### Worksheet: Raising Your Vibration

#### Instructions:

This worksheet is designed to help you identify and implement strategies to raise your vibrational energy. By aligning your energy with higher frequencies of love, gratitude, and abundance, you can attract more positivity and success into your life. Complete each section with honesty and reflection.

### 1. ****Self-Assessment****

Take a moment to evaluate your current emotional and mental state. Place an "X" next to the emotions you most frequently experience:

* Joy
* Love
* Gratitude
* Fear
* Anger
* Sadness
* Peace
* Hope

#### Reflection:

What emotions dominate your daily life? How do they influence your thoughts and actions?

### 2. ****Understanding Vibration****

In his book The Power of Positive Thinking, Norman Vincent Peale explains, “Change your thoughts and you change your world.” Energy and vibration are significantly influenced by your thoughts.

#### Question:

What negative thought patterns do you recognize in your life, and how can you reframe them into positive affirmations?  
Write one example below:

* Negative Thought:
* Positive Reframe:

### 3. ****Gratitude Practice****

According to Dr. Robert Emmons, a leading researcher in gratitude, “Practicing gratitude can increase happiness by 25% and improve overall well-being.”

#### Exercise:

Write down three things you are grateful for today.

#### Daily Practice:

Commit to writing three new things you are grateful for every day for one week. Observe how this impacts your vibration.

### 4. ****Visualization and Frequency Alignment****

Bob Proctor, a prominent figure in personal development, said, “See yourself living in abundance and you will attract it.” Visualization helps align your energy with the frequency of your desires.

#### Visualization Exercise:

Close your eyes and imagine your ideal life. Write a short description of what you see, feel, and experience.

### 5. ****Energy Reset****

Einstein famously said, “Everything in life is vibration.” High vibrational frequencies, such as joy and love, attract similar energies, while lower frequencies, such as fear and anger, repel abundance.

#### Activity:

Choose an activity from the list below to help reset your energy:

* Meditation (10–15 minutes)
* Nature walk
* Listening to uplifting music
* Dancing
* Journaling your feelings
* Practicing deep breathing

#### Question:

Which activity resonates most with you? How often will you commit to doing it?

### 6. ****Affirmations****

Affirmations are positive statements that help reprogram your subconscious mind. Louise Hay, author of You Can Heal Your Life, advocates for daily affirmation practice to improve self-worth and energy alignment.

#### Affirmation Practice:

Choose one or create your own. Repeat it 5 times in the morning and evening:

* “I am aligned with the frequency of love, abundance, and gratitude.”
* “I attract positive energy into my life effortlessly.”
* “I release all negativity and embrace my highest self.”

### 7. ****Reflection****

How do you feel after completing this worksheet? What is one action you can take today to raise your vibration?

### Citation References:

* Peale, N. V. (1952). The Power of Positive Thinking.
* Emmons, R. A. (2007). Thanks!: How Practicing Gratitude Can Make You Happier.
* Proctor, B. (1984). You Were Born Rich.
* Hay, L. (1984). You Can Heal Your Life.

#### Affirmation:

“I am part of the God energy that moves through the Universe. And now that I am tapping into this, there’s no limit to what I can manifest.”

By regularly practicing these steps, you’ll gradually align your energy with higher vibrations, creating a positive shift in your life.