

raise your vibration check-list

FEELING LOW, TRY THESE...

- MAKE A GRATITUDE LIST
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN CANDLE
- GO FOR A WALK
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE WITH A LOVED ONE
- TRY SOMETHING NEW
- READ A BOOK