

Find What Feels Good Practice

To create a "What Feels Good" Practice, focus on things that bring joy and happiness to your life. This includes identifying activities, people, and experiences that make you feel good, and intentionally incorporating them into your daily routine.

Some ways to do this include:

1. Making a list of things that make you feel good and prioritizing them in your daily schedule.
2. Taking time to appreciate and savor the good moments in life, no matter how small.
3. Practicing gratitude and focusing on the positive aspects of your life.
4. Letting go of negative thoughts and emotions, and redirecting your attention to the things that bring you joy.
5. Surrounding yourself with people who uplift and support you, and distancing yourself from those who bring you down.
6. Doing things that align with your values and passions, and avoiding activities that don't resonate with you.

The benefits of this practice include increased happiness, fulfillment, and overall well-being. It can also help you create a more positive outlook on life and attract more positive experiences and people into your life.

Here are a few additional points to keep in mind when creating a "What Feels Good" Practice:

1. Focus on the present moment: In order to truly tap into what feels good, it's important to be present in the moment and fully experience it. Try to let go of worries about the past or future and focus on the sensations and experiences of the present.
2. Experiment with different activities: Everyone's definition of what feels good will be different, so don't be afraid to try out different activities and practices to see what resonates with you. It could be anything from going for a walk in nature to taking a hot bath to meditating.
3. Make it a regular habit: In order to reap the full benefits of a "What Feels Good" Practice, it's important to make it a regular habit. This could mean setting aside a specific time each day to focus on what feels good or simply making a conscious effort throughout the day to tune in to your feelings and sensations.

4. Let go of guilt or judgement: Sometimes, you may feel guilty or ashamed about doing things that feel good, especially if they seem frivolous or unproductive. However, it's important to let go of these feelings and trust that taking care of yourself and doing things that make you happy is an important part of your overall well-being.

5. Stay open and flexible: As you continue to explore what feels good, remember that your preferences and needs may change over time. Stay open and flexible to trying new things and adjusting your practice as needed.

The best way to find what feels good is to pay attention to your emotions and feelings. Notice how you feel when you engage in different activities or spend time with different people. When you feel good, make note of what you were doing, who you were with, and any other details that might be relevant. Over time, you may start to notice patterns that can help you identify what activities, people, or experiences tend to make you feel good.

It's important to remember that what feels good to one person may not feel good to another, so it's important to listen to your own intuition and follow what resonates with you. Also, what feels good to you may change over time, so it's important to regularly check in with yourself and reassess what brings you joy and fulfillment.

You can know that something feels good by the way it makes you feel. When you engage in activities or thoughts that bring you a sense of joy, excitement, and positivity, it is an indication that it feels good. Similarly, when you experience a sense of relief, ease, and comfort, it is another sign that what you are doing or thinking feels good. It is important to pay attention to your emotions and physical sensations as they can give you clues about what feels good to you.

If you find that something you are doing does not feel good, it is important to listen to your intuition and honor how you feel. You may need to take a break, change your approach, or try something different that feels better to you. The key is to focus on what feels good, so if you are doing something that consistently does not feel good, it may be time to reevaluate and shift your focus to something else. Remember that the goal is to feel good and align with your inner guidance, and that can often mean making adjustments and course corrections along the way.