

5 TIPS TO RAISE YOUR VIBRATION

GET OUTSIDE

The fresh air will refresh you. Spend just 10 minutes outside and you will sync to the earth's magnetic field- ultimately grounding and replenishing your system

DRINK PLENTY OF WATER

Water is energizing and can help move you out of feeling tired and sluggish.

DANCE OR GET MOVING

Movement can move out stagnant energy. Extra bonus if you can combine movement with breath, like yoga or pilates. Music carries an honest energy and can quickly raise yours.

CHOOSE SLEEP

Rest and sleep when it's available. Sleep is a healing blanket and you'll have more energy to outpour after.

HEALTHY EMOTIONS

Choose love, compassion, and joy. Negativity spreads and you don't have control over how someone receives or holds the negative energy you share or emit. You are responsible for the energy you give off. Shift your energy by focusing on what you are grateful for. Focus on what you have rather than what you don't have.

5 WORDS TO CHANGE YOUR PERSPECTIVE

I GET TO DO THIS