

# Week One

Level Up Program - Day 1-5

Where's your head at?

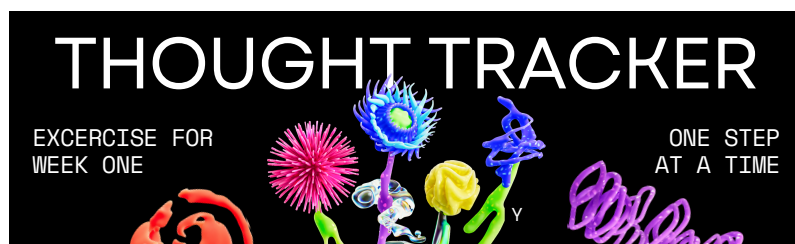


## Blessed Level!

To level up in spirit, we must prepare our hearts and transform our thoughts through love. Every thought has a frequency. This means that every thought has a vibration, an energy that vibrates through you and goes out into the universe.

What “random” things do you think about? Are they random?

What mood does your thought put you in? What perspective is your thought coming from?



CREATE A LIST ON PAPER, ON A FREE NOTES OR DOODLE APP ON YOUR PHONE.

Throughout the day you are going to track your thoughts.

SET FIVE ALARMS ABOUT 2 HOURS APART. EACH TIME THE ALARM SOUNDS STOP AND WRITE DOWN WHAT YOU WERE THINKING RIGHT BEFORE THE ALARM WENT OFF. THIS DOES NOT HAVE TO BE FULL SENTENCES—JUST CAPTURE THE FEELINGS, DESIRES OR VISIONS IN THAT MOMENT.

NEXT TO EACH THOUGHT YOU WILL WRITE, POSITIVE (+), NEGATIVE (-) OR NEUTRAL (\*)

AT THE END OF THE DAY, REVIEW THIS CHART. TAKE A MENTAL NOTE OF HOW MANY + AND - YOU SEE.

HOW DO THEY REFLECT YOUR CURRENT MOOD AT THE END OF YOUR DAY?

CHALLENGE YOURSELF TO CHANGE THE NEUTRAL (\*) THOUGHTS TO POSITIVE OR NEGATIVE. TAKE A MOMENT TO THINK ABOUT THE UNIVERSAL IMPACT OF THE THOUGHT—IT IS RARELY NEUTRAL.

Every thought you have > holds a vibration > and makes an impact, even if it is never verbalized or acted upon.

REPEAT THIS EXERCISE FOR 5 DAYS, PAYING CLOSE ATTENTION TO YOUR +, -, AND \*.

AT THE END OF THE WEEK, REVIEW YOUR CHART: WHICH SYMBOL SHOWS UP THE MOST?

How do you think that mirrors or matches the energy you deal with on a daily basis in your life?

It is normal to have thoughts that are all over the place or constant. It is important to understand what these thoughts do to you, your surroundings and those who surround you.

### Where's your head at?

**A transformation:** Go through your chart for the week. For every **negative** thought, think of a way to flip it to **positive**. Say the positive version aloud.

**TIME TRAVEL IS DONE IN THE MIND. WE ARE ABLE TO CREATE POSITIVE VIBRATIONS BY CHANGING OUR THOUGHTS. WE AFFIRM THOSE THOUGHTS BY SAYING THEM OUT LOUD-CREATING MORE VIBRATIONS.**

**No matter the situation, it is important to think and react as positively as possible, and Vibe High!**

-From, Your Spirit Guide