



My SuperHero's Journey 99-Second Follow Your B.L.I.S.S. Yoga Habits for Self-Leadership

Self-Care & Self-Accountability Log to Perpetually Upgrade Your Brand



Congratulations! You are ready to *posture* the peace and power of *Self-Leadership*. *Choosing* Emotional Agency begins *now!* It's *hard* to manage stress *caused by* anxiety, anger, depression, fear, *secret* addictions, **and** narcissistic abuse. It's *hard* to be sick *and* it's *hard* to heal. It's *hard* to **STOP** living in the past/future *and* it's *hard* to **START** living in the present. **Choose your hard!** This *Self-Accountability Log* enables you to *habitually* hack your physiology and *choose* to pause and de-escalate, rather than react and trigger emotional hijack!

Instructions: First, fill in *My 7-Day Range (mo/day)*. Then, **highlight the letter** of each **B.L.I.S.S.** Yoga Habit upon completion *Daily*. I started *Day 1* for you so do **"B"** for Breathe or Bounce *now!* Set a 99-second timer. For fun, combine habits! Commit to 9 minutes per day *minimum*. **Practice** choosing to *habitually* pause and not react when you are provoked or delayed *forever*. **Life is Full of Choices.**

- **Habit 1** | **B**reathe or **B**ounce! **Practice** 2:1 Breathing (*calming*) and/or Bouncing (*uplifting*) Traffic. Root canal. Relationship issue. Felony prevention.
- **Habit 2** | **L**augh or **L**ove! **Practice** laughing and/or loving? Hug your kid. Pet your cat or dog. Watch funny videos. Talk to your plants.
- **Habit 3** | **I** AM Inspirational Incantations! **Practice** incantations? In the mirror. Or make an audio, video. Why? Feeling sad, mad, inspired?
- **Habit 4** | **S**mile or **S**ing! **Practice** singing and/or smiling? Walking. Driving. Swimming. Showering. Dancing. With a friend!
- **Habit 5** | **S**tart Or **S**top (S.O.S.) Try a new 99-second habit and **write it on dotted line daily**. See student-inspired S.O.S. habit suggestions below.

Unveil your habit *choices*. Think *Self-examination* tool or *Self-dating* app. *Would you date you?* **Are you Lazy? Forgetful? Indifferent?** If you skip a day, *forgivingly* start over. **Log Daily. Score Weekly. Repeat Forever.** Share Log with friends, family, co-workers, potential partners.

My 7-Day Range (month/day): ____ / ____ until ____ / ____

Day 1 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **START** *posturing a morning heart-centered ritual like meditation or Lord's Prayer.*

Reflection _____

Day 2 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **STOP** *poisoning your evening brain with technology use and EMF exposure.*

Reflection _____

Day 3 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **START** *drinking pure water and consuming clean, healthy food.*

Reflection _____

Day 4 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **STOP** *eating toxic, fake food, excess sugar, bad fats.*

Reflection _____

Day 5 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **START** *practicing sun and moon salutations daily.*

Reflection _____

Day 6 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **STOP** *wasting time with volatile, dark energy people.*

Reflection _____

Day 7 | **B. L. I. S. S.** ____ / ____ **S.O.S.** **START** *posturing present moment awareness. Blissfully Eat, Pray, Love!*

Reflection _____

Follow My B.L.I.S.S. Yoga Habits Weekly Fitness Score: ____ /7 | 7/7 = **A+** | 6/7 = **B** | 5/7 = **C-** | 4/7 = **D-**

More S.O.S. habit suggestions: *Stop* consuming bad news. *Start* a heart brain health ritual. *Stop* (excessive) swearing. *Start* an outdoor grounding ritual. *Stop* wasting your sacred life on useless distractions. *Start* reading quality material to learn new skills. *Stop* lying to yourself and others. *Start* learning how to listen. *Stop* harming yourself. *Start* celebrating small victories. *Stop* gossiping. *Start* forgiving and releasing trauma from your beautiful body. *Stop* blaming others for your angry words, actions, and inaction. *Start* practicing Self-Love. *Stop* being hateful. *Start* asking yourself better questions like: **"What's great about this?"**

Resources: SuperHeroEffect.US | VeraQuijano.com | YouTube.com/@VeraQuijano | B.L.I.S.S. Accountability Partner _____