

Find Your Bliss Station: Sacred Spaces For Journaling

The wellness journey can sometimes feel like an overwhelming todo list. Meal prep, exercise routines, sleeping habits, food logging, doctor's visits. The list goes on. Adding journaling to the list can feel impossible. But journaling as self-care is not about checking off another box. Writing is the space & time to rest, reflect, and honor your heroic self. The beginning of that process starts with a bliss station. This blog will help you find your own.

Follow Your Bliss

Can I start with a confession? I get cranky whenever I'm told to come up with positive affirmations.

I could be wrong. Maybe a *positive mind, positive vibes, positive life* sticker is exactly what I need. But I'm still thinking I'll take a hard pass.

Which is why I should admit that I face the phrase *follow your bliss* with suspicion. Except it comes from the all-star myth man himself, Joseph Campbell.

And despite my bad attitude, Campbell's advice on *finding a bliss station* is where my love of writing cemented itself into an act of self-care.

What Is A Bliss Station?

A bliss station is a sacred space (or bat cave depending on how you roll) to discover what truly makes you happy. It is a time to step outside of todos and commitments to connect with something deeper.

It's one way to describe the special magic of exploring your story through journaling.

Three Tips To Finding Your Bliss Station

You *find* a bliss station, rather than *create* it, because you're already awesome - true story - and you've got what you need to be happy. Ya just gotta find the time & space to pause the Netflix binge for the power of **your** authentic story.

Here are three top tips in finding your bliss station for journaling.

1. Create Ritual Over Routine

Routines - like making a cup of coffee first thing in the morning or hitting the gym after work - are a series of regularly performed actions to help structure the day.

There is no doubt that routine is a huge component of wellness. Where would we be without coffee?? (I'm just saying that to be cool. I don't actually drink coffee.)

But when we add a layer of ritual over those everyday habits, we add the magic that brings us closer to our heroic self. Approaching your journaling as a ritual gives your self-reflection power & depth.

"While routine aims to make the chaos of everyday life more containable and controllable, ritual aims to imbue the mundane with an element of the magical. The structure of routine comforts us, and the specialness of ritual vitalizes us." - MARIE POPOVA

2. Create A Sacred Space

Where you write matters. You find your bliss station by seeking out in what environment you feel most comfortable, creative, and open.

Yet a bliss station doesn't have to be a place. It can be a time, a special object, or a ritual. Some bliss stations include all four. This blog will help you determine what elements will make up your bliss station.

Space: A writing desk, your favorite chair, a quiet place in the garden.

Object: A special journal, the blank pages of a notebook, your laptop.

Time: The early morning, five minutes during a lunch break, blocked out time before bed.

Ritual: Lighting a scented candle, putting on a playlist, taking three deep breaths.

3. Enforce A Tech Free Zone

There is only one constant across all bliss stations. It doesn't involve the texts, dings, or alerts of a cell phone.

Yup. Put that little electronic distraction on mute, airplane mode, or across the room. *(An article I read described writing first thing in the morning before going online was writing before your feelings get hurt. That's always stuck with me.)*

Remember, your bliss station is a ritual. A special place to return to over and over to build the practice of self-reflective writing.

(That happens a lot easier when not looking up cat videos on Instagram.)

Find Your Bliss Station Journal Prompts:

Here are some questions to help you find your own bliss station.

- *Where do I feel the most centered?*
- *When do I most look forward to writing?*
- *Does a laptop or a journal feel better in my hands?*
- *Do I love the feel of a pen over paper or do I love watching words appear on screen?*
- *Do I feel more productive in the mornings or the evenings?*

- *Do I feel more focused in silence or with background noise?*
- *When is a *realistic* time for me to be alone?*
- *What smells - candles, oils, lotions - light me up?*
- *Does music inspire me?*
- *Do I love the feeling of being in nature (or seeing it out the window) or being tucked away in a study?*
- *Does it feel more comfortable to sit at a desk or lie on the floor or use one of those standing desks because I'm morally superior to other beings?*

Your Bliss Station Checklist

01. Prepare Your Space

Decide on the journal, pens, laptop, notebook, or pencils you'll be using during writing. Make sure they are easy to access and ready to go.

02. Gather Writing Supplies

Whether you've chosen a playlist, candle, blanket, or breathing technique, make sure everything you need is in & accessible in your special space.

03. Prepare Rituals

Share your plan with those around you so that they honor your time & space. Express your commitment to this writing process & ask for any help you need.

04. Schedule/Block Out Time

Pull out your calendar, bullet journal, or alarm app and schedule in the specific times you want to reflect in your bliss station.

05. Verbally Commit

Share your plan with those around you so that they honor your time & space. Express your commitment to this writing process & ask for any help you need.

Your story has meaning and magic and the ability to vitalize your life in profound and deep ways. Next time you sit down to journal, savor the feeling of entering your bliss station. The way this sacred space feels to you. Enjoy it. Explore. Imagine.