

# Everyday Upgrade

## HIGH VIBRATION CHECKLIST

### For the Mind

Begin the day by visualising aspects of your ideal life. Read inspirational material such as spiritual or self-help books or watch or listen to motivational videos or podcasts. Throughout the day, take opportunities to learn new skills, acquire new knowledge, explore new places or activities, create in your job or hobbies, and express yourself through conversation, writing, performing, art, or your personal style.

### For the Body

For optimum wellbeing, stretch and move your body in ways that you enjoy. Prepare nourishing meals. Engage in touch, whether it be hugging a friend or family member, going for a massage, or touching or massaging your own body in ways that are pleasurable. Explore your senses through listening to music, lighting candles, crafting, or cooking. Spend some time in relaxation, particularly at the end of the day as you wind down for sleep.

### For the Spirit

Laughing as much as possible during the day will lift your mood. Look for opportunities to give and be open to receiving, as an equal balance of both will nourish your soul. Harness the Law of Attraction to manifest wonderful experiences and things into your life. Remember to show appreciation, also, for those things that are manifested. Ensure that you find ways to love yourself, others, your life, and the world around you.

New habits start with intentionality. If you are feeling down, use this list to track the positive steps you are taking each day to upgrade your reality. Alternatively, use the blank checklist to create a personalised list of aspects that are healing, nurturing, and uplifting for you.

# Everyday Upgrade Daily Checklist

	M	T	W	Th	F	St	Sn
<b>Mind</b>							
Visualise							
Be Inspired							
Learn							
Explore							
Create							
Express							
<b>Body</b>							
Stretch							
Move							
Nourish							
Touch							
Senses							
Relax							
<b>Spirit</b>							
Laugh							
Give							
Receive							
Attract							
Thank							
Love							

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<b>Mind</b>							
<b>Body</b>							
<b>Spirit</b>							