

The Blissboard Challenge

Find at least one piece of your life for each feeling below. Name what you achieved or now have, why it mattered, and how it felt when it became real.

There is no perfect answer. Choose what feels true - and add more than one entry whenever you want.

01

Lucky

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

02

Confident

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

03

Blessed

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

04

Abundant

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

Complete your board.

Let each memory remind you what your life already contains and what you are capable of creating next.

05

Happy

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

06

Loved

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

07

Successful

Add another entry if more than one comes to mind.

MY ACHIEVEMENT, EXPERIENCE OR MOMENT

WHY IT MATTERED

HOW IT FELT WHEN IT BECAME REAL

YOUR BOARD IS IDENTITY EVIDENCE

Every entry supports a stronger story about who you are: someone who grows, acts, overcomes challenges and makes meaningful things real. When a goal fits that identity, taking the next step can feel more natural - supporting persistence and future achievement.



You've made your Blissboard.
Now challenge three friends to make theirs.

Ask them: What did you once want that you now have?