Cathy
Thompson
LEADERSHIP

Fueling the Fire

Module 1 Worksheet

1. Take some deep breaths in and out until you are starting to feel a bit more relaxed. Consider how you are feeling and list your feelings below (sad, happy, excited, annoyed etc.).

2. When looking at the vibration scale diagram, are your feelings high vibration or low vibration?

3. On the scale, notice that the highest vibrational feeling is love & gratitude. Imagine someone whom you love deeply and how grateful you are to have them in your life. As you continue to focus on that, note how you are feeling. Breathe in and out with the feeling of love and gratitude.

4. For today (and the rest of the week) is to focus on raising your vibration. The EASIEST way to do this is to immerse yourself in gratitude. Be thankful for the big and small things throughout your day and week. You must FEEL it to harness the power.