

RAISE YOUR VIBE WITH 8 ENERGY TRUTHS

THOUGHTS AND
PRACTICES TO HELP
YOU FEEL BETTER
—AND ATTRACT BETTER

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Truth #1

No is a complete sentence.

Truth #2

You're worth taking care of yourself.

Truth #3

You need boundaries to be whole.

Truth #4

Good enough is perfection.

Truth #5

Your way is not the only way.

Truth #6

Comparison is a way pointer & way finder.

Truth #7

Simple is where it's easy.

Truth #8

What you say to yourself matters.



A photograph of a building with a yellow wall and a stone wall. A bicycle with a basket is parked against the yellow wall. A window with dark shutters is visible on the stone wall.

energy is the
real currency.
it's time to stop
wasting yours.

These truths are all about vibrational alignment—because how you feel is your point of attraction. When you protect your energy, speak to yourself with kindness, and stop giving power to things that don't serve you, you create more space for **ease, clarity, and what you truly want.**



No is a *complete* sentence.

YOU DON'T HAVE TO SAY
YES.

Every time you say yes to something that drains you, you're offering a vibration of obligation, not alignment.

When your yes is clean and clear, it's powerful.

When it's not, it clutters your energy.

You don't need to justify your no.
You just need to honor it.



STOP

running on fumes

You're *worth* taking care of yourself.



Your vibration matters.

And running on empty doesn't just feel bad—it sends a signal of depletion, of not-enoughness.

Tend to your energy first.

Self-care isn't selfish; it's how you stay aligned with the version of you that can love, lead, create, and receive.

WEAK BOUNDARIES

leave you drained

Boundaries aren't walls;
they're energetic containers.

They protect your peace, your
time, your clarity.

Saying "this is okay, and that's
not" is a declaration of
alignment.

It tells the Universe: I'm
honoring what matters.

You need boundaries to be *whole*.



Good *enough* is perfection.

DONE IS BETTER THAN

perfect

Perfectionism lowers your vibe.

It's an energy leak masked as excellence.

There's massive power in declaring "this is enough."

Because that thought feels like ease —and ease is where your alignment lives.



Your way is not the *only* way.

Trying to control every outcome or do it all yourself?
That's upstream energy.

Releasing control opens you to collaboration, flow,
and inspired support.

The Universe has infinite paths—let it surprise you.

ASK

for
help



EMBRACE

what you envy

Envy doesn't mean something's wrong with you. It just means you're noticing something you want.

Let it guide you—not shame you.

Use contrast to clarify,
and move toward your
desires.

Comparison is a way *pointer* & way *finder*.






IT'S TIME

to make it easy


Simple is where it's easy.



Complication often
masquerades as necessity.

But vibrationally, it's heavy.

Lightness loves simplicity.



Ask yourself: What would this
look like if it were easy?

That question alone can shift
your energy.



What you say to yourself *matters.*

Every thought you think carries a
frequency.


Self-talk is a powerful shaper of
your emotional set point.

Speak to yourself with the same
love and belief you'd offer
someone you cherish.

Your vibration is listening.

BE KIND

to
yourself

A photograph of a living room interior. In the foreground, a light-colored, tufted armchair is visible. A thick, white, shaggy fur throw is draped over the right side of the chair. To the left of the chair, a portion of a floor lamp with a brass base and a large, round, light-colored shade is visible. The background shows a window with sheer curtains, letting in soft, natural light. The overall atmosphere is warm and inviting.

It's time to put
these 8 energy-
boosting truths
into action in
your life.

MAKE A DATE WITH YOURSELF



Put these energy truths into practice by reflecting on what you're currently attracting—and what you're ready to shift.

Where in your life are you saying yes out of obligation instead of alignment? List three things, people, or situations you're ready to start saying no to—and feel the energetic relief of doing so.

How can you raise your vibration through self-care this week? Name three specific ways you'll prioritize your well-being and tend to your energy.

Where is a lack of boundaries creating energetic leaks? What three boundaries would help you feel more whole, clear, and aligned?

How is perfectionism lowering your vibration? Identify three ways perfectionism is getting in the way of your ease, joy, or creative flow.

Where are you gripping instead of allowing? How is believing "it has to be my way" or "I have to do it all" creating resistance—and what support might feel freeing?

What is comparison showing you that you want? Look at envy or comparison through a new lens. What three things is it pointing you toward?

Where can you simplify for more flow? List three ways to lighten your load or de-complicate a situation in your life—and feel the shift in energy as you do.

What are you saying to yourself that's out of alignment? Name three thoughts or phrases you're ready to stop repeating—and write a more empowering thought to replace each one.

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