

# AUTHENBLISSITY

R E S E T

self-reflection exercises to reconnect with your joyful inner compass

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# HOW TO USE THIS BOOK: STRUCTURE

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There are 12 chapters in this book, each providing an expansive journey into a specific topic.

food	money	media	creativity
movement	home	relationships	sleep
play	work	community	spirituality

Each chapter contains five sections:

1. We'll *arrive* at the topic and settle in. I'll share an opening story, and we'll warm up with three self-reflection exercises: reaction, word cloud, and pendulum.
2. We'll *observe* ourselves for a week by completing the journal exercise. At the end of the week, we'll move through the patterns exercise to see what we learned about ourselves.
3. We'll *explore* the topic by completing two or three exercises out of the ten offered in this section. We'll let our curiosity guide us when choosing the exercises.
4. We'll *connect* with our inner compass by completing five exercises: memories, disentangling, perceptions, perspective, and interconnections.
5. We'll *reflect* on what we learned about ourselves by completing three exercises: pendulum redux, looking up, and treasures.

This book contains a lot of exercises, and you may feel pressure to do them all. If so, pause and think about why you feel the need to do more. Then see if you can find a way to do less.

# FOOD

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## SECTION 3 • EXPLORE

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### INTENTION

Explore the topic of food by following your curiosity.

### APPROACH

Read the one-sentence description below the title of each exercise. Choose two or three exercises to try (out of the ten offered in this section). If you're feeling pressure to do more, ask yourself why. For some of us, the actual work might be in trying to do less.

### TIMING

You are welcome to go at your own pace. If you enjoy planning ahead, a suggestion for this section is to set aside 15–30 minutes per exercise over the course of 3–5 days.

# CHOOSE TWO OR THREE EXERCISES TO TRY

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## LIKES & DISLIKES

*This exercise involves making four lists of your food likes and dislikes.*

## SENSES

*This exercise involves tuning in to your senses while you eat.*

## PANTRY

*This exercise involves going through the contents of your pantry.*

## CURIOSITY

*This exercise involves following your curiosity within the topic of food.*

## INDULGENCE

*This exercise involves indulging in a special meal.*

## RECIPES

*This exercise involves exploring your routines or rituals around your favourite foods.*

## CATEGORIES

*This exercise involves going through a list of foods to see what comes to mind for each of the different categories.*

## NOURISHMENT

*This exercise involves exploring the types of nourishment food can provide.*

## INSPIRATION

*This exercise involves exploring your sources of food inspiration.*

## TECHNOLOGY

*This exercise involves examining the impact of technology (or innovation) on food.*



# PANTRY

*This exercise involves going through the contents of your pantry.*

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Take everything out of your pantry (or part of your pantry), and look at each item you take out.

- Which items are you excited to cook or eat?
- Which items have been sitting around for ages or relegated to the back of the shelf?
- Are there things you buy repeatedly but don't tend to use?
- What patterns do you notice?
- What thoughts and emotions came up as you were going through your pantry?

If you like, you can do one of the following optional activities:

- Let go of the items that are old or expired.
- Make a list of the pantry items you like to always have on hand.
- Create a plan to prepare, cook, or eat the items that you want to use up.