

Journaling a pathway to the innate wisdom of you



Session 3: Raise Your Frequency

Aligning with the innate wisdom of you

How did you feel before your practice today? physically & emotionally

How do you feel after your practice?

Did any thoughts or emotions pull you away from your practice?

Write down one thing you will do tomorrow to raise your frequency

a walk outside, mindful breath, exercise, clean, dance

A space for reflections beyond words



How do you raise your frequency?



You are an energetic being. Your unique personal vibration is influenced by various factors, including your beliefs, your thoughts and emotions, as well as your experiences. The simple practice of becoming aware of your own vibrational energy will help you recognize the energetic dynamics from which you are creating your life.

Write down an inner strength and how it helps you raise your vibration

Ex: I am flexible, patient, resilient, brave, creative, kind, steadfast

What is something you chose to do today that worked well for you?

What is something you will do differently tomorrow?

Write down a practice or two that helps you exercise patience

Ex: breath work, expressing gratitude, refocusing your attention, letting go of an expectations, meditation

Write down a healthy boundary you will create for yourself ~take your time with this one

Boundaries are rooted in self-respect and clear communication

Remember that setting and maintaining healthy boundaries is a skill that takes time and practice. Be patient with yourself as you work toward standing in your innate power to create the life you desire.