

Today's talk is the second in this Five-Week series called "*Atomic Habits for Spiritual Transformation*," We are exploring how the principles from James Clear's bestselling book "*Atomic Habits*" can be applied to deepen our spiritual lives. In "*Atomic Habits*," Clear presents a powerful framework for creating lasting change through small, incremental improvements. His core message is that tiny habits, consistently practiced, can compound over time to make profound transformations. Throughout this 5-week series, we will dive into specific ways to harness the power of "*Atomic Habits*" to enrich our spiritual practice and experience personal growth on a deep level. James Clear defines an "*Atomic Habit*" as a tiny, powerful, manageable habit, much like an atom. The idea is that these little habits are the building blocks of remarkable results. They are part of a more extensive system of habits, and when focused on systematically, these small changes can lead to profound outcomes. My intention for this talk is to empower you to create "*Atomic Habits*" that help you create a blissful life.

Here are Five Steps we will use to create a Blissful Life.

1. The first step is discovering your desires, empowering you to experience bliss.
2. The second step is for you to set an intention to experience bliss.
3. The third step is to create an affirmation habit to develop the intention.
4. The fourth step is to do a visualization exercise to help you embody the affirmation.
5. The fifth step is to begin a two-minute daily practice of saying your affirmation and practicing visualization.

The first step is to discover your desires that will empower you to experience bliss. What do you really want? There are unlimited desires that can empower you to experience bliss. Here are a few: *Be peaceful, be happy, be joyful, be creative, experience personal growth, experience spiritual growth, live a purposeful life, be free from suffering, and be healthy.* These desires are not mutually exclusive, and many people may be motivated by a combination of these factors. Recognizing the underlying longing that drives the pursuit of bliss can help us choose practices and experiences that align with our deepest needs and aspirations.

1. For the First Step, pick one or two of the above desires. I will use "*be creative*" and "*experience spiritual growth*" as examples. I believe These two desires will make me feel blissful as I accomplish them.
2. The Second Step is to set an intention that will bring me bliss. I will use the two combined desires to state my intention. I intend to "*Be Creative as I experience spiritual growth.*"
3. The Third Step is to create an affirmation based on my intention statement. Affirmations are positive, powerful statements that affirm that we have what we desire. The affirmation I make is, "*I am creative and am experiencing spiritual growth.*"
4. The Fourth Step is to do a visualization exercise to experience emotionally and visually what it feels like to embrace living our desires and bring them into manifestation.
5. The Fifth Step is to commit to saying the affirmation and doing a self-guided visualization daily.

Last week, we began repeating a '*Daily Word*' affirmation each day, linking it to a routine part of your day, like enjoying your morning coffee. This week, we will build on this foundation using '*habit stacking.*' This creates a set of behaviors that naturally flow together, making it easier for the new habit to stick. For instance, you have started reciting your Daily Word affirmation while having your morning coffee. Let us expand on that. After you recite the Daily Word affirmation, affirm the affirmation you created today and then spend a moment practicing visualization. Visualize yourself living out the truth of your affirmation, embodying the qualities and experiencing the benefits it speaks to.

We can transform our lives and experience greater bliss and fulfillment through the power of "*Atomic Habits.*" By setting clear intentions, affirming our desired outcomes, and committing to small, daily practices, we can rewire our brains and reshape our reality profoundly.

Whether meditating for a few minutes each morning, practicing gratitude, engaging in a creative hobby, or pursuing a long-held dream, the key is to start small and stay consistent. As we have seen, even the tiniest habits can lead to extraordinary results when practiced with devotion and persistence.

With each small habit, you are planting the seeds of a brighter, more blissful life.

Affirmation: *My small habits create a blissful life for me.*