

## Day #2 of Tweak Your Vibration

We seek approval in so many ways, about so many things. What we wear and what we believe. What we eat and say. The choices we make and how we live our lives.

If you are seeking approval from others, you are likely lowering your own vibration. This is because seeking approval is the opposite of seeking your own alignment.

*"Care about what other people think and you will always be their prisoner." —Lao Tzu*

**Today: Notice when your thoughts go to what others think—and stop. Choose feeling good over caring what others think.**

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High vibes,

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