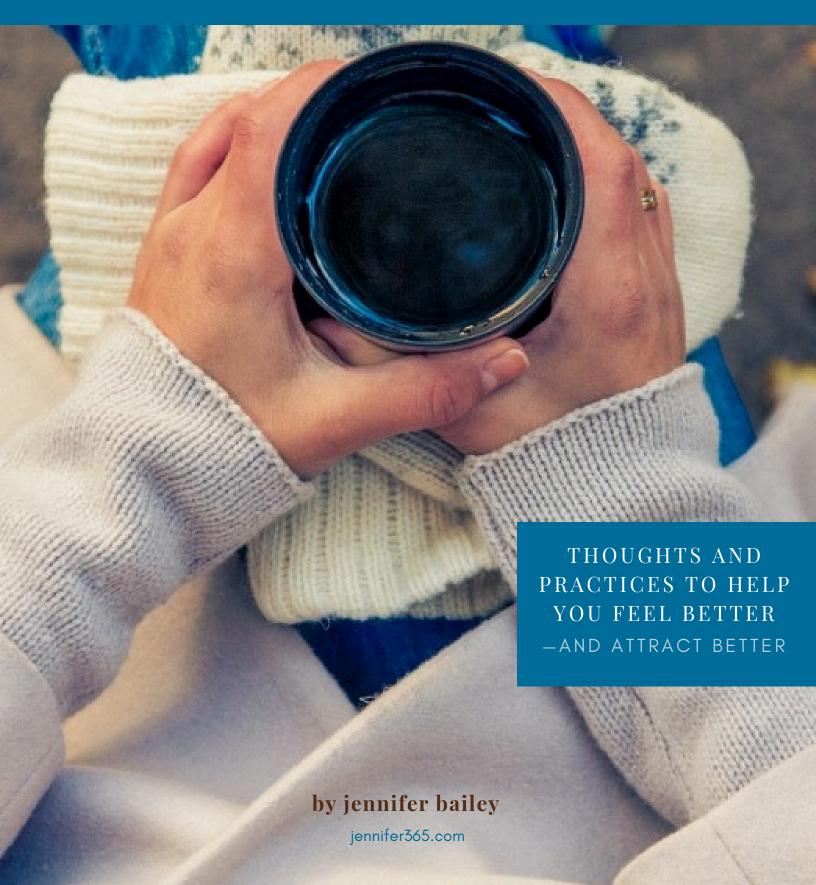
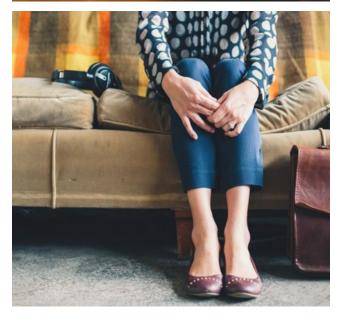
# RAISE YOUR VIBE WITH 8 ENERGY TRUTHS







#### 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

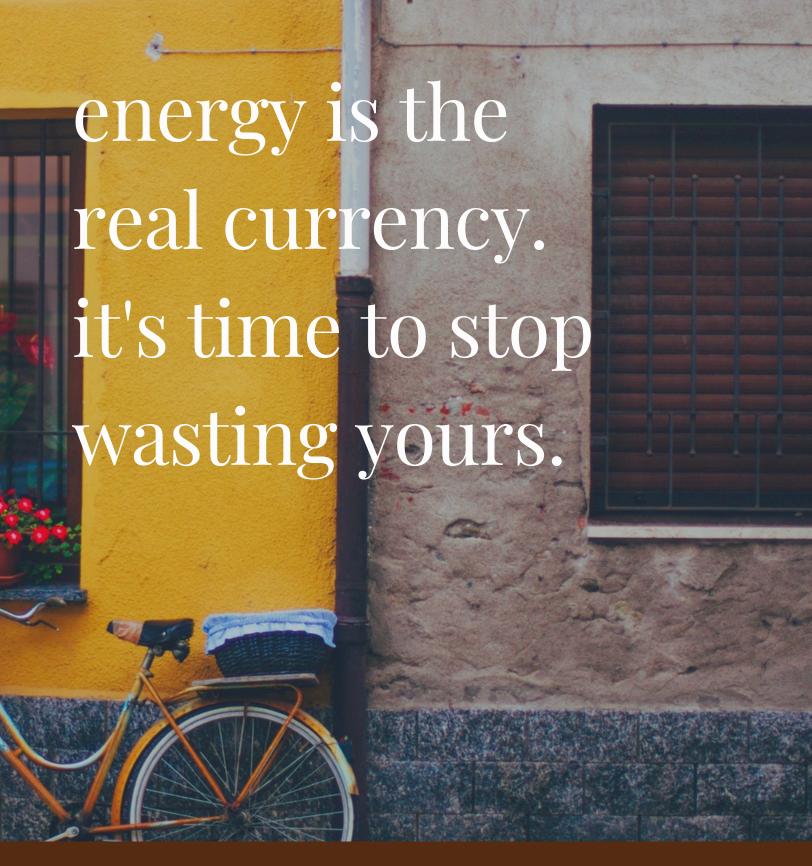
Comparison is a way pointer & way finder.

#### Truth #7

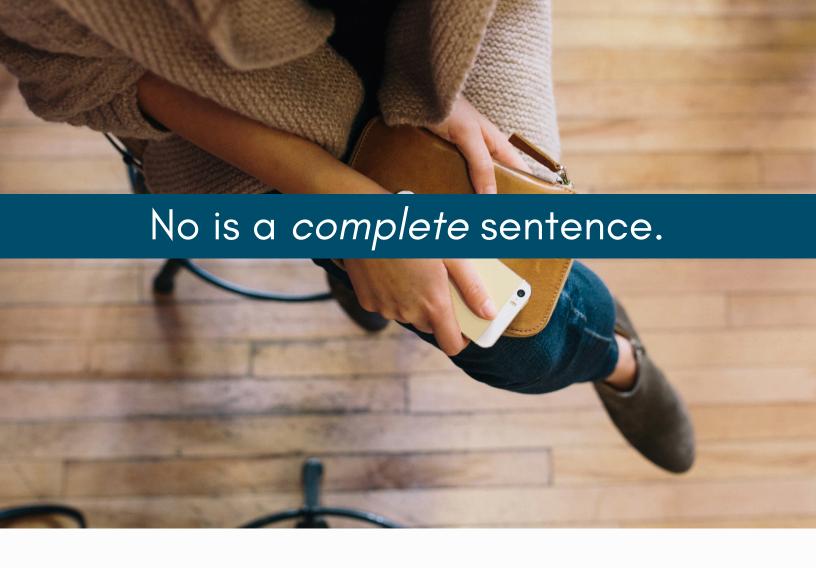
Simple is where it's easy.

### Truth #8

What you say to yourself matters.



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.



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.

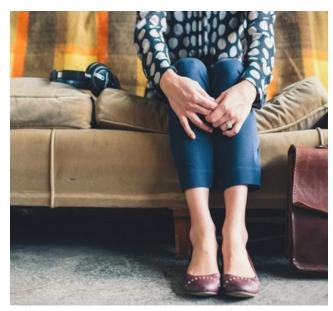


Your vibration matters.

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

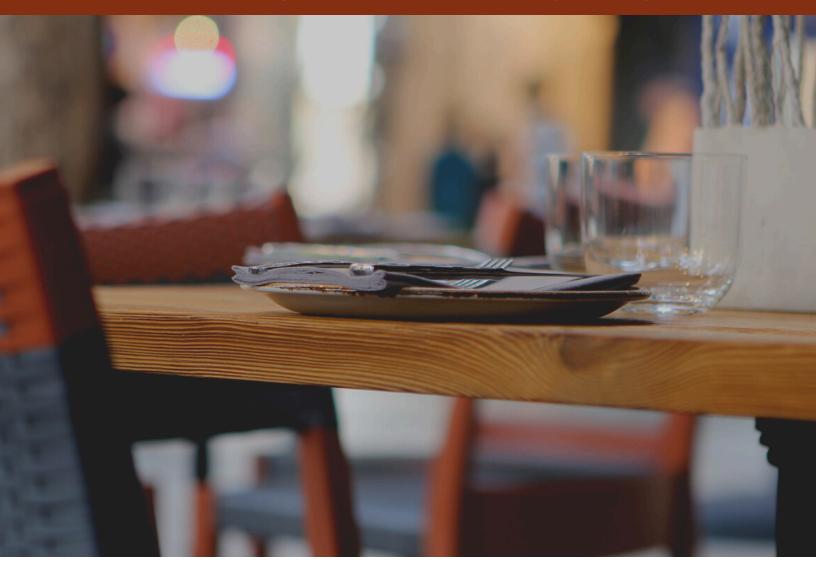
Perfectionism lowers your vibe.

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



### 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 selfcare 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.

