

Raise Your Vibe

CHECKLIST

Female Changemakers Membership
with Kim Dechaine

The time has come for us to raise our vibrational forces!

If you consistently wake up feeling compassionate, enthusiastic, and ready to conquer the day, your vibrations are soaring high. On the other hand, if you're feeling bored, stuck, and generally blasé, then chances are your vibrations are low and it's time to check out these easy ways to raise them back up.

Everything in the universe is made up of molecules vibrating at different speeds. This includes trees, bodies, rocks, animals, thoughts, and emotions. Human vibrations are composed of everything from physical matter to the way you communicate the thoughts you think. In simple terms, some molecules vibrate faster and some vibrate slower; there are higher vibrations and lower vibrations.

When you are vibrating at a higher level, you feel lighter, happier, and more at ease, whereas lower vibrations feel heavy, dark, and confused.

How are you vibrating right now? How about the world?

The following are ways you can help raise your vibration frequency. Use this as a quick guide. Read through it when you need to raise your vibration and try one that you like.

I believe that our purpose as
FEMALE CHANGEMAKERS
is to raise the vibration of the planet.

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- Move (walk, run, jump, swing, march, dance, stretch)
- Bath in epsom salts
- Find a quiet spot to meditate
- Use essential oils
- Drink water
- Eat high vibe foods (herbal tea, honey, raw chocolate, fruits, seeds, nuts, legumes, vegetables)
- Focus on gratitude
- Practice deep breathing
- Smile
- Be creative (paint, dance, craft, build)
- Laugh (watch a funny movie)
- Spend time outside
- Listen to music
- Do an act of kindness (say hi to or compliment a stranger)
- Have a nap

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- Blow bubbles
- Attend an energy healing session (chakra balancing, reiki, bodytalk, access bars)
- Enjoy a therapy sound bath (binaural beats, crystal bowls)
- Go barefoot on the earth
- Take a technology break
- Hang out with high vibe friends
- De-clutter
- Hug someone
- Read a good book
- Smudge your space (burn sage, juniper, cedar, sweet grass)
- Journal
- Sit in the sun
- Have fresh flowers or plants in your house
- Try a moving meditation (yoga, qigong)
- Try some tapping exercises

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- Go for acupuncture
- Open curtains and windows
- Light a candle
- Add crystals around your home and office
- Cuddle a pet
- Sit by a lake or ocean
- Try something new
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