment.
- 44: view our jealousy as a hint and clue to better our lives.
- 45: maintain our certainty.
- 46: birth our dreams through action.
- 47: never let the idea of perfection keep us from trying.
- 48: empower our humbleness and humility.
- 49: invest smartly in all venues of life.
- 50: create our own reality, no matter the circumstances.