

HIGH VIBE DAILY PRACTICES

*For a Thriving
Rich Life*



ALYNE



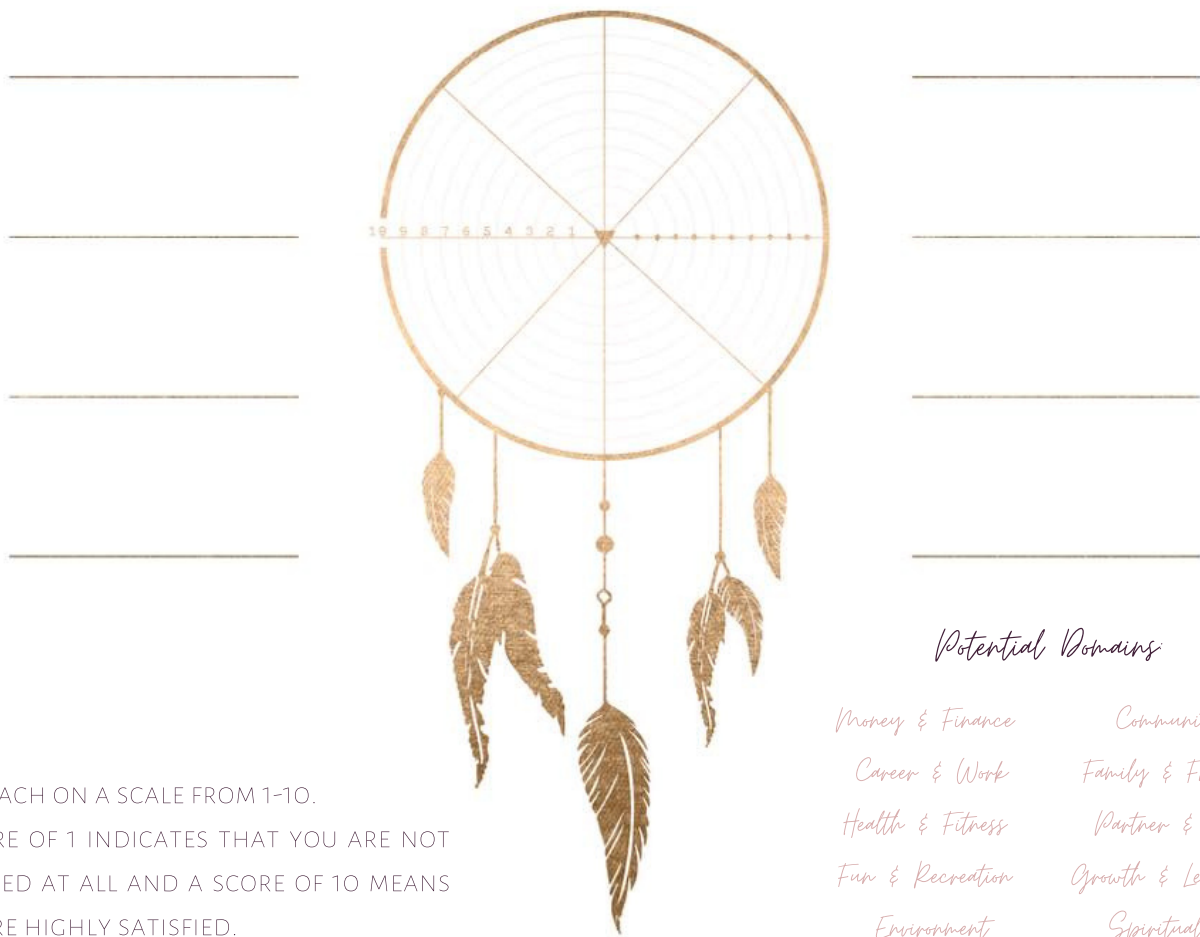


BE GRATEFUL

TODAY, I CHOOSE TO LIVE WITH
GRATITUDE FOR THE LOVE THAT
FILLS MY HEART. THE PEACE THAT
RESTS WITHIN MY SPIRIT, AND
THE VOICE OF HOPE THAT SAYS
ALL THINGS ARE POSSIBLE.

WHEEL OF LIFE

month: _____



RATE EACH ON A SCALE FROM 1-10.

A SCORE OF 1 INDICATES THAT YOU ARE NOT SATISFIED AT ALL AND A SCORE OF 10 MEANS YOU ARE HIGHLY SATISFIED.

Potential Domains:

Money & Finance

Community

Career & Work

Family & Friends

Health & Fitness

Partner & Love

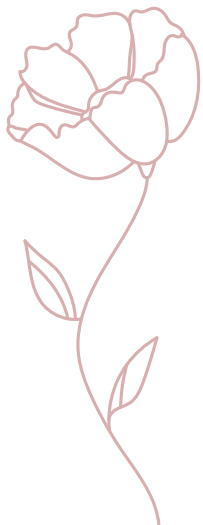
Fun & Recreation

Growth & Learning

Environment

Spirituality

CONNECT THE LINES TO FORM AN INNER WHEEL. HOW BUMPY IS YOUR RIDE?



IN WHAT WAYS DO YOU WANT TO CHANGE THE SHAPE OF THE INNER WHEEL?
WHICH DOMAINS DRAW YOUR ATTENTION?

ONCE A DOMAIN IS SELECTED, PROCEED WITH THE FOLLOWING QUESTIONS:

- WHY DOES THIS DOMAIN NEED ATTENTION?
- WHAT WOULD IT TAKE TO RAISE YOUR SATISFACTION BY ONE SCORE IN THIS DOMAIN?
- WHAT CAN YOU DO TO RAISE YOUR SATISFACTION IN THIS DOMAIN?

MANIFESTATION JOURNAL



date: _____

I AM MANIFESTING

THE END RESULT LOOKS LIKE

THE REQUIREMENTS

HOW IT CHANGES MY DAILY LIFE

HOW I FEEL WHEN I HAVE IT

MY ENERGY WHEN I HAVE IT

HOW TO MANIFEST YOUR DREAM LIFE



VISUALIZE YOUR DREAM LIFE

USE AFFIRMATIONS TO REPLACE LIMITING BELIEFS

HAVE FAITH IN THE PROCESS

MATCH THE FREQUENCY OF THE REALITY YOU WANT

BE PURPOSEFUL WITH YOUR THOUGHTS AND BELIEFS

REMEMBER THAT REPETITION AND INTENTION ARE KEY

RELEASE CONTROL

YOU ARE WHAT YOU THINK SO WATCH YOUR THOUGHTS

ALIGN ACTIONS WITH YOUR GOALS

ALWAYS TRUST YOUR INTUITION

Abundance

Love

LIST OF ATTRACTIONS

Things you have attracted into your life

Things you want to attract into your life

SOULMATE MANIFESTATION



"PEOPLE THINK A SOULMATE IS YOUR PERFECT FIT, AND THAT'S WHAT EVERYONE WANTS. BUT A TRUE SOULMATE IS A MIRROR, THE PERSON WHO SHOWS YOU EVERYTHING THAT IS HOLDING YOU BACK, THE PERSON WHO BRINGS YOU TO YOUR OWN ATTENTION SO YOU CAN CHANGE YOUR LIFE. A TRUE SOUL MATE IS PROBABLY THE MOST IMPORTANT PERSON YOU'LL EVER MEET BECAUSE THEY TEAR DOWN YOUR WALLS AND SMACK YOU AWAKE. A SOULMATES PURPOSE IS TO SHAKE YOU UP, TEAR APART YOUR EGO A LITTLE BIT, SHOW YOU YOUR OBSTACLES AND ADDICTIONS, BREAK YOUR HEART OPEN SO NEW LIGHT CAN GET IN, MAKE YOU SO OUT OF CONTROL THAT YOU HAVE TO TRANSFORM YOUR LIFE."

- ELIZABETH GILBERT

How does your soulmate make you feel?

What do you two do together?

How do you spend a Saturday afternoon together?

What do you both value?

How do they behave when you're feeling down?

SOULMATE MANIFESTATION PROMPTS

What are your goals together in life?

What does your love look like?

What does your love feel like?

What are some qualities your soul mate has?

How do we communicate?

Affirmations
ATTRACTING A SOULMATE



EVERY DAY AND IN EVERY WAY, I AM
SURROUNDED WITH LOVE.

MY HEART IS ALWAYS OPEN TO LOVE.

I GIVE MYSELF PERMISSION TO BE
LOVED FOR WHO I REALLY AM.

I AM WORTHY OF DEEP SOULFUL,
SOULMATE LOVE.

I DRAW LOVE AND ROMANCE
INTO MY LIFE WITH EASE.


I AM GRATEFUL FOR THE
ABUNDANCE OF LOVE IN MY LIFE.

I TRUST THE UNIVERSE WILL
FIND ME MY PERFECT MATCH.


I ATTRACT LOVE IN ALL THAT I DO.



MONEY MANIFESTATION



Money is energy.
Abundance
flows without
resistance. xoxo



3-STEP PROCESS

1. GET OUT OF YOUR OWN WAY. DROP THE SCARCITY MINDSET.
2. ALIGN WITH YOUR DESIRES. IMAGINE HAVING EVERYTHING YOU DESIRE NOW. LIVE FROM THAT ABUNDANCE.
3. BE OPEN TO RECEIVING.

Amplify your manifesting powers by matching your frequency with the energy of abundance.

Affirmations MONEY MINDSET

MONEY IS MY FRIEND.

I AM WORTHY OF FINANCIAL SECURITY AND
ALL THAT THIS BRINGS TO ME.

MONEY HAS A POSITIVE IMPACT
ON MY LIFE.

IT IS SAFE FOR ME TO BE DEBT FREE.

I AM GRATEFUL FOR ALL THE MONEY
THAT IS PRESENT IN MY LIFE.

I AM RICH WITH HEALTH, WEALTH,
LOVE, JOY AND HAPPINESS.

THERE IS PLENTY OF MONEY
TO GO AROUND.



Wealth

MONEY IS LOVE.

I LOVE MONEY
&
MONEY LOVES ME.





MY best SELF

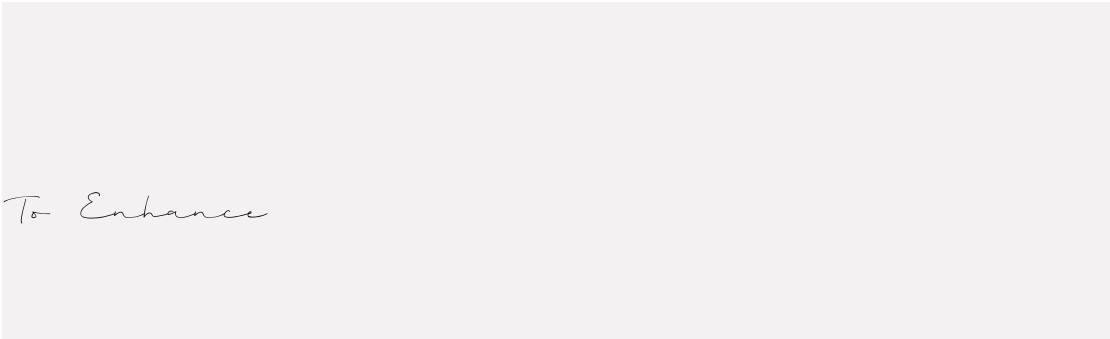
Habits To Change



Skills To Learn



Values To Enhance



Qualities To Adopt



Raise Your Vibration

CHECKLIST

- ☐ PRACTICE GRATITUDE
- ☐ GO FOR A WALK IN NATURE
- ☐ MEDITATE
- ☐ LAUGH
- ☐ LISTEN TO INSPIRING MUSIC
- ☐ PLAY WITH A PUPPY

