

Daily Reminder Tools!

1. Continuously seek the most uplifting and highest vibrational experience/opportunity/thought/feeling and milk it for as long as you can. Then find a new most uplifting/high vibrational experience/opportunity/thought/feeling and milk it as much as possible, etc. This trains consciousness to be in the present moment and focus on finding the best thoughts and feelings. It programs you to be in higher vibrations & energy, and you then attract in the present moment.
2. Stop wanting something you don't have! You're putting it on a pedestal. Energetically, you're saying you're not there. You create distance = you stay in the energy of not having it = suffering. Find the feeling of already having it. Be grateful for where you are right now. The world mirrors what you energetically emit.
3. The same goes for time. Stop "waiting for" it to come, or waiting to become someone else. Ensure you are that now! Create the vibration of already having it. Start by being grateful, meditate, create alone time. Draw all the energy back to yourself. Be present right now. If we can only feel joy, peace, and the things we want when we get "there", you create distance. You are "waiting" temporally = you're not there now = creating an energy of not being there = suffering.
4. Just start what you want! Then you're already there. We attract what the universe mirrors we are! You are always exactly where you need to be.
5. ALWAYS say thank you for what you encounter on your path (both ups & downs) and accept where "you are". It energetically sets you free to receive more of what you desire. It's the key to creation on a higher level. Use everything you encounter as a mirror and don't take it personally. Use it in a positive way.
6. Be present in the moment. Train your thoughts to be right here! Not in the past & not in the future. It's in the present moment where your power lies. It's here you create a vibration that the world mirrors. What are you emitting?
7. You can always choose to be a new person. The way you were yesterday doesn't have to be how you are today! You don't have to define who you are based on your past. You can choose to see yourself as a completely "different" person now.

YOU DECIDE EVERYTHING!

YOU ARE SO POWERFUL!