

# SHIFT YOUR ENERGY



## MINDSET/EMOTIONAL

- Practice Gratitude Daily:** 3–5 things each day; Gratitude shifts focus from lack
- Reframe Negative Thoughts:** Replace limiting beliefs/negative self talk
- Cultivate Self-Compassion:** Release self-judgement with journaling/mantras
- Set Intentions:** Start your day with clear, positive intentions; “I choose peace.”
- Forgive and Let Go:** Release grudges with forgiveness exercises; write a letter
- Practice Mindfulness:** Be present through meditation, deep breathing, etc.
- Visualize Positive Outcomes:** Spend 5–10 min daily visualizing your goals
- Limit Exposure to Negativity:** Reduce time with toxic people, media, or places

## SPIRITUAL/ENERGETIC

- Meditate Regularly:** 10–20 min daily, focusing on breath or mantras
- Work with Crystals:** Place them on your body or in your space.
- Practice Energy Clearing:** Smudging with Cedar/Incense to clear negative energy
- Chant or Use Mantras:** Recite affirmations, mantras, or prayers to align
- Align with Your Purpose:** Reflect on values/passions to connect with authentic self
- Engage in Creative Expression:** Paint, write, sing to elevate your energy
- Practice Grounding:** Visualize roots growing from your feet into the Earth to balance

## DAILY HABITS

- Create a Morning Routine:** Start your day with stretching and gratitude
  - Journal for Reflection:** Write emotions, goals, and insights daily to process energy
  - Affirmations:** Repeat positive statements to reprogram your mind
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## PHYSICAL

- Move Your Body:** Dancing, walking, basic exercise; 20-30 daily to boost endorphins
- Eat High Vibrational Foods:** Fresh, whole foods. Stay hydrated with clean water
- Practice Deep Breathing:** Diaphragmatic or alternate nostril breathing to calm down
- Get Adequate Sleep:** Aim for 7-10 hours to restore your body and mind
- Connect with Nature:** Walk barefoot on grass, sit by water, hug a tree
- Use Sound Therapy:** High-frequency sounds like binaural beats or Tibetan bowls
- Cleanse Your Body:** Detox practices like drinking lemon water, dry brushing, fasting

## SOCIAL/ENVIRONMENTAL

- Surround Yourself with High-Vibe People:** Those who uplift, inspire, and support you
  - Declutter Your Space:** Clear physical clutter to support positive energy flow
  - Incorporate Feng Shui:** Arrange your space to promote energy flow; plants
  - Practice Acts of Kindness:** Perform small, intentional acts for others
  - Limit Electromagnetic Exposure:** Reduce time on devices or use EMF protection
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