

### **Monday**

Today we're going to test out the law of resonance. Like we explained, the way you feel below awakens the parallel flow from above. Take a few moments and imagine that you are an instrument. Today is the big show and you have to make sure that you're tuned up. When you are in tune you play the most beautiful melody called your life. Your positive vibration will awaken what you want more of in your life - namely, more things to feel positive about! How do you tune your instrument? Start with a gratitude practice. Write a list of 10 things you are grateful for. Start each sentence "Thank you for ..." or "I am grateful for..." As you write down each one, think the words in your mind and feel into them. The easiest way to feel good is to recognize what you already have. Pay attention to your day as it unfolds with this exercise as your premise.

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# **Tuesday**

Live your life like it's rigged in your favor. Yes. That's right. Today, before you do anything else, spend some time thinking about how you want your day to unfold. My suggestion for you is not to focus on what you want to happen but how you want to feel. See yourself feeling those feelings. Assume that you're going to feel great today and keep an eye out for what happens as the day transpires. Regardless of what happens, try and keep coming back to the idea that life is rigged in your favor and even if it looks like something went wrong, use your mind to look for how this could be an opportunity for something better.

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## Wednesday

You get what you feel and you can't fake feelings. That's the beauty. Meet yourself where you are. Today's practice is one of noticing. If you haven't already, get a piece of paper, your computer, or phone and write down two columns. One marked Aligned and the other Out of Alignment. Underneath each one write out what are the symptoms that let you know you are either in alignment or out of alignment with your higher self. E.g. when you are feeling aligned you are happy, smiling, feel ease in your body, focus on what you like and the good things in others, etc... When you are out of alignment you feel low energy, tired, frustrated, see the negative and procrastinate. When you can get yourself totally clear on what state you are in, you are in a position of power to do something about it. This is the best way to learn how to climb the ladder.



# **Thursday**

Today we're going back to basics. The simplest way to turn up our positive energy is to remember how amazing we are. Each one of us is unique and has something to offer that nobody else can. Set a timer and find ten minutes today to close your eyes and think about all the great things you can do. Take the time to thank yourself for being you. If you are gifted, dwell on your gifts and how you can use them to contribute to a better world. If you are naturally confident, think about how you can use this to your advantage and make a difference. If you feel like you have nothing to offer and the world has turned it's back on you, turn your back on these thoughts and start asking yourself questions like: "where have I succeeded?" "Who have I been kind to?" "what do other people think are my strengths?" Sometimes the easiest way to get back in tune is to get out of your head and think about how others would see you. Go for it and remember you are made in the image of the divine!

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