



A GUIDE TO LIVING AND BECOMING

The Blissboard Guide

Remember what you have made real.
Feel the joy that is already here.
Move toward your next dream from evidence.

YOUR LIFE IS ALREADY SPEAKING

What if your life is not only a work in progress?

What if it is also proof?

We are naturally drawn to what comes next: the next goal, the next purchase, the next milestone, the next part of ourselves we want to improve.

That forward pull can help us grow. But it can also make our current life disappear into the background. Things we once dreamed about quietly become normal. We stop noticing them.

A Blissboard brings those things back into view.

The home. The relationship. The freedom. The skill. The journey. The small comfort. The version of you that once felt far away.

A collection of evidence, not another wish list.

A Blissboard captures things you once wanted and now have. For every entry, it records three layers:

01

WHAT

What did I once want?

02

WHY

Why did it matter so much to me?

03

FEEL

How does having it make me feel now?

A gratitude list might say:

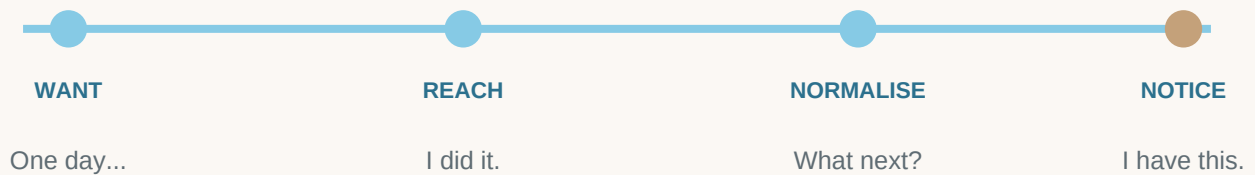
"I am grateful for my home."

A Blissboard adds the story:

"I dreamed of a place that felt safe and truly mine. Now I walk through the door and realise: I made this real."

Because your brain keeps moving the finish line.

Achievement quickly becomes familiar. What once felt impossible can become something you barely notice.



"Wait. I actually have this."

That pause matters. It replaces the vague feeling of being behind with something concrete: a record of growth, resilience and fulfilled hopes.

Your board says something about who you are.

When your achievements sit together, they become more than memories. They become evidence for an identity:

"I am someone who makes things happen."

- **DIFFICULTY CHANGES MEANING**

Instead of reading a challenge as proof that you cannot do it, you can remember that you have figured difficult things out before.

- **ACTION FEELS MORE NATURAL**

A goal that fits your sense of self can feel more meaningful and worth pursuing.

- **PROGRESS REINFORCES IDENTITY**

Each new action becomes fresh evidence, strengthening the story you carry into the next goal.

This is how a Blissboard can help fast-track your journey: it shortens the distance between self-doubt and the next useful action. It does not replace the work. It helps you begin from proof.

You do not have to choose between gratitude and growth.

A Blissboard is not about settling. It is not a rule that says you should stop wanting more.

It is an anchor.

You can appreciate the life you are living while continuing to build the life you dream of. In fact, joy can give the journey a steadier emotional base. You are no longer chasing the next milestone to prove that your life has value. You are creating from a life that already contains meaning.

ENJOY THE LIFE YOU ARE LIVING

as you continue to work on

THE LIFE YOU DREAM OF

Start with what feels ordinary now.

The most powerful entries are often the things you have stopped seeing. They do not need to look impressive to anyone else.



HOME

A peaceful corner, your own keys, a garden, safety.



PEOPLE

Friendship, family, love, community, being understood.



WORK

A role, a client, a skill, confidence, flexibility.



FREEDOM

Time, choice, travel, mobility, financial breathing room.



EXPERIENCE

A place you visited, a celebration, a brave first.



EVERYDAY JOY

Good coffee, a pet, books, music, a favourite ritual.

Listen for the phrase "One day..."

What did a younger version of you once put after those words? Which part of it is already here?

MAKE YOURS

Three gentle steps.

Use paper, photos, a notebook, a corkboard or your phone. Begin with five things.

01 REMEMBER

What did I once want that I now have?

02 TELL THE STORY

Why did it matter? What did it represent?

03 FEEL IT

How does having it make me feel today?

*Do not rush the feeling. Pause. Look at what you wrote.
Let yourself experience the life that once existed only in
your imagination.*

Your first five pieces of evidence.

Set a timer for five minutes. Name five things you once wanted that are part of your life today. Choose one and complete the prompts below.

WHAT

I once wanted...

WHY

It mattered because...

FEEL

Having it makes me feel...

Now take a breath and ask:

"If I could tell my younger self about my life today, what would they think?"

Your Blissboard is your reminder: look how far you have come, look what you have already made happen, look at the person you have become.



MAKE YOUR BLISSBOARD TODAY

shasingh.com