

THE FREQUENCY RESET GUIDE

You're Not Lucky Or Unlucky — You're A Magnet

#VitaminG | Daily Dose of Positivity

THE TRUTH ABOUT FREQUENCY

You are not lucky or unlucky. You are a magnet. Every thought, every reaction, every emotion you repeat becomes the frequency you broadcast — and life mirrors it back to you.

Stress attracts more stress. Complaining attracts more to complain about. Peace attracts more peace. Gratitude attracts more to be grateful for. Two people can live in the exact same city, facing the exact same world, and experience completely different realities — because they're tuned to different frequencies.

THE 5-STEP FREQUENCY RESET

- 1. Notice The Pattern** — Before you can shift your frequency, you have to catch it. For one full day, notice how often you complain, criticize, or focus on what's wrong. No judgment — just awareness.
- 2. Ask The Better Question** — The next time something goes wrong, don't ask "why does this always happen to me." Ask "what has my recent energy been attracting." This one shift moves you from victim to observer.
- 3. Interrupt & Redirect** — The moment you catch a negative spiral, pause and name three things going right — right now, in this moment. This breaks the momentum of the old frequency.
- 4. Feel It, Don't Just Think It** — Your subconscious doesn't respond to words — it responds to emotion. Spend 2 minutes daily actually feeling gratitude or calm in your body, not just thinking the words.
- 5. Protect Your Morning & Night** — The first and last 10 minutes of your day set the tone for your frequency. No phone, no news, no complaints — only calm, intention, and gratitude.

DAILY FREQUENCY CHECK-IN

Morning: What frequency am I choosing to start today with?

Midday: What have I been attracting so far — and is that what I want more of?

Night: What's one thing today that proved I'm a magnet for good?

Remember:

You don't attract what you want. You attract what you are. Change your frequency, and the world around you has no choice but to respond differently.

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