HIGH VIBE DAILY PRACTICES





BE GRATEFUL

TODAY, I CHOOSE TO LIVE WITH GRATITUDE FOR THE LOVE THAT

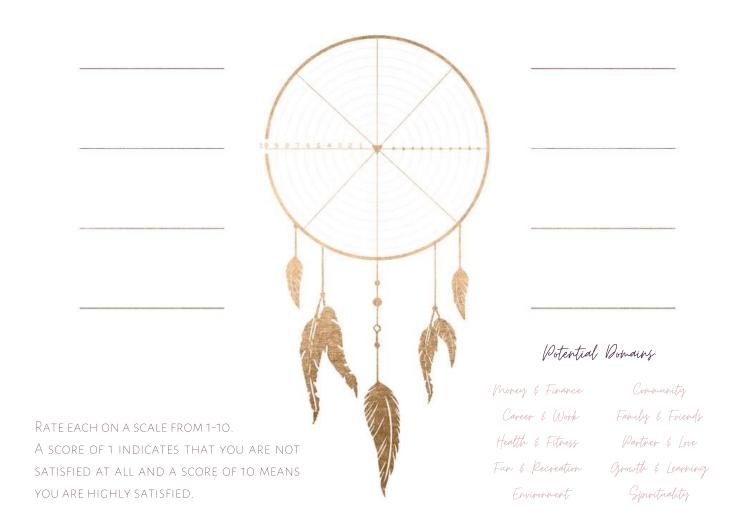
FILLS MY HEART, THE PEACE THAT RESTS WITHIN MY SPIRIT, AND

THE VOICE OF HOPE THAT SAYS

ALL THINGS ARE POSSIBLE.

WHEEL OF LIFE

month:



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

Late: CO VID
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

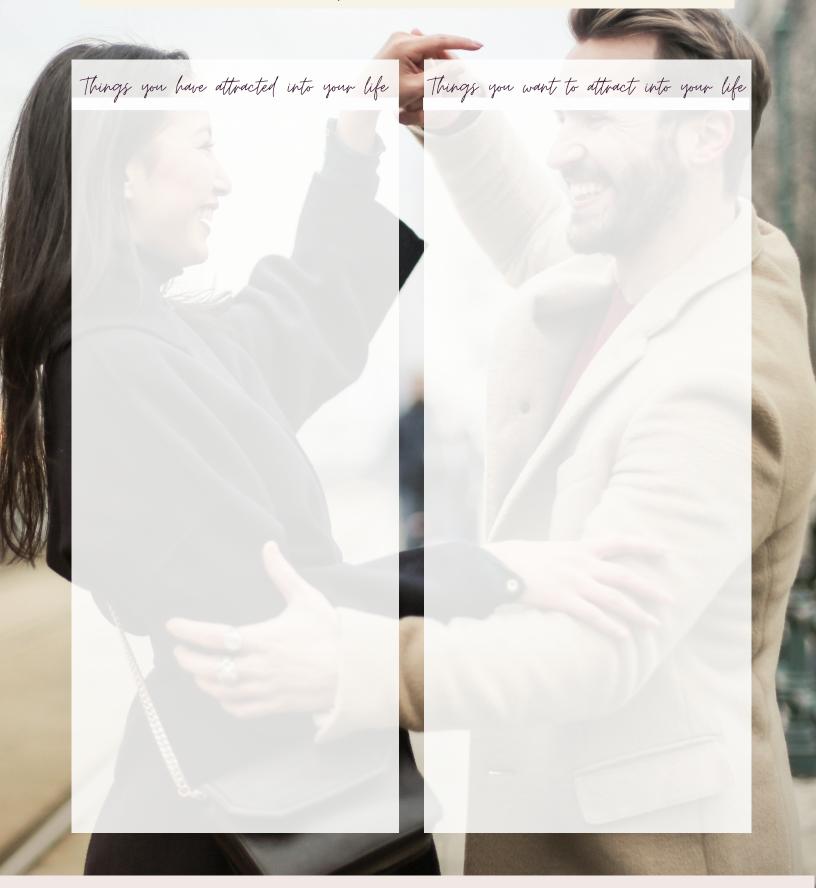
ALIGN ACTIONS WITH YOUR GOALS

ALWAYS TRUST YOUR INTUITION

Abundance

Love

LIST OF ATTRACTIONS



SOUL MATE 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?

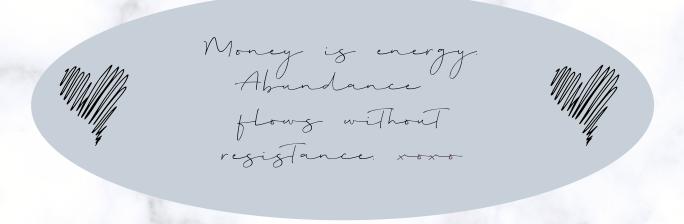
What are some qualities your soul mate has?

How do we communicate?

Affirmations ATTRACTING A SOUL MATE



MONEY MANIFESTATION



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 watching your frequency with The energy of abundance.

Affirmations

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.



MONEY LOVE.

ILOVE MONEY & MONEY LOVES ME.





Habits To Change

Skills To Learn

Values To Enhance

Qualities To Adopt

Raige Your Vibration CHECKLIST

