**Frequency Cone Assessment Worksheet**

**Instructions:** Use this worksheet to identify where you currently are on the Frequency Cone. Reflect on your emotions and thoughts, and choose the section that resonates with where you feel most aligned right now.

**1. On the Cone of Frequency, where do you currently resonate?**  
(Place a mark on the cone in the appropriate area below)

* **Fear** (base of the cone)
* **Doubt**
* **Anger**
* **Neutrality**
* **Love**
* **Gratitude**
* **Abundance**
* **Enlightenment** (tip of the cone)

**2. What emotions, thoughts, or situations are keeping you in your current frequency?**

* Example: “I feel stuck because of financial struggles.”

**3. What specific changes in thoughts, feelings, or actions can help you raise your frequency?**

* Example: “I will start practicing daily gratitude and focus on the abundance I have.”

**4. Frequency Shift Goal: In the next 30 days, how will you intentionally raise your frequency?**

* Example: “I will meditate for 15 minutes each day and replace thoughts of fear with thoughts of faith.”

**5. Reflect: How will raising your frequency impact your life?**

* Example: “I will attract more opportunities and a greater sense of peace”