

# Daily feeling journal

For high vibe babes changing the world



Because we don't get what we want, we get what we are (Wayne Dyer), this Feeling Journal is here to help you unplug from negative feelings and thoughts which you could be unconsciously and consciously projecting and programming into your upcoming reality = no fun.

Do you want to pause, retreat, unplug and create a much happier, awesome experience instead? Let's get started moving into powerful & OUTrageous positivity with this tool of letting go.

## Step 1 Free write

A simple way to start is to start writing down I (your name) feel (your feeling) (\_\_\_/10) because \_\_\_\_\_.

That's it.

Flow into writing it without thinking - just write the first thing that comes to mind from I \_\_\_\_\_ feel \_\_\_\_\_ (out of 10) because\_\_\_\_\_.

I've done it at the breakfast table next to my son when I woke up feeling very sad and I could tell the feeling needed me to help it get out.

I Alixe feel down/sad (8/10) because what if it's all for nothing? etc etc etc.

By honoring how we feel.

Writing it down.

We are doing the inside work that's required in order to change our vibe.

Success is an inside job.

The vibe we emanate at work, with people, with our clients, will either attract or repel them.

So do a daily feeling journal at work when you're triggered.

Do one at night after the kids go to bed and you want to scream your head off you're so tired.

Do it on 'I feel so unsupported by my spouse/partner'.

or "I (name) feel all alone because\_\_\_\_\_.

Do it on the darkest and scariest thought you have because if you can clear the energy behind that thought, you can stop re-activating the law of attraction.

LoA works when we feel a strong emotion about something and we can visualize it.

Guess what we all do when we are triggered?

We replay the movie of what happened in our head and we feel a strong emotion about it.

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## Step 2 L.O.V.E.

Now that you've L Listened to your feeling and wrote it down (yeah!) Time to O Observe what's happening in your body so you can V Validate and E Empower it.

First we're going to break it down into super small bits.  
You're only going to start with your name first.  
What's behind your name, is there a tightness or heaviness?  
In this situation do you need approval, control and/or safety?

Grab a clearing tool and clear the density in your body behind your name until you feel lighter. Use the audios to clear A/C/S or the tapping videos.

Better? Great! Let's keep going and remember to check if your feeling is the same or less. Now behind your feeling, is there a fear of lacking approval, control or safety? Or just a density? Can you unplug, call on the light, use tapping or another clearing tool? Like calling on Mother several times?

Keep going around the EDIT WHEEL until you sense a lightness. Now look again at your feeling on your piece of paper, is it lighter? Did the number go down? If so awesome! If not, keep going open up and call on even more light.

Next let's go into your because (one sentence at a time). Repeat clearing it as above until the statement no longer feels true at all and you are starting to hear/feel/think a new positive thought.

Repeat above for the 2nd and 3rd statement if needed.

What's your emotional upset level now? Same? Less?

If you go around each thing you wrote down and clear using the clearing tools you are most likely going to be feeling way lighter and a whole new attitude and energy is going to emerge.

Awesome you've just helped bring about more love on the planet!  
You rock!

# Step 3 Positivity Compounds

Now that you've cleared up the negative thoughts and energies causing you to ATTRACT and think negative thoughts about that situation/person **let's gain momentum and build on your success.**

It's now time that you invest your Positive Energy into an actual Life Book.

For the journaling you did above, what is its topic? Is it relationship, work, people, money, career? Can you give it a general topic? And now that you think of that topic do you have NEW positive statement that feel good just to write them down (as if they are happening now?)

**The more you FEEL positive about a situation/person/topic, the more it compounds over time and becomes an exponential success.**

**Keep adding to this list if needed otherwise, either forget about it or re-read it every day on a treadmill with some loud dance music. You know, energize it and feel joy for it because it's already come true! Leap into it's done! I've figured it out. I am there baby!**

## **How often to practice this?**

The more you shift from negativity to positivity, the easier it will be to create a positive future for yourself.

You can't expect a situation to go well, if you don't have a page of positivity in your life book about that very topic. Duh!! No wonder I'm not having great success with \_\_\_\_\_ (When I think about it I'm super negative).

What are some possible areas of your life, that you know, 'I have been negative/don't believe it's possible/projecting negativity - that you could turnaround with these tools?

- Meetings with Family Members or co-workers
- Business/Income/Finances
- A course you are taking (and the results you'd like to see come true).
- Your environment (where you live, your home furnishings, your car...etc).
- Your health/weight
- The Economy /Global Warming / Politicians

I'll be sharing LIVE case studies of women who went through a daily feeling journal with me on video and shifted in minutes! If they can do it, so can you! About anything!



# Coming Up

## Your High Vibe Lifestyle Journal

Here's an idea to keep going:

get a journal with blank pages and on one page write the I feel because statements and on the next page write the positive new statements.

Do one for 30 days or do 2 a day for 30 days.

Some of the biggest shifts and leaps have happened in my life because I used this tool. From I can't trade on the stock market to trading and having wins. From I can't give a talk to giving one, having it be a success and leading to many more clients. So many people have used this tool to turnaround dire business situations into gold.

Most people never program themselves correctly with financial goals (or any life goals) so they give up too soon thinking it won't work - while sticking to it has proven over and over again that it does lead to results... what keeps you from sticking with it ? 📖

It's going to take more than a single try to make low vibes and negativity unfamiliar and instead live and create from a high vibe. But the efforts you do put in are worth it over time for it compounds and impacts your life for days, months, years to come.

You didn't learn how to walk in one day but as you kept at it and had positive role models who walked around you - you eventually did it and it became an after thought.

Keep going aligning your unconscious and conscious mind with what you desire, it's well worth the effort.

xoxo

Thank you for helping bring more love and healing on this beautiful earth.

