
Vibe Notes | LoA in Your Inbox

Hi there,

Here's something I've had to remind myself of more than once: Just because something makes other people happy doesn't mean it's aligned for me.

Have you ever noticed how easy it is to slide into people-pleasing?

We tell ourselves we're being thoughtful or flexible—but underneath, it's often about wanting to be liked, validated, or seen a certain way.

And that's when we start making choices for approval instead of alignment.

The thing is, every time we ignore our inner guidance in favor of someone else's expectations, we step out of alignment—and our vibration dips.

Law of Attraction doesn't respond to whether others approve of you. It responds to how you feel.

Here's something simple to try: Next time you're making a decision—big or small—pause and ask, ***Am I doing this for alignment or approval?***

That one question can reconnect you with your power.

- Because alignment feels like ease. Clarity. Expansion.
- Approval-seeking? That feels like effort. Tightness. Pressure.

Let this be your permission slip: You don't have to be everything to everyone.

Put your alignment first—and watch how everything else lines up more naturally.

More to come soon,

💛 Jennifer
