

Notes on Bliss

Your guide to happiness and creating a beautiful life

Empower yourself by figuring out your top values

PICK 10-15 FROM THE LIST BELOW

Freedom	Love	Loyalty	Balance	Change	Kindness	Happiness
Support	Joy	Creativity	Generosity	Confidence	Security	Partnership
Soulful	Truth	Fun	Autonomy	Direction	Ambition	Honest
Respect	Humour	Magic	Openness	Adventure	Excitement	Peace
Trust	Wealth	Play	Radiance	Wisdom	Friendship	Simplicity
Diversity	Beauty	Serenity	Growth	Harmony	Learning	Courage
Belonging	Light	Inspiration	Sharing	Passion	Discovery	Family
Vision	Goals	Faith	Service	Travel	Structure	Routine
Nature	Self-love	Purpose	Comfort	Planning	Dreams	Intuition
Philosophy	Relaxing	Nurture	Pleasure	Leisure	Romance	Femininity
Masculinity	Home	Grace	Infinity	Divinity	Wellbeing	Communit
Awe	Flow	Mindfulness	Gratitude	Helping	Conscious	Integrity
Miracles	Prosperity	Luxury	Order	Knowledge	Devotion	Action
Vitality	Challenges	Curiosity	Zest	Teach	Worthiness	Intimacy
Friendliness	Success	Sensuality	Wonder	Solitude	Seen	Aligned